

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

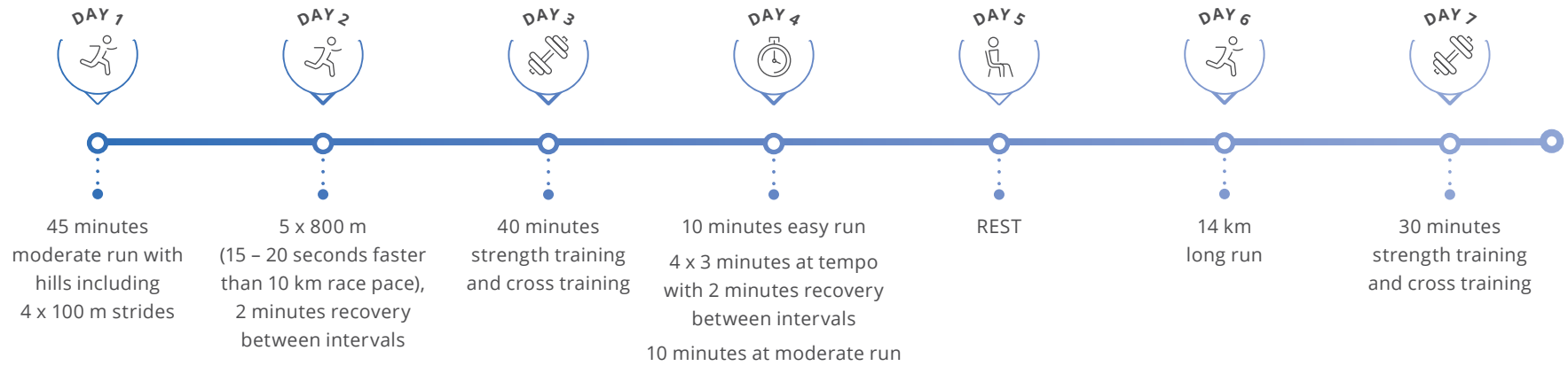
Healthy Company is here for you. Contact us through the Discovery app, www.discovery.co.za or 0800 320 420

DEFINITIONS AND GUIDELINES

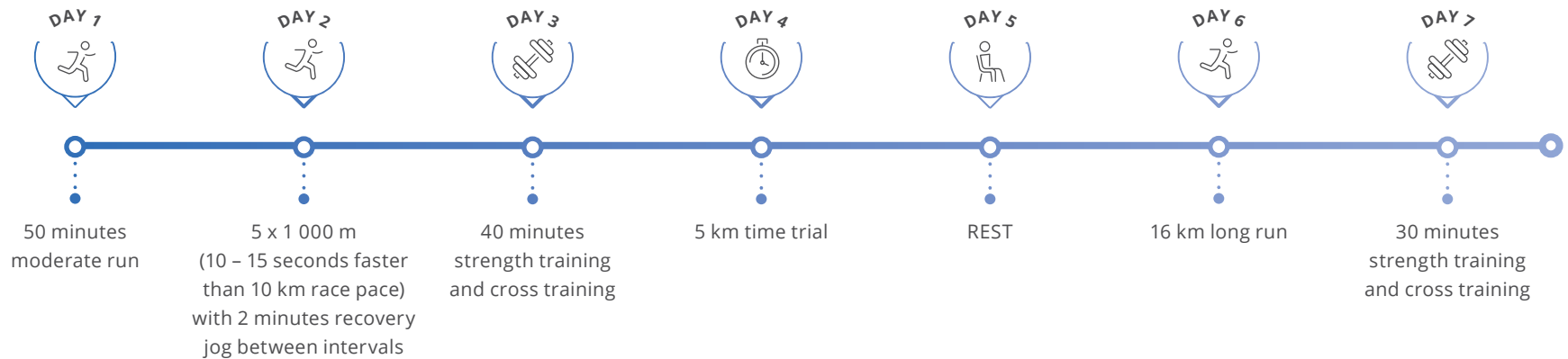
-  **Cross training:** not essential, but makes your training programme more balanced
-  **Easy run:** comfortable pace, where conversation with a partner is easy
-  **Moderate run with hills:** a moderate-paced run that includes about 3 to 4 hills of 300 m each
-  **Moderate run:** you might be left 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 1 – 2 sessions a week to help prevent injury and improve your running fitness
-  **Tempo:** speed-work sessions

