## INTERMEDIATE 21 KM ROAD RUNNING PROGRAMME

If you have 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 are able to run 20 km comfortably at a moderate pace and you now want to improve your half-marathon time, this programme will provide you with the information you need to reach your goal

## GENERAL INSTRUCTIONS

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


## CHAT TO HEALTHY COMPANY FOR FREE ADVICE

Healthy Company is here for you. Contact us through the Discovery app, www.discovery.co.za or 0800320420

## definitions and guidelines

$\mathbb{S}$ Cross training: not essential, but makes your training programme more balanced
$25^{\circ}$ Easy run: comfortable pace, where conversation with a partner
2 is easy
$75^{\circ}$ Moderate run with hills: a moderate-paced run that includes about 3 to 4 hills of 300 m each
25 Moderate run: you might be left slightly breathless
Rest: a vital part of any training programme when your muscles increase in strength
$\mathbb{\&}$ Strength training: this becomes very important as you begin to pick up running distance and speed. Aim for $1-2$ sessions a week to help prevent injury and improve your running fitness

## THE PROGRAMME

WEEK 1


WEEK 2

WEEK 3


WEEK 4

| $\mathrm{DAP}_{7}$ | $\mathrm{DAY}^{2}$ | $\mathrm{DAY}_{3}$ | $\mathrm{DAF}_{4}$ | $\mathrm{DAP}_{5}$ | $\mathrm{DAY}_{6}$ | $D^{\prime \prime}>$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $\left(25^{\circ}\right)$ | $\left(25^{\circ}\right)$ | $(\mathbb{S})$ | ( ${ }^{(1)}$ ) | $\binom{\circ}{n}$ | $(25)$ | $(\mathbb{S})$ |
|  | $\bigcirc$ | $\vdots$ | $\vdots$ | $\vdots$ | - |  |
| 50 minutes moderate run | $6 \times 1000 \mathrm{~m}$ <br> (10-15 seconds faster than 10 km race pace) with 3 minutes recovery jog between intervals | 40 minutes strength training and cross training | 5 km time trial | REST | 19 km long run | 30 minutes strength training and cross training |

WEEK 5


WEEK 6


## WEEK 7

| $\mathrm{DAY}_{7}$ | $\mathrm{DAY}_{2}$ | $\mathrm{DAY}_{3}$ | $D^{\text {AY }}{ }_{4}$ | $D^{\prime} Y_{5}$ | $\mathrm{DAY}_{6}$ | DAY > |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $(25)$ | $(25)$ |  |  | $\left(\frac{\circ}{\square}\right.$ | $(20)$ | $\binom{\circ}{17 n}$ |
| $\begin{aligned} & \mathbf{O} \\ & \vdots \\ & \vdots \end{aligned}$ | - | $\bullet$ | $\dot{-}$ | - | - | $\dot{\bullet}$ |
| 45 minutes | $8 \times 400 \mathrm{~m}$ | 40 minutes | 15 minutes easy run | REST | 12 km | REST |
| moderate run | (10 seconds faster | strength training | $4 \times 3$ minutes at tempo, |  | (10 km easy, |  |
| with hills including | than 5 km race pace) | and cross training | with 2 minutes recovery |  | 2 km at race pace) |  |
| $4 \times 100$ m strides | with 400 m recovery |  |  |  |  |  |
|  | jog between intervals |  | 0 minutes at moderate run |  |  |  |

WEEK 8

at moderate run
including
$6 \times 100 \mathrm{~m}$ strides

