

# 21KM TRAINING PLAN

- RUN 21KM IN 22 WEEKS -

The Tri-ActiV8 coaches have curated a specialized 21km program targeting runners who currently run at least 1-2 times per week, covering a distance of 2km+ per run, and can comfortably complete a 4km run without exhaustion.

This 22-week program is designed in two distinct components: the first 8 weeks cater to an 8km run, while the remaining period prepares the runner for the 21.1km Mackay Marina Run. The program amalgamates various training methods to ensure a mix of challenging and enjoyable workouts, culminating in the best outcomes for the runner.

## Interval Training

Interval training works different levels of your cardiovascular fitness. This type of training will increase your aerobic resistance & also assist you when surging in the race.

*Cathy Freeman Oval or Mackay Aquatic and Recreation Complex (MARC)*

## X-TRAIN

Incorporating other activities in your training can be very beneficial. Incorporate other disciplines such as cycling & swimming into your training program. In addition, you should follow a strength training program at least once a week. This program should contain core strengthening exercises as well as lower body ones.

## LSD - 'Long Slow Distance'

LSD is the practice of running longer distances at an "easy" pace rather than shorter ones to exhaustion. The slower pace allows the runner to go longer &, therefore (supposedly), gain more fitness.

*Mackay Marina or Botanic Gardens*

## Stretching

We all know that stretching is important to avoid injuries. Research has proven that our muscles need to be warm before we stretch. Try some active stretching after a small warm-up & stretch after your cool down.

## Negative Split Run

Choose an out-and-back route that's relatively flat. Run out at a steady pace for time, turn & run back, increasing your pace to get back in less time, leave some time for a short cool down run. A negative split run will benefit anyone who struggles with pacing – especially those who start too hard.

*Gooseponds*

## Fartlek

Swedish for "speed play;" variable pace running; a mixture of slow running, running at a moderate pace & short, fast bursts. Fartlek training is a "creative way" to increase speed & endurance. It reduces lactate build up because of the change in pace & is fun!

*Mackay Botanic Gardens*

## Tempo

Sustained effort training runs, usually 20 to 30 mins in length, at 10 sec per km slower than 10km race pace. Another way to gauge the pace of tempo runs: a pace about midway between short-interval training speed & your easy running pace. *Blue Water Trail*

*Lagoon to Botanic Gardens*

## Hill Training

Training on hills improves leg-muscle strength, quickens your stride, expands stride length, develops your cardiovascular system & enhances your running economy. In short, hill running will make you a stronger, faster & a healthier runner.

*Mt Bassett Hill*



# TRI-ACTIV8'S TIPS TO GET MOTIVATED

TRAINING WITH A COACH & GROUP OF LIKE-MINDED PEOPLE WILL KEEP YOU FOCUSED & ON TRACK FOR ACHIEVING YOUR GOALS!

## Progress

Understand the objective of each training session & stick to the plan! Rather than repeat sessions that you enjoy, you must challenge yourself & keep on progressing!

## Get motivated

Set some targets for yourself. The Mackay Marina Run is a fantastic goal to aim for, however set smaller targets along the way & run parkrun! Measure your progress & set time targets.

## Find a group!

Mackay has many amazing running clubs and groups!

**MACKAY ROAD RUNNERS:** The Mackay Road Runners (MRR) host weekly training sessions on a Wednesday free of charge. Weekend races generally offer 2 distances & cost \$2 for members & \$10 for non-members. Check out their website: <http://www.mackayroadrunners.com/>

**TRI-ACTIV8 COACHING:** Group coaching sessions and individualised training programs designed to build your fitness and achieve your goals. Venues and sessions vary, check out their website for more details: <http://www.tri-activ8.com.au>

**MACKAY parkrun:** parkrun is a free, weekly 5km timed run that is open to everyone! The Mackay parkrun is on every Saturday morning at 7.00am from the Mackay Botanical Gardens (opposite Jackson Street). There is a once off free registration through: <http://www.parkrun.com.au/register/>

**LRC Running Club Mackay:** Learn to run 5km with a proven interval program. LRC members are then encouraged to continue running 5km or to train to better their times and lengthen their distances. Program commences 4th February: <https://www.facebook.com/lrcrunningclub/>

## Make time for training

Don't let training feel like a burden! Spend some time thinking about how to make it work around your schedule. Consider joining up with friends and fitting it in whenever you can.

