

20K TO COMPLETE

This is a 17-week program.

LONG SLOW DISTANCE (LSD)

This is a conversational pace; it is about the duration and not the speed. This type of run will improve your endurance.

STEADY RUN (ST)

This is about a 7/10 Effort or about 70% of your maximum heart rate, it is not a fast pace, if in doubt go slower.

HILLS (H)

Distance covered is up and down a hill – you will of course need to run to your hill and back from your hill so add that into the total distance run. It's advisable that this is at least a good couple of kms. The hills will improve your strength.

TEMPO (T)

This run should only be done once you have done a few weeks of hill running. It is an up-pace type of run and will be the foundations on which speed is built. It is an 8/10 effort or 80% of your max heart rate. These runs simulate race conditions.

FARTLEK (F)

Otherwise known as 'Speed Play'. These are fun, spontaneous runs over varying distances and intensity – bursts of 70-80% of max heart rate or 7-8/10 effort. It could be 20m of effort, 10m of effort, or just between lamp posts in a park. This type of run helps fire up your performance.

CALENDAR ON NEXT PAGE

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	OFF	OFF <i>these days off allow you to be fully rested before you begin the training.</i>	ST 3km	ST 3km	OFF	ST 3km	LSD 6km
2	OFF	ST 6km	OFF	ST 6km	OFF	ST 3km	LSD 6km
3	OFF	ST 6km	OFF	ST 6km	OFF	ST 3km	LSD 8km
4	OFF	ST 6km	ST 3km	ST 6km	OFF	ST 3km	LSD 8km
5	OFF	H 3 x 400m + run there and back	ST 3km	ST 6km	ST 5km	OFF	LSD 10km
6	OFF	ST 5km	ST 3km	ST 4km	OFF	ST 3km	LSD 8km
7	OFF	ST 4km	H 3 x 400m + run there and back	ST 5km	OFF	ST 3km	LSD 10km
8	OFF	ST 4km	H 4 x 400m + run there and back	ST 5km	OFF	ST 4km	LSD 12km
9	OFF	ST 4km	H 5 x 400m + run there and back	ST 6km	OFF	ST 4km	LSD 14km
10	OFF	ST 4km	H 6 x 400m + run there and back	ST 6km	OFF	ST 5km	LSD 16km
11	OFF	ST 5km	H 7 x 400m + run there and back	ST 6km	OFF	ST 5km	LSD 16km
12	OFF	ST 5km	H 8 x 400m + run there and back	ST 7km	OFF	ST 6km	LSD 12km
13	OFF	ST 5km	H 9 x 400m + run there and back	ST 8km	OFF	ST 6km	LSD 18km
14	OFF	ST 6km	F 6km	ST 8km	OFF	ST 6km	LSD 18km
15	OFF	ST 6km	F 4km	ST 8km	OFF	ST 6km	LSD 20km
16	OFF	ST 6km	F 4km	ST 8km	OFF	ST 6km	LSD 8km
17	OFF	ST 10km	ST 6km	OFF	ST 3km	Saturday: Race Day Walk 1min, Run 10min	