

# Get ready to run for South Africa

## Beginner 21.1km road running training programme

Have you mastered the 10km run and ready to take on a 21.1km run 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 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
<b>WEEK 1</b>	40 min moderate pace run with hills.	30 min strength training and cross training.	5km fast run.	45 min easy run.	Rest.	12km long run.	Strength training.
<b>WEEK 2</b>	45 min moderate pace run with hills.	40 min strength training and cross training.	5km fast run.	45 min easy run.	Rest.	14km long run.	Strength training.
<b>WEEK 3</b>	45 min moderate pace run with hills.	40 min strength training and cross training.	5km at race pace.	50 min easy run.	Rest.	12km long run.	Strength training.
<b>WEEK 4</b>	45 min moderate pace run with hills.	40 min strength training and cross training.	5km fast run.	40 min easy run.	Rest.	16km long run.	Rest.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>WEEK 5</b>	50 min moderate pace run with hills.	40 min strength training and cross training.	5km fast run.	50 min easy run.	Rest.	12km long run.	Strength training.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>WEEK 6</b>	45 min moderate pace run with hills.	40 min strength training and cross training.	5km fast run.	30 min easy run.	Rest.	19km long run.	Rest.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>WEEK 7</b>	50 min moderate pace run with hills.	40 min strength training and cross training.	5km fast run.	50 min easy run.	Rest.	12km long run.	Rest.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>WEEK 8</b>	10km moderate pace run with hills.	Light strength training.	Rest.	40 min easy run.	Rest.	15 min jog.	<b>21.1km RACE</b>

- **Easy run**  
Comfortable pace, where the conversation with your walking partner is easy.
- **Moderate paced run**  
You might be slightly breathless.
- **Fast run**  
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.
- **Race pace**  
Can take the form of time trials or race.
- **Moderate pace with hills**  
A moderate paced run that includes 3-4 hills of 300m each.
- **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 **Validity Running World Cup** for free today.  
**Can we count you in?**