

Training plan for 21km - by Raymond Phaladi (Om die Dam 50km, 4th, 2:58:55)



<u>DAY</u>		<u>SESSION</u>
Week 1-7		
Monday	am	1000x6 sub 3:20
	pm	
Tuesday	am	6km time trial sub 21min
	pm	
Wednesday	am	12km easy 1hrs
	pm	
Thursday	am	200mx15 sub 40sec
	pm	
Friday	am	5000mx1 sub 17min
	pm	
Saturday	am	REST
	pm	
Sunday	am	17km long run 1hrs 30min
	pm	
WEEK 8		
Monday	am	1000 meters x 3 (2min 50sec)
	pm	
Tuesday	am	4 km time trial sub 13 minutes



	pm	
Wednesday	am	8km run, 4min/km
	pm	
Thursday	am	200 meters x 10 (40sec)
	pm	
Friday	am	REST
	pm	
Saturday	am	RACE
	pm	
Sunday	am	
	pm	

