



21.1K TRAINING PROGRAMME - 12 WEEKS

Race Day: Saturday, 5 December 2026
 5 running days per week | 2 rest days | Half-marathon endurance programme

INDICATIVE PACE GUIDE

Group	21K Target	Recovery (min/km)	Easy/LSD (min/km)	Tempo (min/km)	21K Race Pace (min/km)	Hills	Intervals (min/km)
G1	Sub 3:00	9:30-10:15	9:00-9:45	8:40-8:55	8:32	RPE 7-8	8:05-8:20
G2	Sub 2:30	8:10-9:00	7:40-8:30	7:15-7:30	7:07	RPE 7-8	6:40-6:55
G3	Sub 2:15	7:25-8:10	6:55-7:40	6:30-6:40	6:24	RPE 7-8	5:55-6:10
G4	Sub 2:00	6:45-7:30	6:15-7:00	5:50-6:00	5:41	RPE 7-8	5:15-5:30
G5	Sub 1:50	6:15-7:00	5:45-6:30	5:20-5:30	5:13	RPE 7-8	4:50-5:05
G6	Sub 1:40	5:45-6:30	5:15-6:00	4:50-5:00	4:44	RPE 7-8	4:20-4:35
G7	Sub 1:30	5:15-6:00	4:45-5:30	4:20-4:30	4:16	RPE 7-8	3:55-4:10

Pace use: Select the group closest to your current fitness; these are indicative training ranges.

Hills: Run by effort (RPE 7-8/10), strong and controlled; jog easily back down.

Easy/LSD & Recovery: Keep conversational; slow down for heat, hills, fatigue or difficult terrain.



21.1K TRAINING PLAN - 14 SEPTEMBER TO 6 DECEMBER 2026

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
W1 14-20 Sep	35 min Rec	15 WU + 6 x (2 min H + Jog Down) + 10 WD	40 min E	15 WU + 3 x (8 min T + 3 min Rec) + 10 WD	Rest	1h20 LSD	Rest
W2 21-27 Sep	35 min Rec	15 WU + 8 x (2 min H + Jog Down) + 10 WD	45 min E	15 WU + 3 x (10 min T + 3 min Rec) + 10 WD	Rest	1h30 LSD	Rest
W3 28 Sep-4 Oct	40 min Rec	15 WU + 5 x (1 km I + 400m Rec) + 10 WD	45 min E	15 WU + 3 x (2 km RP + 1 km E) + 10 WD	Rest	1h40 LSD	Rest
W4 5-11 Oct DELOAD	30 min Rec	35 min E + 6 x 20 sec Strides	30 min E	15 WU + 20 min T + 10 WD	Rest	1h10 LSD	Rest
W5 12-18 Oct	40 min Rec	15 WU + 4 x (2 km T + 2 min Rec) + 10 WD	45 min E	15 WU + 3 x (3 km RP + 1 km E) + 10 WD	Rest	1h45 LSD	Rest
W6 19-25 Oct	40 min Rec	15 WU + 6 x (1 km I + 400m Rec) + 10 WD	50 min E	15 WU + 8 km RP + 10 WD	Rest	1h50 LSD	Rest
W7 26 Oct-1 Nov	40 min Rec	15 WU + 8 x (90 sec H + Jog Down) + 10 WD	50 min E	15 WU + 3 x (3 km RP + 1 km E) + 10 WD	Rest	2h00 LSD	Rest
W8 2-8 Nov DELOAD	30 min Rec	40 min E + 6 x 20 sec Strides	30 min E	15 WU + 20 min T + 10 WD	Rest	1h20 LSD	Rest
W9 9-15 Nov	40 min Rec	15 WU + 4 x (2 km T + 2 min Rec) + 10 WD	50 min E	15 WU + 10 km RP + 10 WD	Rest	2h00 LSD	Rest
W10 16-22 Nov	40 min Rec	15 WU + 5 x (1 km I + 400m Rec) + 10 WD	45 min E	15 WU + 2 x (5 km RP + 1 km E) + 10 WD	Rest	1h45 LSD	Rest
W11 23-29 Nov TAPER	35 min Rec	15 WU + 3 x (8 min T + 3 min Rec) + 10 WD	35 min E	15 WU + 5 km RP + 10 WD	Rest	1h15 LSD	Rest
W12 30 Nov-6 Dec RACE	Rest	30 min E + 4 x 20 sec Strides	Rest	20 min E + 3 x (1 min RP + 2 min E Rec)	Rest	21.1K RACE Sat 5 Dec	Rest

Abbreviations: WU = Warm-up | WD = Warm-down | Rec = Recovery | E = Easy | LSD = Long Slow Distance | T = Tempo | RP = 21K Race Pace | H = Hills | I = Intervals | RPE = Rate of Perceived Exertion

Runner Notes: Rest means rest; do not carry missed mileage forward. Easy/LSD stays conversational. Quality sessions are controlled, not raced. Complete WU and WD. If significantly fatigued, replace quality with Easy or Rest. Race week includes four Rest days to maximise freshness.