



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

This program is best-fitting finishers 90 + minutes for the 21 kms.

****Most runners over train, pushing too hard, too soon, too often – and BREAK****

- **Follow** the schedule for improved motivation & continued good health.
- Match your 'effort' (Intensity) to the listed time.
- There is zero focus or interest given to the distance covered or pacing on the day.
- Note the recommended day to day work (training session) /rest ratio.
- Run = Employ a shorter, lower to the ground, softer stride – holding the listed effort (intensity).
- Easy means 'easy', rest means 'rest' Got it!



Your EASY effort	Your MEDIUM effort	Your HARD effort
<ul style="list-style-type: none"> ✓ You can hold this effort all -day. ✓ You can hold conversations. ✓ Your best form is easily maintained. ✓ Your HR is about 100-120 beats per minute. 	<ul style="list-style-type: none"> ✓ You are working but still well in control. ✓ You can offer three-word answers. ✓ You are working to hold your best form. ✓ Your HR is about 120-140 beats per minute. 	<ul style="list-style-type: none"> ✓ You are now working hard but holding on. ✓ All focus is on your coordination. ✓ Any more challenging, and you'll lose form. ✓ Your HR is about 140-165 beats per minute.

WEEK 12

Date	Session	Intensity	Time	Details
MON	REST			Rest, means: A day free from running. You can ride, swim, yoga, gym etc, just no bounding running.
TUES	Building	Easy	30	Super easy 5 minutes, 25 easy flow over varying terrain.
WEDS	REST			

THURS	Building	Easy	40	5 min brisk walking warm up. 35 mins easy flow. All at your easy all-day effort over mixed terrain.
FRI	REST			
SAT	Strength	Easy	40	5 min brisk walking warm up. All at your easy all-day effort over mixed terrain.
SUN	Recovery	Easy	20	Easy trot – best of grass.
WEEK 11				
MON	REST			
TUES	Building	Easy	30	Super easy 5 minutes, 25 easy flow over varying terrain.
WEDS	REST			
THURS	Building	Easy	40	5 min brisk walking warm up. 35 mins easy flow. All at your easy all-day effort over mixed terrain.
FRI	REST			
SAT	Strength	Easy	50	5 min brisk walking warm up. All at your easy all-day effort over mixed terrain.
SUN	Recovery	Easy	20	Easy trot – best of grass.
WEEK 10				
MON	REST			
TUES	Building	Easy	35	Super easy 5 minutes, 30 easy flow over varying terrain.
WEDS	REST			
THURS	Building	Easy	40	5 min brisk walking warm up. 35 mins easy flow. All at your easy all-day effort over mixed terrain.
FRI	REST			
SAT	Strength	Easy	50	5 min brisk walking warm up. All at your easy all-day effort over mixed terrain.
SUN	Recovery	Easy	30	Easy trot – best of grass. Take your shoes off and run the final 15 mins barefeet.
WEEK 9				
MON	REST			
TUES	Building	Easy	40	Super easy 5 minutes, 35 easy flow over varying terrain.
WEDS	REST			
THURS	Building	Easy	40	30 easy/ 10 medium over varying terrain.

