



**RUN A
DISTANCE
TO MAKE A
DIFFERENCE**



21.1K INTERMEDIATE PROGRAM



This program is designed for someone who runs consistently, can run a 10k long run already and now wants to build to complete a half marathon. You should be comfortable with the 1st week of training prior to starting. 10 weeks long, 4 runs per week. 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.

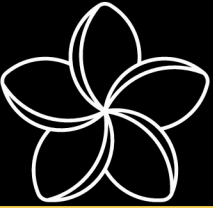


X-TRAIN & STRENGTH

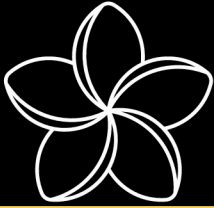
Cycling, swimming, strength sessions at home or in a gym, pilates, etc. Stay strong for running and enjoy the variety.

21.1K PROGRAM - INTERMEDIATE

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
10	7K easy run	Strength	7K run including: 2x 2k @ tempo (2min jog)	6K easy run	Rest	10K long run	Rest OR x-train
9	7K easy run	Strength	8K run including: 10x1min efforts (1min jog)	6K easy run	Rest	12K long run	Rest OR x-train
8	6K easy run	Strength	6.5K easy run	6K easy run	Rest	10K long run work-out including: 5K tempo OR parkrun	Rest OR x-train
7	8K easy run	Strength	8K run including: 6x2min efforts (1min jog)	7K easy run	Rest	13.5K long run	Rest OR x-train
6	8K easy run	Strength	9K run including: 2x3k @ tempo (2min jog)	8K easy run	Rest	15K long run	Rest OR x-train
5	9K easy run	Strength	10K run including: 6k @ HM effort	8K easy run	Rest	16.5K long run	Rest OR x-train
4	8K easy run	Strength	8K easy run	7K easy run	Rest	13K long run work-out including: 5k tempo OR parkrun	Rest OR x-train
3	10K easy run	Strength	11K run including: 5x3min efforts (1min jog)	9K easy run	Rest	18K long run	Rest OR x-train
2	8K easy run	Strength	10k run including: 3x2k @ HM effort (2min jog)	7K 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.

- WEEK 6 -

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
6	8K easy run	Strength	9K run including: 2x3k @ tempo (2min jog)	8K easy run	Rest	15K long run	Rest OR x-train

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 2K at warm-up effort, then run a 3K at a tempo effort, jog for 2 minutes, then run your second 3K @ a tempo effort. If needed, continue jogging easy to complete 9k total.

