



**RUN A  
DISTANCE  
TO MAKE A  
DIFFERENCE**

# 21.1K ADVANCED PROGRAM

This program is designed for someone who runs consistently, has run a half marathon before and is now looking to improve performance. You should be comfortable with the 1st week of training prior to starting. 10 weeks long, 4 runs per week (with an optional 5th). You can be flexible regarding what days work best for your schedule to complete work-outs.

## RUNNING TERMINOLOGY



### EASY RUN

Run relaxed and at a comfortable effort level. You should be able to have a conversation without feeling out of breath.



### EFFORTS

Fast and slow paces. Alternating between easy efforts and fast efforts within a continuous run.



### TEMPO

A working pace that is comfortably uncomfortable. You can answer simple questions but not have a full conversation.



### HILLS

A hard effort, but on a hill. The easy jog down is your recovery time.



### LONG RUN

Long runs will be kept at an easy, relaxed effort, unless otherwise specified. You should be able to hold a conversation.

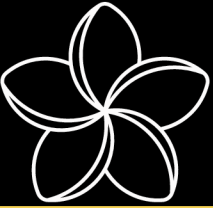


### X-TRAIN & STRENGTH

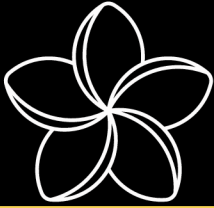
Cycling, swimming, strength sessions at home or in a gym, pilates, etc. Stay strong for running and enjoy the variety.

## 21.1K PROGRAM - ADVANCED

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
10	8K easy run	Strength	9K run including: 2x 3k @ tempo (2min jog)	7K easy run	Rest	12K long run	30min run OR Rest
9	9K easy run	Strength	10K run including: 10x1min efforts (1min jog)	8K easy run	Rest	14K long run	35min run OR Rest
8	7K easy run	Strength	8K easy run	7K easy run	Rest	11K long run work-out including: 5K tempo OR parkrun	30min run OR Rest
7	9K easy run	Strength	11K run including: 7x2min efforts (1min jog)	8K easy run	Rest	16K long run	35min run OR Rest
6	10K easy run	Strength	12K run including: 2x4k @ tempo (3min jog)	9K easy run	Rest	18K long run	40min run OR Rest
5	11K easy run	Strength	13K run including: 7k @ HM effort	10K easy run	Rest	20K long run	45min run OR Rest
4	9K easy run	Strength	10K easy run	8K easy run	Rest	15K long run work-out including: 5k tempo OR parkrun	35min run OR Rest
3	12K easy run	Strength	14K run including: 7x3min efforts (1min jog)	10K easy run	Rest	22K long run	50min run OR Rest
2	8K easy run	Strength	10k run including: 3x2k @ HM effort (2min jog)	8K easy run	Rest	12K long run	Rest
1	6K easy run	Rest	5K run including: 2K @ HM pace to finish	30min run OR Rest	Rest	Rest	Run2Cure



# EXAMPLE



Here's an example of how to manage your weekly sessions. Any run can be on the flat or across undulation.

## - WEEK 6 -

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
6	10K easy run	Strength	12K run including: 2x4k @ tempo (3min jog)	9K easy run	Rest	18K long run	40min run OR Rest

Warm-Up - Prior to any session, aim to be warmed up with walking and dynamic stretching.

Monday - Enjoy your easy runs. Find a running buddy to help keep you accountable. You should be able to hold a conversation while running.

Wednesday - Always include a solid 10-15 minutes of easy running prior to any interval work. Once your intervals are complete, run easy to complete the total distance.

i.e. Run 3K at warm-up effort, then run a 4K at a tempo effort, jog for 2 minutes, then run your second 4K @ a tempo effort. If needed, continue jogging easy to complete 12k total.

