

Get ready to run for South Africa

Advanced 21km road run training programme

Are you ready to run your best half-marathon? This 21km advanced road running programme will help you improve your race time and increase the intensity of your workout just in time for the Vitality Running World Cup.

Remember to always get medical advice before starting on any exercise programme.

Don't forget to start and end with a 5 – 10 minute brisk walk to warm-up or cool down before and after every session. After cooling down, take time to do some stretching.

TRAINING GUIDELINES

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 1	Strength training and cross training for 30 mins. Optional.	5 x 800m (10 sec faster than your 10km race pace). 2 min recovery jogs between intervals.	40 min strength training and cross training.	Start with a 10 min easy run; then 5 x 3 min runs at tempo with 2 min recovery jogs between intervals. Followed by a 10 min run at a moderate pace.	Rest.	16km long run.	10km moderate pace run including 4 x 100m strides.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 2	Strength training and cross training for 30 mins. Optional.	2km warmup, 6 x hills (300m long), recover downhill; end with 1km cool-down.	40 min strength training and cross training.	5km time trial.	Rest.	18km long run.	10km moderate pace run.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 3	Strength training and cross training for 30 mins. Optional.	5 x 1 200m (15 – 20 sec faster than 10km race pace) with 3 min recovery jogs between intervals.	40 min strength training and cross training.	Start with a 10 min easy run. Then 5 x 3 min runs at tempo with 2 min recovery jogs between intervals. Followed by a 15 min run at moderate pace.	Rest.	15km (13km easy pace and a 2km at race pace).	10km moderate pace run including 6 x 100m strides.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 4	Strength training and cross training for 30 mins. Optional.	2km warmup, 7 x hills (300m long), recover downhill. Then 1km cool-down.	40 min strength training and cross training.	5km time trial.	Rest.	10km at race pace.	22km long run.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 5	Strength training and cross training for 30 mins. Optional.	4 x 1 600m (15 – 20 sec faster than 10km race pace). 3 min recovery between intervals.	40 min strength training and cross training.	Start with a 10min easy run; then 4 x 4 min runs at tempo with 2 min recovery between intervals. Followed by a 20 min run at moderate pace.	Rest.	15km (13km easy pace and a 2km run at race pace).	10km moderate pace run including 6 x 100m strides.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 6	Strength training and cross training for 30 mins. Optional.	2km warmup, 8 x hills (200m long), recover downhill. End with 1km cool-down.	40 min strength training and cross training.	5km time trial.	Rest.	24km long run.	10km moderate pace run.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 7	Rest.	8 x 400m (10 sec faster than your 5km race pace). 2 min recovery between intervals.	40 min strength training and cross training.	Start with a 10 min easy run; then 4 x 3 min runs at tempo with 2 min recovery jogs between intervals. Followed by a 10 min run at moderate pace.	Rest.	15km (13km easy pace and a 2km run at race pace).	8km easy run.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 8	Rest.	40 min easy run including 6 x 100m strides.	Rest.	Cross training for 40min.	Rest.	20 min jog including 4 x 100m strides.	21.1km RACE

- **Easy run**
Comfortable pace, where a conversation with your training partner is easy.
- **Moderate paced run**
You might be slightly breathless.
- **Moderate pace with hills**
A moderate paced run that includes 3 – 4 hills of 300m each.
- **Long run**
Longer distance at a comfortable pace. You may choose to run for 9 min and walk 1 min for the time given.
- **Time trials**
Make a concerted effort to maintain a fast pace.
- **Repeats, tempo, hills, strides**
Speed-work sessions.
- **Strength training**
Type of exercise that uses resistance training to induce muscular contraction which builds the strength of skeletal muscles. It's not essential for you to finish the 21km distance, but it has tremendous health and fitness benefits.
- **Cross training**
Choose to combine exercises of other disciplines to supplement your running and build strength and flexibility in your muscles. It's not essential, but it makes your programme more balanced.
- **Rest**
A rest day does not include any exercise. This is a vital part of your training, as it's when your muscles increase in strength.

Join the Vitality Running World Cup for free today.
Can we count you in?