

INTERMEDIATE 21KM RUN PROGRAM

You are well on your way to becoming a seasoned runner already, but this 4-week programme will give you a good time over the 21km race distance.

Week 1:

- Monday Rest day
- Tuesday 2km easy/8km time trial hard
- Wednesday 8km easy run/recover
- Thursday 2km easy/6 x 500m hard up hill/easy down intervals
- Friday 8km recovery run
- Saturday Rest day
- Sunday 10km easy run

Weekly mileage is 44km

Week 2:

- Monday Rest day
- Tuesday 1km easy/4km club time trial hard/3km easy recover
- Wednesday 12km easy run/recover
- Thursday Rest day
- Friday 2km easy/3x 1km mod up hill/easy down
- Saturday 8km easy recover
- Sunday 15km tempo run

Weekly mileage of 49km

Week 3:

- Monday Rest day
- Tuesday 8km club time trial
- Wednesday 8km easy run/recover
- Thursday 10km tempo run
- Friday Rest day
- Saturday Rest day
- Sunday 25km easy run/can stop at halfway and stretch

Weekly mileage comes in at 51km for week three.

Week 4:

- Monday Rest day
- Tuesday Rest day
- Wednesday 10km easy run/recover
- Thursday 2km easy/3 x 1km intervals hard, rest 90 secs
- Friday Rest day
- Saturday 6km easy
- Sunday 21km road race

Short of injury or illness, you will have a great race. Mileage for week 4 came in at 47km