

21.1K 6 WEEK TRAINING PLAN

This plan has been designed with a planned virtual race day of **Sunday 8 November 2020**.

If that date doesn't work for you or if the weather isn't ideal, follow the suggested Week 7 schedule.

BEGINNERS – choose the lesser distance or time suggested and include 1min walk breaks throughout if needed.

For example, a 40 min run could be 4x (9 min run + 1 min walk).

INTERMEDIATE – choose the longer distance and, if you want, add the challenge suggested.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest or cross training <i>This could be strength work such as Pilates, swimming, yoga or bike riding</i>	30-40min run Easy	Rest	40min run Easy to moderate	Rest	Cross training Challenge <i>Include a 30min run Easy</i>	60-75min long run* Easy to moderate
2	Rest or cross training	35-45min run Easy	Rest	40-50min run Easy to moderate Challenge <i>After a 10min warm up include 5-8x (2min at Moderate Pace uphill + jog down the hill Easy)</i>	Rest	Cross training Challenge <i>Include a 30min run (Easy)</i>	75-90min long run* Easy to moderate Challenge <i>Include 30min Easy + 30min at Target Half Marathon pace + 30min Easy</i>
3	Rest or cross training	40-50min run Easy Challenge <i>include 12x (30sec Fast + 60sec Easy)</i>	Rest	40-50min run Easy to moderate <i>After a 10min warm up include* 4-10x (2min at Race Pace + 2min Easy)</i> <i>*Beginner runners do 4 and intermediate runners do 10 (based on fitness)</i>	Rest	Cross training Challenge <i>Include a 30min run (Easy)</i>	90-105min long run* Easy to moderate
4	Rest or cross training	40-50min run Easy Challenge <i>Include 2x (10min at Race Pace + 5min Easy)</i>	Rest	40-60min run Easy to moderate <i>After a 10min warm up include* 3-8x (2min hill efforts at a Moderate pace + jog down the hill for recovery)</i> <i>*Beginner runners do 3 and intermediate runners do 8 (based on fitness)</i>	Rest	Cross training Challenge <i>Include a 30min run (Easy)</i>	105-120min long run* Easy to moderate Challenge <i>Aim to include 10km @ Race Pace after a 5km warm up. The remainder of the run is easy.</i>
5	Rest or cross training	40-50min run Easy Challenge <i>include 12x (30sec Fast + 60sec Easy between each effort)</i>	Rest	40-60min run Easy to moderate <i>After a 10min warm up include* 3-6x (5min at Race Pace + 2min Easy)</i> <i>*Beginner runners do 3 and intermediate runners do 6 (based on fitness)</i>	Rest	Cross training Challenge <i>Include a 30min run (Easy)</i>	60-75 min long run* Easy to moderate
6	Rest or cross training	30-40min run Easy Challenge <i>Include 10x (30sec Fast + 30sec Easy)</i>	Rest	30-40 min run Easy	Rest	15-30min run Easy <i>Optional: 3x 30-60 sec Race Pace efforts</i>	RACE DAY
7	Rest	2km warm up (Easy) Run a few 20sec strides and then run 6x400 (5k pace). 1-2 km cool down (Easy)	Rest or cross training	<i>Run on a flat course or treadmill.</i> 5-10 min warm up (Easy) + 10 min run (Moderate to moderate/hard) + 5-10 min cool down (Easy)	Rest	2km warm up (Easy) Run a few 20sec strides and then run 1 x 400 (5k pace) 1km cool down (Easy)	Rest

*Remember beginners can include a planned walk break throughout the run, i.e. repeat a 14min run + 1min walk for the duration of the run.

EFFORT KEY:

EASY - You can hold a conversation | **MODERATE** - You can say short phrases

HARD - Speaking is virtually impossible