

21.1km Training Program Novice 2

Rest Tuesdays and Fridays. Rest or 5km easy runs on Thursdays & Sundays.

Training phases	Wk	Date	Mon + 10 min warm up & 5 min cool down	Wed	Sat	Sun
Base Training	1	4/29/2019	6x400m	6 (30)*	5 (30)	10 (70)
	2	5/6/2019	7x400m	7 (35)	5 (30)	5 (30)
Early Quality Training	3	5/13/2019	8x400m	7 (35)	13 (100)	5 (30)
	4	5/20/2019	3x800m	7 (35)	5 (30)	10 (70)
Hard work	5	5/27/2019	3x800m	8 (40)	16 (120)	5 (28)
	6	6/3/2019	4x800m	8 (40)	19- 21.1 (130-150)	5 (28)
	7	6/10/2019	4x800m	8 (40)	5 (40)	19 (130)
	8	6/17/2019	4x800m	8 (40)	16 (110)	5 (26)
Tempo Running	9	6/24/2019	4x800m	5 TEMPO	5 (35)	10 (70)
	10	7/1/2019	6x400m	5 TEMPO	22 (150)	5 (25)
	11	7/8/2019	6x400m	8 TEMPO	16-18 (110-130)	REST
Race	12	7/15/2019	5x400m	5 TEMPO	REST	21.1km WRF Race
* 6 km (or 30 minutes) - do whichever comes first.						