

## 8 weeks training plan 21km - by Africa Mailola (Personal Best 21km of 1:05:28)



<u>DAY</u>		<u>SESSION</u>
<b>Week 1-7</b>		
Monday	am	1000 meters x 10 plus, Rest 3 minutes
	pm	
Tuesday	am	8km time trial sub 26 minutes
	pm	
Wednesday	am	15km run, 4min/km
	pm	
Thursday	am	400 meters x 15 (65sec) or 600 meters x 10 (1min 50sec)
	pm	
Friday	am	Fartlek 15min jog - 2min fast, 2min jog - 1min fast, 1min jog for 30min, 15 minutes warm down
	pm	
Saturday	am	REST
	pm	
Sunday	am	2 hours long run
	pm	
<b>WEEK 8</b>		
Monday	am	1000 meters x 6 (2min 50sec)
	pm	
Tuesday	am	4 km time trial sub 13 minutes
	pm	
Wednesday	am	15km run, 4min/km



	pm	
Thursday	am	400 meters x 10 (65sec)
	pm	
Friday	am	REST
	pm	
Saturday	am	RACE
	pm	
Sunday	am	
	pm	

