

### 21.1km training program, Novice 1

Rest or cross train on Tuesdays, Thursdays and Sundays. Rest on Fridays.

Training phases	Wk	Date	Mon	Wed	Sat	Sun
Base Training	1	4/29/2019	4 (25)*	4 (25)	REST	10 (70)
	2	5/6/2019	4 (25)	4 (25)	5km easy run or 40 min cross	5 (30)
Early Quality Training	3	5/13/2019	5 (28)	5 (27)	13 (100)	5km easy run or 40 min cross
	4	5/20/2019	5 (28)	6 (35)	16 (120)	10 (70)
Hard work	5	5/27/2019	6 (35)	6 (35)	5 (30)	5km easy run or 40 min cross
	6	6/3/2019	6 (35)	6 (35)	19- 21.1 (130-150)	5km easy run or 40 min cross
	7	6/10/2019	6 (35)	6 (35)	5 (40)	19 (130)
	8	6/17/2019	6 (35)	6 (35)	16 (110)	5 (26)
Tempo Running	9	6/24/2019	5 (30)	6 (30) TEMPO	5 (35)	10 (70)
	10	7/1/2019	5 (30)	6 (30) TEMPO	5 (30)	22-23 (150-170)
	11	7/8/2019	5 (30)	6 (30) TEMPO	16-18 (110-130)	REST
Race	12	7/15/2019	5 (30)	6 (30) TEMPO	REST	21.1km WRF Race

\* 4 km (or 25 minutes) - do whichever comes first.