



9 WEEK TRAINING PREPARATION PLAN – 21km Event, with a personal best!

- Match your 'effort' to the listed time.
- Zero focus or interest is given to distance or pacing.
- Note the recommended session work/rest ratio.
- All you need is a stopwatch (smart phone).



WEEK 1

Date	Session	Intensity	Time	Details
MON				
TUES	Run	Easy	30	An easy start – build slowly towards your race PB in 9 weeks' time.
WEDS				
THURS	Run	Medium	40	While holding your medium effort and no harder, spend 30/40 minutes running up & down hills if this be possible.
FRI				
SAT	Run	Easy	50	Again, slow & easy. Mix up the terrain but be sure to take it easy on the up's and even the down hills.
SUN	Run	Easy	25	Easy 25 min rec run on grass. Throw the tunes in and run free from thought.

WEEK 2

Date	Session	Intensity	Time	Details
MON				
TUES	Run	Medium	40	After a short & easy warm up, build slowly up to your medium effort and think about your best form.
WEDS				
THURS	Run	Medium	40	Hit the hills, no not hard

FRI				
SAT	Run	Easy to medium	60	Nice and steady – there’s still no need to punch it out.
SUN	Run	Easy	30	Try easy barefoot running on the grass.
WEEK 3				
Date	Session	Intensity	Time	Details
MON				
TUES	Run	Medium	40	7 easy : 3 hard = 10 x 4 = 40 mins – keep it on the flats
WEDS				
THURS	Run	Medium	50	Stretch out for the final 15 minutes – holding your best form.
FRI				
SAT	Run	Medium	75	And still...there’s no need for the hard stuff – time on feet (at this point) is King!
SUN	Run	Easy	30	Try easy barefoot running on the grass.
WEEK 4				
Date	Session	Intensity	Time	Details
MON				
TUES	Run	Medium	40	7 easy : 3 hard = 10 x 4 = 40 mins – keep it on the flats
WEDS				
THURS	Run	Medium	50	Stretch out for the final 15 minutes – holding your best form.
FRI				
SAT	Run	Medium	90	Once again, we need 90 clean minutes. Distance & speed is irrelevant.
SUN	Run	Easy	30	barefoot running on the grass – that means, removing your shoes & socks only.
WEEK 5				
Date	Session	Intensity	Time	Details
MON				
TUES	Run	Medium	40	6 easy : 4 hard = 10 x 4 = 40 mins – keep it on the flats
WEDS				
THURS	Run	Medium	50	Stretch out for the final 20 minutes – holding your best form.
FRI				
SAT	Run	Medium	90	Steady, and be sure to include some hills.
SUN	Run	Easy	30	barefoot running on the grass – that means, removing your shoes & socks only.

WEEK 6

Date	Session	Intensity	Time	Details
MON				
TUES	Run	Medium	40	6 easy : 4 hard = 10 x 4 = 40 mins – keep it on the flats
WEDS				
THURS	Run	Medium	50	Stretch out for the final 20 minutes – holding your best form.
FRI				
SAT	Run	Medium	90	Not hard but be pressing the final 20 minutes with your best form.
SUN	Run	Easy	30	barefoot running on the grass – that means, removing your shoes & socks only.

WEEK 7

Date	Session	Intensity	Time	Details
MON				
TUES	Run	Medium	40	5 easy : 5 hard = 10 x 4 = 40 mins – keep it on the flats
WEDS				
THURS	Run	Medium	42	Grassy field – wup 10 mins – 10 x 1 minute hard with 3 min easy float = 4 mins x 8 = 32 mins.
FRI				
SAT	Run	Medium	70	Not hard but be pressing the final 20 minutes with your best form.
SUN	Run	Easy	30	barefoot running

WEEK 8

Date	Session	Intensity	Time	Details
MON				
TUES	Run	Medium	40	5 easy : 5 hard = 10 x 4 = 40 mins – keep it on the flats
WEDS				
THURS	Run	Medium	42	Grassy field – wup 10 mins – 10 x 1 minute hard with 3 min easy float = 4 mins x 8 = 32 mins.
FRI				
SAT	Run	Medium	45	Pressing the final 15 minutes with your best form.
SUN				

WEEK 9

Date	Session	Intensity	Time	Details
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MON				
TUES	Run	Medium	40	7 easy : 3 hard = 10 x 4 = 40 mins – keep it on the flats
WEDS				
THURS	Run	Easy	30	Steady
FRI				
SAT				
SUN	RACE DAY		PB	<p>Out steadily</p> <p>Build up to your sustainable but working pace.</p> <p>Embrace the discomfort with 7 kms to go and press.</p> <p>Hit the line, hard.</p> <p>Well done!</p>