THE PROGRAMME

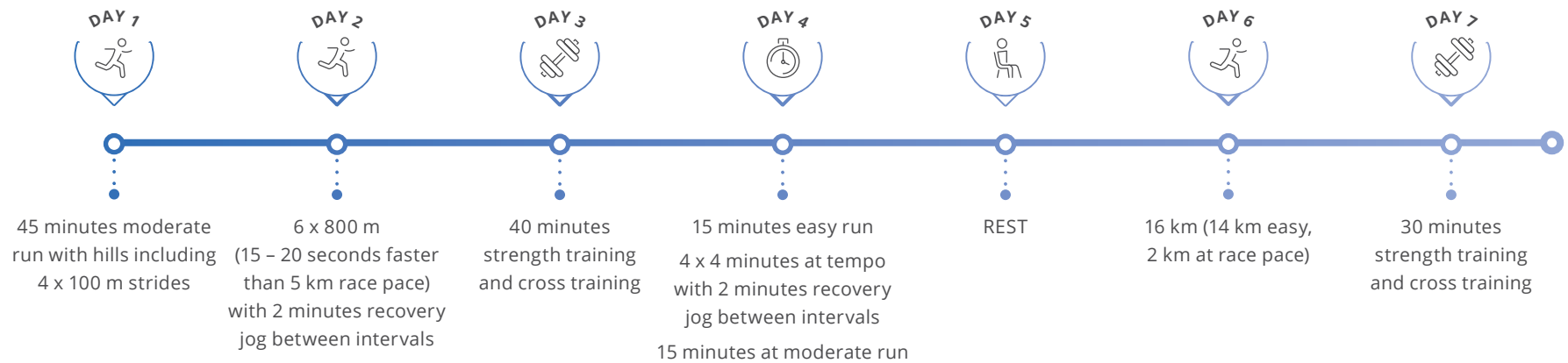
WEEK 1



WEEK 2



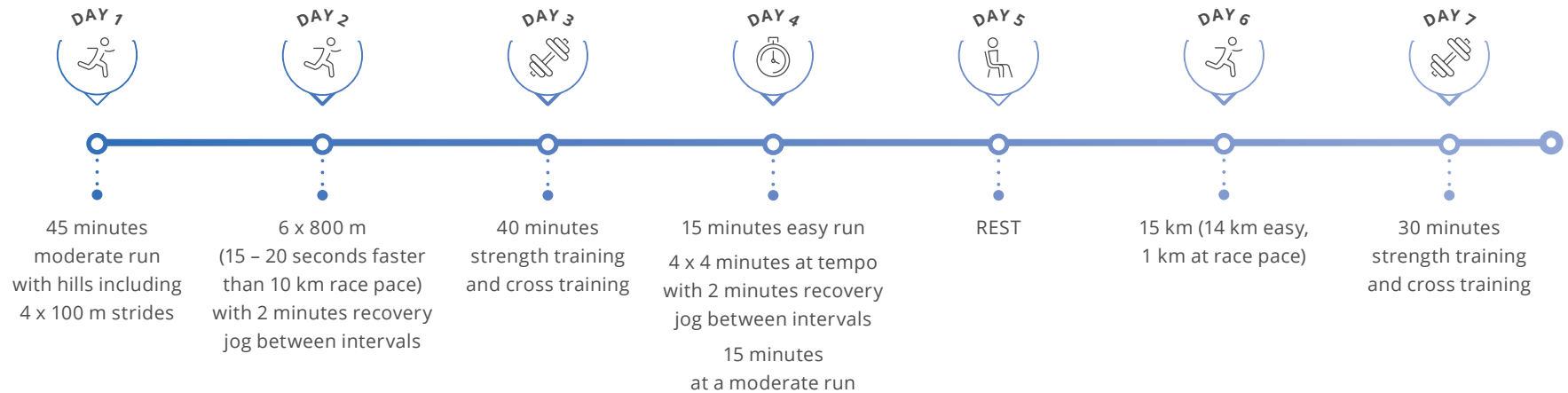
WEEK 3



