



6 WEEK TRAINING PLAN – 21km Event, pressing your experience for your best effort.

- 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	40	5 min brisk walking warm up. 35 mins All at your easy all-day effort over a flattish terrain.
WEDS	Grass	Easy	20	20 mins in grass, only, a flat terrain, and if possible, a portion of barefoot easy running.
THURS	Building	Easy	45	A super easy 3-5 min warm up follow by your even effort and pace for 40 mins. All at your easy all-day effort over mixed terrain.
FRI	REST			
SAT	Strength	Easy	70	5 min brisk walking warm up. Super easy 15 mins 50 mins easy controlled even effort. All at your easy all-day effort over mixed terrain.
SUN	Walk	Easy	15	15 mins brisk walking, only.

WEEK 5

MON	REST			
TUES	Building	Easy/ Medium	40	5 min brisk walking warm up. 20 mins easy over varying terrain/ 15 mins medium effort – both your heartrate & breath rate increasing by about 15-20%.
WEDS	Grass	Easy	20	20 mins in grass, only, a flat terrain, and if possible, a portion of barefoot easy running.
THURS	Building	Easy	45	A super easy 3-5 min warm up follow by your even easy effort and pace for 40 mins. All at your easy all-day effort over mixed terrain.
FRI	REST			

SAT	Strength	Easy/Medium	70	5 min brisk walking warm up. Super easy 15 mins 30 mins easy controlled even effort. 20 mins medium effort. All at your easy all-day effort over mixed terrain.
SUN	Walk or Grass run	Easy	20	20 mins brisk walking, or a super easy grass run.
WEEK 4				
MON	REST			
TUES	Building	Easy/ Medium	45	5 min brisk walking warm up. 20 mins easy over varying terrain/ 20 mins medium effort – both your heartrate & breath rate increasing by about 15-20%.
WEDS	Grass	Easy	20	20 mins in grass, only, a flat terrain, and if possible, a portion of barefoot easy running.
THURS	Building	Easy	45	A super easy 3-5 min warm up follow by your even easy effort and pace for 40 mins. Spend 70% of the session either running up, or down, hills. All at your easy all-day effort over mixed terrain.
FRI	REST			
SAT	Strength	Easy/Medium	80	5 min brisk walking warm up. Super easy 15 mins 40 mins easy controlled even effort. 20 mins medium effort. All at your easy all-day effort over mixed terrain.
SUN	Walk or Grass run	Easy	20	20 mins brisk walking, or a super easy grass run.
WEEK 3				
MON	REST			
TUES	Building	Easy/ Medium	45	5 min brisk walking warm up. 20 mins easy over varying terrain/ 20 mins medium effort – both your heartrate & breath rate increasing by about 15-20%.
WEDS	Grass	Easy	20	20 mins in grass, only, a flat terrain, and if possible, a portion of barefoot easy running.
THURS	Building	Easy	45	A super easy 3-5 min warm up follow by your even easy effort and pace for 40 mins. Spend 70% of the session either running up, or down, hills. All at your easy all-day effort over mixed terrain.
FRI	REST			
SAT	Strength	Easy/Medium	80	5 min brisk walking warm up. Super easy 15 mins 30 mins easy controlled even effort. 30 mins medium effort.

				All at your easy all-day effort over mixed terrain.
SUN	Walk or Grass run	Easy	20	20 mins brisk walking, or a super easy grass run.
WEEK 2				
MON	REST			
TUES	Building	Easy/ Medium/Hard	45	5 min brisk walking warm up. 20 mins easy over varying terrain/ 10 mins medium effort – both your heartrate & breath rate increasing by about 15-20%. 10 mins hard effort – your highest sustainable effort for about 20 minutes.
WEDS	Grass	Easy	20	20 mins in grass, only, a flat terrain, and if possible, a portion of barefoot easy running.
THURS	Building	Easy	45	A super easy 3-5 min warm up follow by your even easy effort and pace for 40 mins. Spend 70% of the session either running up, or down, hills. All at your easy all-day effort over mixed terrain.
FRI	REST			
SAT	Strength	Easy/Medium	80	5 min brisk walking warm up. Super easy 15 mins 30 mins easy controlled even effort. 15 mins medium effort. 15 mins hard effort. All at your easy all-day effort over mixed terrain.
SUN	Walk or Grass run	Easy	20	20 mins brisk walking, or a super easy grass run.
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			Warm up if possible, Start easier, don't be drawn into the race pace which typically harder than you'd like. Build up to your all-day pace, hold, and hang on through the last 30% of the race.