

25 JULY 2021

21K · 10K · 5K

#RunMelbourne2021

TRAINING GUIDE

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2XU

 CITY OF
MELBOURNE

RUNNER'S
WORLD

 RM
RUN MELBOURNE

21.1K BEGINNER

You might be an experienced 10K or 5K runner, but now you want to step it up. This is the perfect guide to take you from running/walking a 21.1K to running to the finish line in 12 weeks.

GOAL = TO RUN A HALF MARATHON!

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY LONG RUN
1	Rest	20min run + 10min walk	Rest	Warm up: 7min run 6 x 2min moderate run + 1min walk Cool down: 5min easy run	Rest	Cross training/Gym	5-6K
2	Rest	20min run + 10min walk	Rest	Warm up: 15min run 6 x 2min moderate run + 1min walk Cool down: 2min easy run	Rest	Cross training/Gym	6-7K
3	Rest	20min run + 10min walk	Rest	Warm up: 6min run 6 x 3min moderate run + 1min walk Cool down: 5min easy run	Rest	Cross training/Gym	8-10K
4	Rest	20min run + 10min walk	Rest	Warm up: 11 min run 6 x 3min moderate run + 1min walk Cool down: 5min easy run	Rest	Cross training/Gym	10-12K
5	Rest	30min easy run	Rest	Warm up: 10min run 5 x 4min moderate run + 1min walk Cool down: 5min easy run	Rest	Cross training/Gym	12-14K
6	Rest	30min easy run	Rest	Warm up: 15min run 5 x 4min moderate run + 1min walk Cool down: 5min easy run	Rest	Cross training/Gym	14-16K
7	Rest	30min easy run	Rest	Warm up: 10min run 8 x 2min mod/hard run + 1min easy run Cool down: 6min easy run	Rest	Cross training/Gym	10K
8	Rest	35min easy run	Rest	Warm up: 10min run 5 x 1K mod/hard run + 2min walk Cool down: 5min easy run	Rest	Cross training/Gym	16-18K.
9	Rest	35min easy run	Rest	Warm up: 10min run 5 x 1.2K mod/hard run + 2min walk Cool down: 5min easy run	Rest	Cross training/Gym	18-20K
10	Rest	40min easy run	Rest	Warm up: 10min run 4 x 1.6K mod/hard run + 2min walk Cool down: 5min easy run	Rest	Cross training/Gym	20-21K
11	Rest	35min easy run	Rest	Warm up: 10min run 5 x 800m moderate/hard run + 2min rest Cool down: 5min easy run	Rest	Cross training/Gym	12K
12	Rest	30min easy run	Rest	Warm up: 10min run 5 x 2min moderate run + 1min easy run Cool down: 5min easy run	Rest	Warm up: 5min walk 15min run Cool down: 5min easy run	RACE DAY

LONG RUN:

This is a long, slow distance run to build endurance. These should be done at an easy conversational pace. It's okay to walk if you need to, just focus on covering the distance for the day.

EFFORT KEY:

EASY - You can hold a conversation | **MODERATE** - You can say short phrases
HARD - Speaking is virtually impossible

21.1K INTERMEDIATE

Take on this guide if you've run a few Half Marathons before and are ready to chase the time you've always wanted. Use this plan to score yourself your dream 21.1K goal.

GOAL = TO RUN A HALF MARATHON & PB!

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY LONG RUN
1	Rest	30min easy run	Rest	Warm up: 10min run 6 x 3min mod/hard run + 1min walk Cool down: 6min easy run	Rest	Cross training/Gym/ easy 30-40min run	8-10K
2	Rest	30min easy run	Rest	Warm up: 10min run 6 x 3min mod/hard run + 1min walk Cool down: 6min easy run	Rest	Cross training/Gym/ easy 30-40min run	10-12K
3	Rest	30min easy run	Rest	Warm up: 6min run 5 x 1K mod/hard run + 2min walk Cool down: 5min easy run	Rest	40min run including a 20min tempo	12-14K
4	Rest	40min easy run	Rest	Warm up: 6min run 5 x 1K mod/hard run + 2min walk Cool down: 5min easy run	Rest	Cross training/Gym/ easy 30-40min run	14-16K
5	Rest	40min easy run	Rest	Warm up: 15min run 1min fast + 1min easy + 2min fast + 1min easy + 3min fast + 2min easy + 3min fast + 2min easy + 2min fast + 1min easy + 1min fast + 1min easy Cool down: 10min easy run	Rest	Cross training/Gym/ easy 30-40min run	16-18K
6	Rest	40min easy run	Rest	Warm up: 15min run 1min fast + 1min easy + 2min fast + 1min easy + 3min fast + 2min easy + 3min fast + 2min easy + 2min fast + 1min easy + 1min fast + 1min easy Cool down: 10min easy run	Rest	Cross training/Gym/ easy 30-40min run	16-18K
7	Rest	30min easy run	Rest	Warm up: 10min run 8 x 2min mod/hard run + 1min easy run Cool down: 6min easy run	Rest	Easy 30min run	10K (RACE PACE)
8	Rest	30min easy run	Rest	Warm up: 10min run 2 x 90sec fast/90 sec easy + 4 x 60sec fast/60sec easy + 4x30sec fast/30sec easy, 4x15sec fast/15sec easy Cool down: 5min easy run	Rest	40min run including a 20min tempo	18-20K
9	Rest	30min easy run	Rest	Warm up: 10min run 4 x 1.6K mod/hard run + 2min walk Cool down: 5min easy run	Rest	Cross training/Gym/ easy 30-40min run	20-22K
10	Rest	30min easy run	Rest	Warm up: 10min run 4 x 1.6K mod/hard run + 2min walk Cool down: 5min easy run	Rest	Cross training/Gym/ easy 30-40min run	20-22K
11	Rest	30min easy run	Rest	Warm up: 10min run 5 x 800m mod/hard run + 2min rest Cool down: 5min easy run	Rest	Cross training/Gym	12-15K
12	Rest	30min easy run	Rest	Warm up: 10min run 5 x 2min moderate run + 1min easy Cool down: 5min easy run	Rest	Warm up: 5min walk 15min run	RACE DAY

TEMPO:

A run that's faster than moderate pace but not exactly hard.

LONG RUN:

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