

ADVANCED 21KM RUN PROGRAM

21km is last of the 3 race distances that rely heavily on speed. With 8 weeks of training in the bag for this distance, you're ready to start upping the pace. Here's the guide to running a fast 21km race.

Week 1

- Monday Rest day
- Tuesday 2km easy/8km club time trial/2km easy
- Wednesday 12km easy run/recover
- Thursday 2km easy/6 x 1km track intervals rest 30 secs tempo pace
- Friday 15km easy
- Saturday Rest day
- Sunday 15km easy run

Weekly mileage 62km.

Week 2

- Monday Rest day
- Tuesday 2km easy/8km club time trial tempo pace/2km
- Wednesday 14km easy run
- Thursday 2km easy/6 x 500m hard uphill/easy down recover
- Friday Rest day
- Saturday 20km moderate run
- Sunday 10km easy run

Weekly mileage at 62km.

Week 3

- Monday Rest day
- Tuesday 4km warm-up then 8km club time trial hard
- Wednesday 16km easy run/recover
- Thursday Rest day
- Friday 15km tempo run
- Saturday Rest day
- Sunday 25km easy/slow run

Your weekly mileage peaks during week three, coming in at 68km.

Week 4

- Monday Rest day
- Tuesday 2km warm-up easy/4km club time trial hard
- Wednesday Rest day
- Thursday 12km easy run
- Friday Rest day
- Saturday 5km easy warm-up run
- Sunday 21km road race – go hard!!

You have done some really good training and race day will finally deliver the result you have been working towards – a fast 21km race.