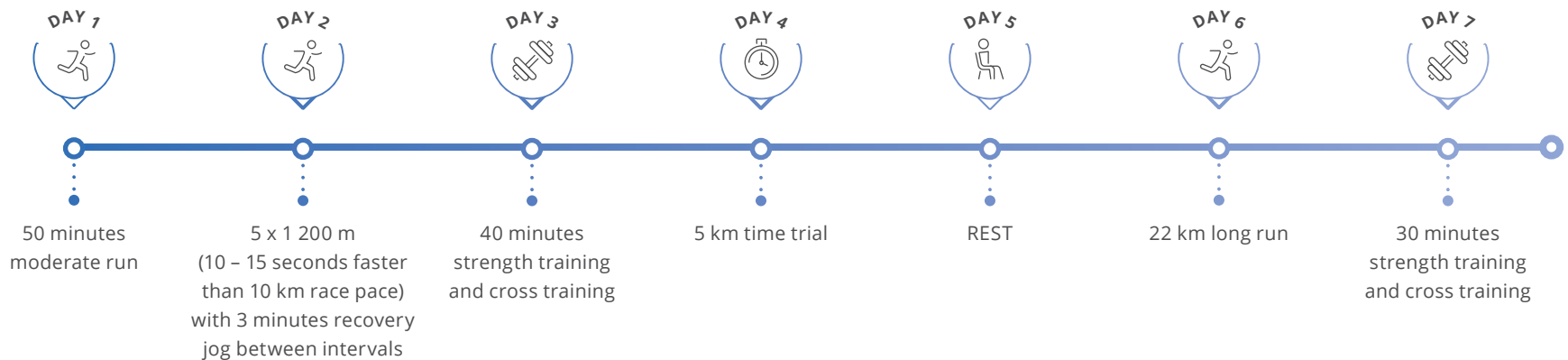
WEEK 4



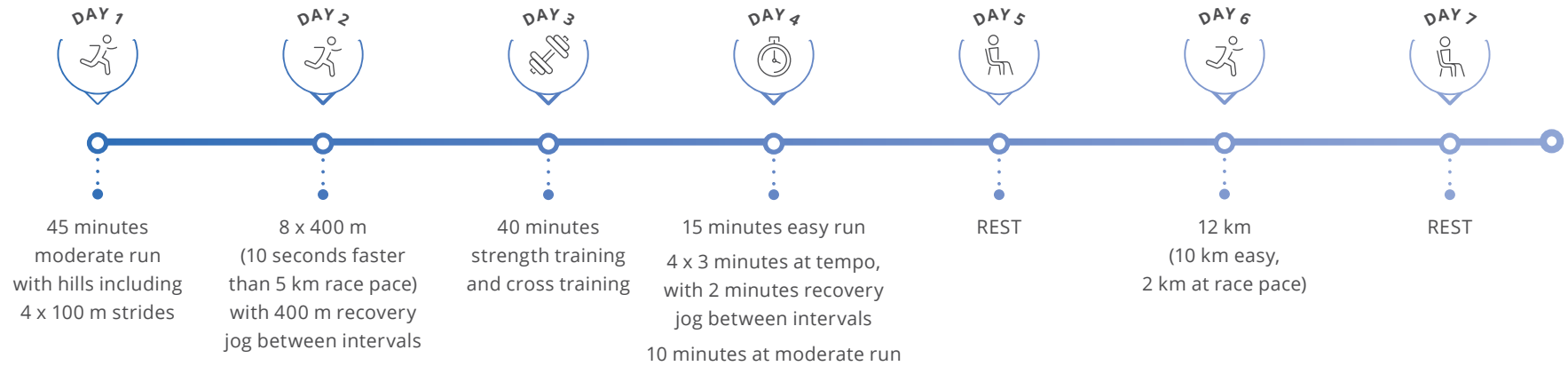
WEEK 5



WEEK 6



WEEK 7



WEEK 8