## Gear up!

Properly Outfit Yourself for Running Success  
Don't let your running gear hold you back. Make certain that your shoes fit well and are of high quality. Invest in a good pair of shoes and socks to ensure a comfortable experience.

# 21KM TRAINING PLAN - WEEKS 1 TO 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 1</b>						
REST	10 min jog - <b>Repeat 8 X</b> 100m sprint 100m walk - 10 min jog	REST OR X-TRAIN	10 min jog - <b>Repeat 4 X</b> 400m tempo 2 min rest - 10 min jog	REST OR X-TRAIN	<b>parkrun</b>  run or jog  record your time here:  .....	<b>LSD</b> 30 min run
<b>WEEK 2</b>						
REST	10 min jog - <b>Hills:</b> <b>Repeat 3 X</b> 150m run up walk down - 10 min jog	REST OR X-TRAIN	10 min jog - <b>Repeat 6 X</b> 200m fast 200m jog rest 1min - 10 min jog	REST OR X-TRAIN	X-TRAIN  or  parkrun	<b>LSD</b> 35 min run
<b>WEEK 3</b>						
REST	10 min jog - <b>Repeat 6 X</b> 200m fast 200m jog rest 1min - 10 min jog	REST OR X-TRAIN	10 min jog - <b>Repeat 4 X</b> 400m tempo 1 min rest - 10 min jog	REST OR X-TRAIN	<b>parkrun</b>  run or walk  record your time here:  .....	<b>LSD</b> 40 min run
<b>WEEK 4</b>						
REST	10 min jog - <b>Hills:</b> <b>Repeat 4 X</b> 150m run up walk down - 10 min jog	REST OR X-TRAIN	10 min jog - <b>Repeat 6 X</b> 400m tempo 1:30 min rest - 10 min jog	REST OR X-TRAIN	X-TRAIN  or  parkrun	<b>LSD</b> 45 min run

# 21KM TRAINING PLAN - WEEKS 5 TO 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 5</b>						
REST	<b>LSD</b> 35 min run	REST OR X-TRAIN	10 min jog - <b>Repeat 2 X</b> 1km run out 1km run back faster Rest 5 min - 10 min jog	REST OR X-TRAIN	<b>parkrun</b>  jog or run  record your time here:  .....	<b>LSD</b> 50 min run
<b>WEEK 6</b>						
REST	10 min jog - <b>Hills:</b> <b>Repeat 5 X</b> 150m run up walk down - 10 min jog	REST OR X-TRAIN	<b>LSD</b> 1hr	REST OR X-TRAIN	X-TRAIN  or  parkrun	10 min jog - 5km tempo - 10 min jog
<b>WEEK 7</b>						
REST	<b>LSD</b> 40 min run	REST OR X-TRAIN	10 min jog - <b>Repeat 8 X</b> 200m fast 200m jog rest 1min - 10 min jog	REST OR X-TRAIN	<b>parkrun</b>  run or walk  record your time here:  .....	10 min jog - 6km tempo - 10 min jog
<b>WEEK 8</b>						
REST	10 min jog - 3km fast run - 5 min jog	REST OR X-TRAIN	10 min jog - <b>Repeat 6 X</b> 200m fast 200m jog rest 1min - 10 min jog	REST OR X-TRAIN	10 min jog - <b>Repeat 6 X</b> 30 sec sprint 1 min jog - 5 min jog	10 min jog - Run 10KM fast  record your time here:  .....

# 21KM TRAINING PLAN - WEEKS 9 TO 12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 9</b>						
REST	<b>LSD</b> 20 min run	REST OR X-TRAIN	10 min jog - <b>Repeat 4 X</b> 800m tempo 2 min rest - 10 min jog	REST OR X-TRAIN	<b>parkrun</b>  run or jog  record your time here:  .....	<b>LSD</b> 50 min run
<b>WEEK 10</b>						
REST	10 min jog - 3km fast run - 5 min jog	REST OR X-TRAIN	2km jog - 3km run increase pace every 1km by 10 sec - 5 min jog	REST OR X-TRAIN	X-TRAIN  or  parkrun	<b>LSD</b> 55 min run
<b>WEEK 11</b>						
REST	<b>LSD</b> 30 min run	REST OR X-TRAIN	10 min jog - <b>Fartlek</b> <b>Repeat 5 X</b> 1 min fast run 1 min jog - 10 min jog	REST OR X-TRAIN	<b>parkrun</b>  run or walk  record your time here:  .....	<b>LSD</b> 1 hr run
<b>WEEK 12</b>						
REST	10 min jog - run 15min fast - 10 min jog  record your distance here:  .....	REST OR X-TRAIN	<b>LSD</b> 30 min run	REST OR X-TRAIN	X-TRAIN  or  parkrun	<b>LSD</b> 1:10 hr run

