

THE PUNTERS 21KM PLAN

12-week half marathon plan • Race day: Sunday 18 April 2027 • Cbus Super Stadium, Robina

WEEK OF	MON	TUE	WED	THU	FRI	SAT OR SUN	TIPS FOR THE WEEK
Week 1 Jan 25	Rest	4km LZ: Easy Flat	Rest	4km BZ: Undulating	Rest	8km LZ: Easy Flat on Grass	Start easy - finish every run feeling good.
Week 2 Feb 1	Rest	4km LZ: Easy Flat	Rest	4km BZ: Undulating	Rest	10km LZ: Easy Hills on Grass	10km on Sunday - keep it easy and relaxed.
Week 3 Feb 8	Rest	4km BZ: Flat	Rest	4km BZ: Undulating	Rest	6km LZ: Easy Flat on Grass	This is an easy recovery week - relax and don't do extra training!
Week 4 Feb 15	Rest	4km BZ: Flat	Rest	4km BZ: Undulating	Rest	12km LZ: Easy Hills on Grass	Make sure you do the distance on Sunday - some long workouts are coming!
Week 5 Feb 22	Rest	6km BZ: Flat	Rest	6km BZ: Undulating	Rest	15km LZ: Easy Flat on Grass	The biggest week to date - if you feel tired, miss Thursday's session.
Week 6 Mar 1	Rest	8km BZ: Flat	Rest	8km BZ: Undulating	Rest	16km LZ: Easy Hills on Grass	Sunday is a key workout for the Festival. Run slowly, but do the distance.
Week 7 Mar 8	Rest	8km BZ: Flat	Rest	8km BZ: Undulating - Up Hills HZ	Rest	18km LZ: Easy Flat on Grass	Another good week. Do this and you will be ready.
Week 8 Mar 15	Rest	5km BZ: Flat	Rest	5km BZ: Undulating - Up Hills HZ	Rest	10km LZ: Easy Hills on Grass	A lighter week - run relaxed and recover.
Week 9 Mar 22	Rest	8km BZ: Flat	Rest	8km BZ: Undulating - Up Hills HZ	Rest	10km 10km Race or BZ-HZ Solid Effort. Flat. <i>Or a 5km Hard Effort</i>	Another week to make you feel fast!
Week 10 Mar 29	Rest	5km BZ: Flat	Rest	5km BZ: Undulating - Up Hills HZ	Rest	18km or 10km 18km LZ or 10km with 2x2.5km HZ. Flat.	Almost there - Sunday is the last important session.
Week 11 Apr 5	Rest	4km BZ: Easy Flat	Rest	4km BZ: Easy	Rest	10km BZ: Flat + 5km at Race Pace <i>Or a 5km Hard Effort</i>	Need to start to feel fresh - don't do extra training!
Week 12 Apr 12	Rest	3km LZ: Easy Flat	Rest	3km LZ: Easy shakeout	Rest	RACE DAY! 21.1km - Gold Coast Running Festival!	Get your feet up and conserve your energy this week. Trust your training and enjoy race day!

LZ = Low Zone (easy) • BZ = Base Zone (steady) • HZ = High Zone (hard effort)
 cues (easy / steady / hard) to guide each session.

Each day has a distance to run or walk, followed by a training-zone effort level. Without a heart-rate monitor you can still use the distance and effort

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FREQUENTLY ASKED QUESTIONS - HALF MARATHON

When and where do I collect my race packet?

If you didn't have it posted, collect it at The Event Crew Office (2/28 Hutchinson St, Burleigh Heads) on Thursday 15 April 3-7pm or Friday 16 April 10am-2pm, or at Cbus Super Stadium on Saturday 17 April 10am-2pm or race morning Sunday 18 April 5-9am.

What time does the Half Marathon start?

6:00am on Sunday 18 April, from Cbus Super Stadium, Robina. The 3/4 Marathon also starts at 6:00am; 10km starts 7:30am, 2.5km 7:45am, 5km 8:45am, and the 1km Dash at 9:25am.

What's the course, and is there a cut-off time?

The Half Marathon is 2 laps (each exactly a quarter-marathon), with the far turn marked by a RED half/three-quarter marathon turn sign. You must have started your second lap by 8:30am - roads reopen at 9:30am, so if you're still out on course at that time you'll be asked to finish on the footpath.

What aid stations are on course?

There are 5 drink stops per lap (so effectively lots of chances to top up water). Sports drink is available at the far and near turn stations; all other stations are water only. A special needs table is at the near-turn drink station (10.5km) if you want to leave your own food or drink there - write your race number on your bottle so it's easy to find.

Are there pacers?

Yes - look out for the yellow GaleForce Running Squad pacers at the start line, wearing yellow Pacer shirts with their target time on their back. 2027 Half Marathon pace groups: 1:30, 1:45, 2:00 and 2:30.

Can I bring a pram, or my dog?

Prams are welcome across all distances, but please start at the back of the field, and prams aren't permitted into the stadium seating area. Please leave pets at home - no animals are allowed in the event or venue.

What's included, and will there be photos?

Every finisher receives a Gold Coast Running Festival finisher's medal as you cross the line. Our official event photography partner will be on course and at the finish line for the duration of the event - photos are free to access via your individual results or through postrace.com.au.

Can I store a bag on race day?

Yes - there's contactless, secure bag storage at the Northern End of the internal concourse, near Gate F. Attach the numbered bag tag from your race bib before drop-off. This service is provided for convenience, but please leave valuables at your own risk.

Can I wear headphones?

We discourage headphones for safety, but if you must run with them, please use only one ear (or keep the volume low) so you can still hear vehicles and other runners approaching from behind.

Where do I park, and how do I get there?

The venue is Cbus Super Stadium, Stadium Drive, Robina. Parking area A opens from 5am (access via Robina Station Road); parking area B has no time restriction but is limited - follow the boardwalk over the train line for pedestrian access. Both areas fill early, so carpool where you can, or check the parking map in the full event manual.

What should I wear / bring?

Whatever you're comfortable running in - check the forecast and dress for Gold Coast autumn conditions. Bring your race bib (numbers are emailed out in race week), any nutrition or hydration you prefer beyond the on-course aid stations, and weather-appropriate layers for the early start.

I'm new to half marathons - any advice?

Take the pacers as a guide if you have a target time in mind, use the drink stations rather than carrying everything yourself, and don't go out too hard on that first lap - the second lap is where the work happens. You've done the training - trust it and enjoy the day!

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