

BEGINNER 21KM RUN PROGRAM

We have done the 5km and now the 10km. Next step up is the 21km. If you have been consistent and relatively injury and illness free, you will find the jump from 10km to 21km very easy.

Week 1

- Monday Rest day
- Tuesday 2km easy warm-up then 4km club time trial
- Wednesday 5km easy run/recover
- Thursday Rest day
- Friday 10km easy recover
- Saturday Rest day
- Sunday 8km easy run with tempo towards the end

Mileage for week 1 of the 21km training program stands at 29km.

Week 2

- Monday Rest day
- Tuesday 8km club time trial at tempo pace only/not fast
- Wednesday 10km easy run/recover
- Thursday Rest day
- Friday 1km easy/5 x 500m hard run uphill/easy down
- Saturday Rest day
- Sunday 10km moderate run on the weekend

Weekly mileage is 33km. The hill session is done on a hard but not too steep hill, the pace on your way up is moderate/tempo pace.

Week 3

- Monday Rest day
- Tuesday 1km easy/4 x 1km track intervals hard rest 60 secs/1km cool down
- Wednesday Rest day
- Thursday 2km easy/2 x 1km hill interval tempo up/easy down
- Friday Rest day
- Saturday 10km easy run
- Sunday 8km time trial hard/warm-up easy with stretch before you run hard

Weekly mileage is 30km, down a little from last week, but with more interval training.

Week 4

- Monday Rest day
- Tuesday Rest day
- Wednesday 8km easy run/recover
- Thursday Rest day
- Friday 2km easy/2 x 1km intervals tempo pace rest 45 secs
- Saturday rest day
- Sunday 21km road race

Weekly mileage is 33km. Start the half marathon at a slower pace and try pick-up or maintain the pace you ran from the start. It's important to finish stronger in the longer distance races. If you go too fast too early, you will struggle the last 5km.