

INTERMEDIATE 21 KM ROAD RUNNING PROGRAMME

If you've been running for several years, have done some speed work, and average about 30 – 40 km a week, then this programme is for you. If you can run 20 km comfortably at a moderate pace and now want to improve your half-marathon time, this programme will give you the information you need to reach your goal.



GENERAL INSTRUCTIONS

- Start with a 5-minute to 10-minute easy walk to warm up before every session, and end with a 5-minute to 10-minute easy walk to cool down.
- After cooling down, do some stretching.
- Always get medical clearance before starting any exercise programme.



DEFINITIONS AND GUIDELINES

- **Cross-training:** Not essential, but it makes your training programme more balanced.
- **Easy run:** Comfortable pace, where conversation with a partner is easy.
- **Moderate run with hills:** A moderate-paced run that includes about three to four hills of 300 m each.
- **Moderate run:** You might be left slightly breathless.
- **Rest:** A vital part of any training programme when your muscles increase in strength.
- **Strength training:** This becomes very important as you begin to pick up running distance and speed. Aim for one to two sessions a week to help prevent injury and improve your running fitness
- **Tempo:** Speed work sessions.

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THE PROGRAMME








WEEK 1

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
 45 minute moderate run with hills, including 4 x 100 m strides	 5 x 800 m (15 – 20 seconds faster than 10 km race pace), two minute recovery between intervals	 40 minute strength training and cross-training workout	 10 minute easy run 4 x 3 minutes at tempo with two minute recovery between intervals 10 minute moderate run	 REST	 14 km long run	 30 minute strength training and cross-training workout








WEEK 2

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
 50 minute moderate run	 5 x 1,000 m (10 – 15 seconds faster than 10 km race pace) with two minute recovery jog between intervals	 40 minute strength training and cross-training workout	 5 km time trial	 REST	 16 km long run	 30 minute strength training and cross-training workout








WEEK 3

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
 45-minute moderate run with hills, including 4 x 100 m strides	 6 x 800 m (15 – 20 seconds faster than 5 km race pace) with two minute recovery jog between intervals	 40 minute strength training and cross-training workout	 15 minute easy run 4 x 4 minutes at tempo with two minute recovery jog between intervals 15 minute moderate run	 REST	 16 km (14 km easy, 2 km at race pace)	 30-minute strength training and cross-training workout








WEEK
4

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
 50-minute moderate run	 6 x 1,000 m (10 – 15 seconds faster than 10 km race pace) with three-minute recovery jog between intervals	 40-minute strength training and cross-training workout	 5 km time trial	 REST	 19 km long run	 30-minute strength training and cross-training workout








WEEK
5

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
 45-minute moderate run with hills, including 4 x 100 m strides	 6 x 800 m (15 – 20 seconds faster than 10 km race pace) with two-minute recovery jog between intervals	 40-minute strength training and cross-training workout	 15-minute easy run 4 x 4 minutes at tempo with two-minute recovery jog between intervals 15 minute moderate run	 REST	 15 km (14 km easy, 1 km at race pace)	 30-minute strength training and cross-training workout

WEEK
6

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
 50-minute moderate run	 5 x 1,200 m (10 – 15 seconds faster than 10 km race pace) with three-minute recovery jog between intervals	 40-minute strength training and cross-training workout	 5 km time trial	 REST	 22 km long run	 30-minute strength training and cross-training workout

WEEK
7

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
 45-minute moderate run with hills, including 4 x 100 m strides	 8 x 400 m (10 seconds faster than 5 km race pace) with 400 m recovery jog between intervals	 40-minute strength training and cross-training workout	 15-minute easy run for 4 x 3 minutes at tempo, with two-minute recovery jog between intervals 10-minute moderate run	 REST	 12 km (10 km easy, 2 km at race pace)	 REST

WEEK
8

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
 45-minute moderate run, including 6 x 100 m strides	 Light strength training	 REST	 40 minutes of cross-training	 REST	 20-minute jog, including 3 x 100 m strides	 Race – 21 km

