

Get ready to run for South Africa

Intermediate 21km road running training programme

If you are able to run 20km comfortably, at a moderate pace and want to improve your half-marathon time before the start of the Vitality Running World Cup, this programme is perfect for you.

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 and cool down before and after every session.
After cooling down, take the time to do some stretching

TRAINING GUIDELINES

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 1	45 min moderate pace with hills, including 4 x 100m strides.	5 x 800m (15 – 20 sec faster than your 10km race pace). 2 min recovery jog between intervals.	40 min strength training and cross training.	Start with a 10 min easy run then 4 x 3 min at tempo with 2 min recovery jog between intervals. Followed by a 10 min run at moderate pace.	Rest.	14km long run.	30 min strength training and cross training.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 2	50 min moderate pace run.	5 x 1000m (10 – 15 sec faster than your 10km race pace) with a 2 min recovery jog between intervals.	40 min strength training and cross training 40 min.	5km time trial.	Rest.	16km long run.	30 min strength training and cross training.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 3	45 min moderate pace with hills including 4 x 100m strides.	6 x 800m (15 – 20 sec faster than your 5km race pace) with a 2 min recovery jog between intervals.	40 min strength training and cross training	Start with a 15 min easy run, then 4 x 4 min at tempo with 2 min recovery jog between intervals. Followed by a 15 min run at moderate pace.	Rest.	16km (14km easy run and 2km at race pace).	30 min strength training and cross training

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 4	50 min moderate pace run.	6 x 1 000m (10 – 15 sec faster than your 10km race pace) with 3 min recovery jog between intervals.	40 min strength training and cross training	5km time trial.	Rest.	19km long run.	30 min strength training and cross training

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 5	45 min moderate pace with hills including 4 x 100m strides.	6 x 800m (15 – 20 sec faster than your 10km race pace) with 2 min recovery jog between intervals.	40 min strength training and cross training	Start with a 15 min easy run. Then a 4 x 4 min at tempo with 2 min recovery jog between intervals. Followed by a 15 min run at moderate pace.	Rest.	15km (14km easy run and 1km run at race pace).	30 min strength training and cross training

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 6	50 min moderate pace run.	5 x 1200m (10 – 15 sec faster than your 10km race pace) with 3 min recovery jog between intervals.	40 min strength training and cross training	5km time trial.	Rest.	22km long run.	30 min strength training and cross training

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 7	45 min moderate pace with hills including 4 x 100m strides.	8 x 400m (10 sec faster than your 10km race pace) with 400m recovery jog between intervals.	40 min strength training and cross training	Start with a 15 min easy run. Then 4 x 3 min at tempo, with 2 min recovery jog between intervals. Followed by a 10 min at moderate pace.	Rest.	12km(10km easy run and 2km at race pace).	Rest.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 8	45 min at moderate pace including 6 x 100m strides.	Light strength training.	Rest.	Cross training 40 min.	Rest.	20 min jog including 3 x 100m strides.	21.1km RACE

- **Easy run**
Comfortable pace, where a conversation with your walking 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.
- **Time trials**
Make a concerted effort to maintain a fast pace.
- **Long run**
Longer distance at a comfortable pace. You may choose to run for 9 min and walk 1 min for the time given.
- **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 benefits for your health and fitness.
- **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?