# 21KM TRAINING PLAN - WEEKS 13 TO 16

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 13</b>						
REST	10 min jog - <b>Repeat 10 X</b> 200m fast 200m jog 30 sec rest - 10 min jog	REST OR X-TRAIN	<b>Negative Split</b> 30 min run	<b>LSD</b> 40 min run	X-TRAIN  or  parkrun	<b>LSD</b> 1:15 hr run
<b>WEEK 14</b>						
REST	10 min jog - <b>Hills:</b> <b>Repeat 6 X</b> 150m run up walk down - 10 min jog	REST OR X-TRAIN	10 min jog - 25 min tempo run - 10 min jog	10 min jog - <b>Fartlek</b> <b>Repeat 8 X</b> 1 min fast run 1 min jog - 10 min jog	X-TRAIN  or  parkrun	<b>LSD</b> 1:20 hr run
<b>WEEK 15</b>						
REST	2km jog - 4km run increase pace every 1km by 10 sec - 5 min jog	REST OR X-TRAIN	<b>LSD</b> 40 min run	<b>LSD</b> 30 min run	<b>parkrun</b>  run or walk  record your time here:  .....	<b>LSD</b> 1 hr run
<b>WEEK 16</b>						
REST	10 min jog - run 15min fast - 10 min jog  record your distance here:  .....	REST OR X-TRAIN	10 min jog - <b>Repeat 3 X</b> 5 min tempo 2 min jog - 10 min jog	<b>LSD</b> 1 hr run	X-TRAIN  or  parkrun	<b>LSD</b> 1:30 hr run

# 21KM TRAINING PLAN - WEEKS 17 TO 20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 17</b>						
REST	10 min jog - <b>Hills:</b> <b>Repeat 8 X</b> 150m run up walk down - 10 min jog	REST OR X-TRAIN	10 min jog - <b>Fartlek</b> <b>Repeat 8 X</b> 1 min fast run 30 sec jog - 10 min jog	<b>LSD</b> 45 min run	<b>parkrun</b>  run or jog  record your time here:  .....	<b>LSD</b> 1:40 hr run
<b>WEEK 18</b>						
REST	10 min jog - <b>Repeat 3 X</b> 5 min tempo 2 min jog - 10 min jog	REST OR X-TRAIN	<b>LSD</b> 1 hr run	2 km jog - 6km run increase pace every 1km by 10 sec - 5 min jog	X-TRAIN  or  parkrun	<b>LSD</b> 1:45 hr run
<b>WEEK 19</b>						
REST	<b>LSD</b> 1 hr run	REST OR X-TRAIN	10 min jog - <b>Repeat 8 X</b> 400m fast 1 min rest - 10 min jog	<b>LSD</b> 1:10 hr run	<b>parkrun</b>  run or walk  record your time here:  .....	<b>LSD</b> 1:15 hr run
<b>WEEK 20</b>						
REST	10 min jog - run 15min fast - 10 min jog  record your distance here:  .....	REST OR X-TRAIN	10 min jog - <b>Fartlek</b> <b>Repeat 6 X</b> 2 min fast run 1 min jog - 10 min jog	<b>LSD</b> 1 hr run	X-TRAIN  or  parkrun	<b>LSD</b> 1:45 hr run

# 21KM TRAINING PLAN - WEEKS 21 TO 22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 21</b>						
REST	10 min jog - <b>Repeat 3 X</b> 1km fast run walk 200m - 10 min jog	REST OR X-TRAIN	10 min jog - <b>Fartlek</b> <b>Repeat 8 X</b> 1 min fast run 30 sec jog - 10 min jog	<b>LSD</b> 1 hr run	<b>parkrun</b>  run or jog  record your time here:  .....	<b>LSD</b> 1:10 hr run
<b>WEEK 22</b>						
REST	10 min jog - <b>Repeat 6 X</b> 400m fast 1 min rest - 10 min jog	GET A MESSAGE  IT'S RACE WEEK!	10 min jog - <b>Repeat 10 X</b> 200m fast 200m jog rest 30s - 10 min jog	REST	REST	<b>RACE DAY</b>  <b>YOU HAVE GOT THIS!!!</b>