



## 21km Training Program

**RaceInterface** >>

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
<b>Week 1</b>	Rest day	30 minutes easy	30 minutes tempo	Rest day	30 minutes speed work	Rest day	5km
<b>Week 2</b>	Rest day	30 minutes easy	40 minutes tempo	Rest day	30 minutes speed work	Rest day	8km
<b>Week 3</b>	Rest day	30 minutes easy	45 minutes tempo	Rest day	30 minutes speed work	Rest day	10km
<b>Week 4</b>	Rest day	40 minutes easy	45 minutes tempo	Rest day	30 minutes speed	Rest day	10km. Record your time here: Minutes per km:
<b>Week 5</b>	Rest day	40 minutes easy	45 minutes tempo	Rest day	30 minutes speed	Rest day	13km. Record your time here: Minutes per km:
<b>Week 6</b>	Rest day	45 minutes easy	50 minutes tempo	Rest day	40 minutes speed	Rest day	13km. Record your time here: Minutes per km:
<b>Week 7</b>	Rest day	45 minutes easy	50 minutes tempo	Rest day	40 minutes speed	Rest day	10km kms. Record your time here: Minutes per km:
<b>Week 8</b>	Rest day	50 minutes easy	60 minutes tempo	Rest day	40 minutes speed	Rest day	16km. Record your time here: Minutes per km:
<b>Week 9</b>	Rest day	50 minutes easy	50 minutes tempo	Rest day	40 minutes speed	Rest day	20km. Record your time here: Minutes per km:
<b>Week 10</b>	Rest day	60 minutes easy	60 minutes tempo	Rest day	40 minutes speed	Rest day	20km. Record your time here: Minutes per km:
<b>Week 11</b>	Rest day	50 minutes easy	45 minutes tempo	Rest day	40 minutes speed	Rest day	10km at race pace. Record your time here: Minutes per km:
<b>Week 12</b>	Rest day	40 minutes easy	40 minutes tempo	Rest day	40 minutes easy	Rest day	Green Mountain Forest Run 21km