



2021 VIRTUAL TRAINING PLAN



	Week 1+2	Week 3+4	Week 5	Week 6
MON	20min very easy pace jog	20min easy pace jog	30min run picking up the pace slightly for last 5min	30min run picking up the pace slightly for the last 5mins
TUE	8min easy pace jog 4min slightly pick up the pace 8min easy pace jog	10min easy pace jog - 5min slightly pick up the pace 10min easy pace jog (continuous progressive run)	10min w/up jog 4x3min steady efforts with 3min jog/ walk recovery between each 10min c/down jog	10min w/up jog - 4 x 3min steady efforts with 3min jog/walk recovery between each - 10min cooldown jog
WED	Rest	Rest	Rest	Rest
THU	20min very easy pace jog	20min easy pace jog	30min continuous run at steady pace	30min continuous run at steady pace
FRI	Rest	Rest	Rest	Rest
SAT	8min w/up jog - 4 x 2min picking up the pace with 2min jog/walk recovery between each - 5min cooldown jog	10min w/up jog - 6 x 2 steady efforts with 2min jog/walk recovery between each effort - 10min cooldown jog	12min easy pace jog 6min steady pace 12min easy pace jog	Rest
SUN	30min easy pace run	35min easy pace run	40min easy pace run	RACE DAY!