

## 21km Run or Walk Guide

### Sunday Event

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	30	X-Train	Rest	**50	Rest	70	Rest
WEEK 2	40	X-Train	Rest	**60	Rest	85	Rest
WEEK 3	60	X-Train	Rest	**70	Rest	100	Rest
WEEK 4	50	X-Train	Rest	**60	Rest	120	Rest
WEEK 5	45	X-Train	Rest	70	Rest	70	Rest
WEEK 6	40	Rest	X-Train	Rest	45	Rest	EVENT

### Saturday Event

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	30	X-Train	Rest	**50	Rest	70	Rest
WEEK 2	40	X-Train	Rest	**60	Rest	85	Rest
WEEK 3	60	X-Train	Rest	**70	Rest	100	Rest
WEEK 4	50	X-Train	Rest	**60	Rest	120	Rest
WEEK 5	45	X-Train	Rest	70	Rest	70	Rest
WEEK 6	40	X-Train	Rest	45	Rest	EVENT	-

### Guide Key

- 1) Duration is in minutes.
- 2) X-Train = Cross Training. This requires 30-60 mins of either Swimming/Cycling/Gym/Walking or other sports.
- 3) \*\* = Include 2 x 10mins of Tempo. Tempo is a pace slightly higher than your normal training pace. You should still be able to talk in short breath and when done you should be able to continue at normal training pace without walking or stopping...if you do, your tempo pace is too high. Rest for 5-10mins in between the two efforts.