

TWO OCEANS

HALF MARATHON

Roadmap to conquering the current

BREATHE, YOU'VE GOT THIS

First 2km: Focus on breathing, stay relaxed, and navigate the crowd smoothly. Move in the straightest line possible easing into your rhythm —don't risk tripping for a few seconds gain. Run with determination and patience, conserving physical and emotional energy.

1

2

YOU OWN THIS HILL

2-4km: Stay tall, pump your arms, and focus on deep breathing. If the hill feels long, count to 100—then repeat. Run strong but controlled, knowing you'll have 2km to recover after the climb. Beware of cat-eyes!

PATIENCE WINS

4-6km: Crest the hill with confidence. Stretch out tall, shake out your arms, and let gravity pull you down. Stay relaxed, shift forward, and land softly. Keep your pace in check—no more than 15s/km faster than goal pace. Patience wins the day.

4

6

RHYTHM & GAMES

6-11km: Steady, smooth and rhythmical. Throw in a few mini surges to keep a quick turnover. Playing games with reaching landmarks and passing runners who started too fast, helps keep keep your brain awake.

11-16km: It's Pacman time.

Breathe deep and controlled, run tall, pump the arms and go swallow up as many runners as you can. When Southern Cross gets tough, count to 100. And then count again. Take note: It can get congested. Politely warn runners you are coming through, and then pass with confidence.

GO ZONE

11

16

TIME TO SHOW OFF

16-21.1km: One parkrun to the finish. It is going to hurt, but this is your time to crush your doubts and stretch your stride. Put on your best form for the spectators, absorb the energy on the M3, no more holding back, leave those fatigue demons in the dust. Run the final straight like you won the Olympics. You have conquered the current!