



6 WEEK TRAINING PLAN – 21km Event, finishing safely & strongly.

- Match your 'effort' to the listed time.
- No focus or interest is given to distance or pacing.
- Note the recommended session work/rest ratio.
- Employ a shorter, lower to the ground running stride.
- The Walk:Run Method relates to Walk, briskly (minutes): Run (minutes).



WEEK 6

Date	Session	Intensity	Time	Details
MON	REST			
TUES	Building	Easy	30	5 min brisk walking warm up. W1:R4 = 5 mins x 5 = 25 mins All at your easy all-day effort over a flattish terrain.
WEDS	Walk	Easy	30	A brisk walk holding your easy effort.
THURS	Building	Easy	40	5 min brisk walking warm up. W1:R4 = 5 mins x 7 = 35 mins All at your easy all-day effort over mixed terrain.
FRI	REST			
SAT	Strength	Easy	60	5 min brisk walking warm up. W2:R8 = 10 mins x 5 = 50 mins. 5 min brisk walking warm down. All at your easy all-day effort over mixed terrain.
SUN	Walk	Easy	20	20 mins brisk walking, only.

WEEK 5

MON	REST			
TUES	Building	Easy	30	5 min brisk walking warm up. W1:R4 = 5 mins x 5 = 25 mins All at your easy all-day effort over a flattish terrain.
WEDS	Walk	Easy	30	A brisk walk holding your easy effort.
THURS	Building	Easy	37	5 min brisk walking warm up. W1:R7= 8 mins x 4 = 32 mins

				All at your easy all-day effort over mixed terrain.
FRI	REST			
SAT	Strength	Easy	60	5 min brisk walking warm up. W2:R8 = 10 mins x 5 = 50 mins. 5 min brisk walking warm down. All at your easy all-day effort over mixed terrain.
SUN	Walk	Easy	20	20 mins brisk walking, only.
WEEK 4				
MON	REST			
TUES	Building	Easy	40	5 min brisk walking warm up. W1:R6 = 7 mins x 5 = 35 mins All at your easy all-day effort over a flattish terrain.
WEDS	Walk	Easy	30	A brisk walk holding your easy effort.
THURS	Building	Easy	45	5 min brisk walking warm up. W1:R7 = 8 mins x 5 = 40 mins All at your easy all-day effort over a flattish terrain.
FRI	REST			
SAT	Strength	Easy	75	5 min brisk walking warm up. W2:R8 = 10 mins x 7 = 70 mins. All at your easy all-day effort over mixed terrain.
SUN	Walk	Easy	20	20 mins brisk walking, only.
WEEK 3				
MON	REST			
TUES	Building	Easy	40	5 min brisk walking warm up. W1:R6 = 7 mins x 5 = 35 mins All at your easy all-day effort over a flattish terrain.
WEDS	Walk	Easy	30	A brisk walk holding your easy effort.
THURS	Building	Easy	45	5 min brisk walking warm up. W1:R4 = 5 mins x 4 = 20 mins 20 run easy. All at your easy all-day effort over a flattish terrain.
FRI	REST			
SAT	Strength	Easy	95	5 min brisk walking warm up. W1:R9 = 10 mins x 4 = 40 mins. W2:R8 = 10 mins x 3 = 30 mins. W3:R7 = 10 mins x 2 = 20 mins. All at your easy all-day effort over mixed terrain.
SUN	Walk	Easy	20	20 mins brisk walking, only.

WEEK 2

MON	REST			
TUES	Building	Easy	40	W1:R9 = 10 mins x 4 = 40 mins All at your easy all-day effort over a flattish terrain.
WEDS	Walk	Easy	30	A brisk walk holding your easy effort.
THURS	Building	Easy	45	5 min brisk walking warm up. W1:R9 = 10 mins x 4 = 40 mins All at your easy all-day effort over a flattish terrain.
FRI	REST			
SAT	Strength	Easy	95	5 min brisk walking warm up. W1:R9 = 10 mins x 4 = 40 mins. W2:R8 = 10 mins x 3 = 30 mins. W3:R7 = 10 mins x 2 = 20 mins. All at your easy all-day effort over mixed terrain.
SUN	Walk	Easy	20	20 mins brisk walking, only.
RACE WEEK				
MON	REST			
TUES	Building	Easy	40	W1:R9 = 10 mins x 4 = 40 mins All at your easy all-day effort over a flattish terrain.
WEDS	Walk	Easy	30	A brisk walk holding your easy effort.
THURS	Building	Easy	45	5 min brisk walking warm up. W1:R9 = 10 mins x 4 = 40 mins All at your easy all-day effort over a flattish terrain.
FRI	Walk	Easy	30	A brisk walk holding your easy effort.
SAT				
SUN	Race Day			Use W1:R9 at your easy controlled effort – ALL DAY – all the way towards the finishing line. Don't get excited over the first 3 kms.