FRI	REST			
SAT	Strength	Easy	50	5 min brisk walking warm up. All at your easy all-day effort over mixed terrain.
SUN	Recovery	Easy	30	Easy trot – best of grass. Take your shoes off and run the final 15 mins barefeet.
WEEK 8				
MON	REST			
TUES	Building	Medium	35	A super easy 5 min warm up, Find a hill, repeat the hill for 30 mins, Up/Down repeat – all at your medium effort, only.
WEDS	REST			
THURS	Building	Easy/ Medium	40	20 easy/ 20 medium over varying terrain.
FRI	REST			
SAT	Strength	Easy	60	5 min brisk walking warm up. All at your easy all-day effort over mixed terrain.
SUN	Recovery	Easy	30	Easy trot – best of grass. Take your shoes off and run the final 15 mins barefeet.
WEEK 7				
MON	REST			
TUES	Building	Medium	35	A super easy 5 min warm up, Find a hill, repeat the hill for 30 mins, Up/Down repeat – all at your medium effort, only.
WEDS	REST			
THURS	Building	Medium	40	A super easy 5 min warm up, Find a hill, repeat the hill for 35 mins, Up/Down repeat – all at your medium effort, only.
FRI	REST			
SAT	Strength	Easy/ Medium	60	5 min brisk walking warm up.
SUN	Recovery	Easy	30	Easy trot – best of grass. Take your shoes off and run the final 15 mins barefeet.
WEEK 6				
MON	REST			
TUES	Building	Medium	35	A super easy 5 min warm up, Find a hill, repeat the hill for 30 mins, Up/Down repeat – all at your medium effort, only.
WEDS	REST			
THURS	Building	Medium	40	A super easy 5 min warm up,

				Find a hill, repeat the hill for 35 mins, Up/Down repeat – all at your medium effort, only.
FRI	REST			
SAT	Strength	Easy/ Medium	60	5 min brisk walking warm up. 40 Easy/ 15 Medium.
SUN	Recovery	Easy/ Medium	30	Easy trot – best of grass. Take your shoes off and run the final 15 mins barefeet. 15 Medium.
WEEK 5				
MON	REST			
TUES	Building	Medium	40	A super easy 5 min warm up, Find a hill, repeat the hill for 35 mins, Up/Down repeat – all at your medium effort, only.
WEDS	REST			
THURS	Building	Medium	50	A super easy 5 min warm up, Find a hill, repeat the hill for 45 mins, Up/Down repeat – all at your medium effort, only.
FRI	REST			
SAT	Strength	Easy/ Medium	75	5 min brisk walking warm up. All Easy
SUN	Recovery	Easy/ Medium	30	Easy trot – best of grass. Take your shoes off and run the final 15 mins barefeet. 15 Medium.
WEEK 4				
MON	REST			
TUES	Building	Medium	40	A super easy 5 min warm up, Find a hill, repeat the hill for 35 mins, Up/Down repeat – all at your medium effort, only.
WEDS	REST			
THURS	Building	Medium	50	Varying terrain – all at Medium.
FRI	REST			
SAT	Strength	Easy/ Medium (Hard)	75	5 min brisk walking warm up. All Easy
SUN	Recovery	Easy/ Medium	30	Easy trot – best of grass. Take your shoes off and run the final 15 mins barefeet. 15 Medium.
WEEK 3				
MON	REST			

TUES	Building	Medium	40	A super easy 5 min warm up, Find a hill, repeat the hill for 35 mins, Up/Down repeat – all at your medium effort, only.
WEDS	REST			
THURS	Building	Medium	50	Varying terrain – all at Medium.
FRI	REST			
SAT	Strength	Easy/ Medium (hard)	90	5 min brisk walking warm up. All Easy
SUN	Recovery	Easy/ Medium	30	Easy trot – best of grass. Take your shoes off and run the final 15 mins barefeet. 15 Medium.
WEEK 2				
MON	REST			
TUES	Building	Medium	30	A super easy 5 min warm up, Find a hill, repeat the hill for 25 mins, Up/Down repeat – all at your medium effort, only.
WEDS	REST			
THURS	Building	Medium	50	Varying terrain – all at Medium.
FRI	REST			
SAT	Strength	Easy/ Medium (Hard)	90	5 min brisk walking warm up. All Easy
SUN	Recovery	Easy/ Medium	20	Easy trot – best of grass.
RACE WEEK				
MON	REST			
TUES	Building	Medium	30	An easy 30 mins.
WEDS	REST			
THURS	Building	Medium	30	Same again – just turn the legs over.
FRI	REST			
SAT	Walk		20	20 min walk.
SUN	Race Day			Out steadily, holding back from max effort, build up to your sustainable pace, hang in, hang on, finish strongly.