



9 WEEK TRAINING PREPARATION PLAN – 21km Event, finishing safely, rejoicing your achievement.

- Match your 'effort' to the listed time.
- Zero focus or interest is given to distance or pacing.
- Note the recommended session work/rest ratio.
- Employ a shorter, lower to the ground running stride – a shuffle.
- The Walk:Run Method relates to Walk, briskly (minutes): Run (minutes).
- All you need is a stopwatch (smart phone).



WEEK 1

Date	Session	Intensity	Time	Details
MON				OK, avoiding injury & illness is the key. Please comply with the recommended 1) intensity and 2) time guidelines.
TUES	Walk:Run	Easy	30	1 walk (briskly): 4 Run (easily) = 5 mins x 6 = 30 mins
WEDS				
THURS	Run	Easy	40	Super easy pace with a short, shuffle-like stride. Minimise the cost of impact. #noinjuries
FRI				
SAT	Run	Easy	50	Again, slow & easy. Mix up the terrain but be sure to take it easy on the up's and even the down hills.
SUN	Run	Easy	15	Easy 15 min rec run on grass.

WEEK 2

Date	Session	Intensity	Time	Details
MON				Easy means, super easy super slow.
TUES	Walk:Run	Easy	30	1 walk (briskly): 4 Run (easily) = 5 mins x 6 = 30 mins
WEDS				

THURS	Run	Medium	40	Your medium effort.
FRI				
SAT	Run	Easy	60	Slow and easy, stopping only for a drink of water.
SUN	Run	Easy	15	Easy 15 min rec run on grass.
WEEK 3				
Date	Session	Intensity	Time	Details
MON				Easy means, super easy super slow.
TUES	Walk:Run	Easy	40	1 walk (briskly): 4 Run (easily) = 5 mins x 8 = 40 mins
WEDS				
THURS	Run	Medium	40	At your medium effort and no harder, throw in at least 20 minutes of hill running.
FRI				
SAT	Run	Easy	60	Slow and easy, stopping only for a drink of water.
SUN	Run	Easy	15	Easy 15 min rec run on grass.
WEEK 4				
Date	Session	Intensity	Time	Details
MON				
TUES	Walk:Run	Medium	40	1 walk (briskly): 7 Run (easily) = 8 mins x 5 = 40 mins
WEDS				
THURS	Run	Medium	40	Medium effort running hills.
FRI				
SAT	Run	Easy	60	Slow and easy, stopping only for a drink of water.
SUN	Run	Easy	20	Easy 20min rec run on grass.
WEEK 5				
Date	Session	Intensity	Time	Details
MON				
TUES	Run	Easy/Hard	40	5 easy: 5 hard = 10 x 4
WEDS				
THURS	Run	Medium	40	Medium effort running hills.
FRI				
SAT	Run	Easy	70	Super slow and easy, stopping only for a drink of water. This increasing session is all about the time on feet.

SUN	Run	Easy	20	Easy 20min rec run on grass.
WEEK 6				
Date	Session	Intensity	Time	Details
MON				
TUES	Run	Easy/Hard	40	5 easy: 5 hard = 10 x 4
WEDS				
THURS	Run	Medium	40	Medium effort running hills. Again, be super careful on the descents. Close up your stride to limit over striding.
FRI				
SAT	Run	Easy	80	Easy does it – the goal here is to run home strongly, not dragging your feet.
SUN	Run	Easy	20	Easy 20min rec run on grass.
WEEK 7				
Date	Session	Intensity	Time	Details
MON				
TUES	Run	Easy/Hard	40	4 easy: 6 hard = 10 x 4
WEDS				
THURS	Run	Medium	50	Medium effort running hills.
FRI				
SAT	Run	Easy	100	Even if it means walking intermittently, log the 100 minutes
SUN	Run	Easy	20	Easy 20min rec run on grass.
WEEK 8				
Date	Session	Intensity	Time	Details
MON				
TUES	Run	Easy/Hard	40	4 easy: 6 hard = 10 x 4
WEDS				
THURS	Run	Medium	50	Medium effort running hills.
FRI				
SAT	Run	Easy	50	Hold your form
SUN				
WEEK 9				
Date	Session	Intensity	Time	Details

MON				
TUES	Run	Easy	40	Nice & easy.
WEDS				
THURS	Run	Medium	30	Nice & easy.
FRI				
SAT				
SUN	RACE DAY		?	<p>Take it out easily, and I mean easily. Build up to your steady & sustainable effort & pace. Refuel at each of the aid stations and I recommend walking through – allowing your legs to re-tune.</p> <p>Accept you'll feel tired & sore at the 17km mark – this happens.</p> <p>Shorten your stride, run uprights and slightly bring your hips forward.</p> <p>Get home!</p>