

**Run Forrest**  
**Advanced 21km Program**  
**By GPC Squad**



|        | Monday  | Tuesday   | Wednesday  | Thursday   | Friday  | Saturday   | Sunday   |
|--------|---|---|--|--|---|--|--|
| Week 1 | <b>60mins Easy Cross Training:</b> swim, cycle, gym, row or power walk    | <b>Easy Run:</b> 12km easy run on hilly trail   | <b>80min Hill Reps Set:</b> Incl. 8 sets of 200 hill or stair reps hard pace + recovery down the hill      | <b>60min Pace Set:</b> 20mins easy + 40mins as 1min max pace + 2mins easy pace + 10mins easy                                 | Day Off Or Additional Stretching, Yoga or Pilates | <b>10km Pace Set:</b> 2km easy jog + 6km steady to hard pace + 2km easy jog                    | <b>Easy Run:</b> 12km easy run on hilly trail  |
| Week 2 | <b>60mins Easy Cross Training:</b> swim, cycle, gym, row or power walk    | <b>Easy Run:</b> 14km easy run on hilly trail   | <b>90min Hill Reps Set:</b> Incl. 10 sets of 200 hill or stair reps hard pace + recovery down the hill     | <b>80min Pace Set:</b> 20mins easy + 50mins as 1min max pace + 1min steady pace + 1min easy pace + 10mins easy               | Day Off Or Additional Stretching, Yoga or Pilates | <b>10km Pace Set:</b> 2km easy jog + 6km steady to hard pace + 2km easy jog                    | <b>AM Easy Run:</b> 10km easy run on hilly trail<br><b>PM Easy Run:</b> 4km easy run on hilly trail                          |
| Week 3 | <b>60mins Easy Cross Training:</b> swim, cycle, gym, row or power walk    | <b>AM Easy Run:</b> 12km easy run on hilly trail<br><b>PM Easy Run:</b> 4km easy run on hilly trail | <b>90min Hill Reps Set:</b> Incl. 2x 6 sets of 200 hill or stair reps hard pace + recovery down the hill   | <b>90min Pace Set:</b> 20mins easy + 60mins as 1min tempo + 1min max pace + 1min steady pace + 1min easy pace + 10mins easy  | Day Off Or Additional Stretching, Yoga or Pilates | <b>12km Pace Set:</b> 2km easy jog + 8km steady to hard pace + 2km easy jog                    | <b>AM Easy Run:</b> 10km easy run on hilly trail<br><b>PM Easy Run:</b> 6km easy run on hilly trail                          |
| Week 4 | <b>60-80mins Easy Cross Training:</b> swim, cycle, gym, row or power walk | <b>AM Easy Run:</b> 14km easy run on hilly trail<br><b>PM Easy Run:</b> 5km easy run on hilly trail | <b>90min Hill Reps Set:</b> Incl. 2x 8 sets of 200 hill or stair reps hard pace + recovery down the hill   | <b>100min Pace Set:</b> 20mins easy + 60mins as 1min tempo + 1min max pace + 1min steady pace + 1min easy pace + 20mins easy | Day Off Or Additional Stretching, Yoga or Pilates | <b>14km Pace Set:</b> 2km easy jog + 10km steady to hard pace + 2km easy jog                   | <b>AM Easy Run:</b> 10km easy run on hilly trail<br><b>PM Easy Run:</b> 10km easy run on hilly trail                         |
| Week 5 | <b>60-90mins Easy Cross Training:</b> swim, cycle, gym, row or power walk | <b>AM Easy Run:</b> 16km easy run on hilly trail<br><b>PM Easy Run:</b> 5km easy run on hilly trail | <b>100min Hill Reps Set:</b> Incl. 2x 10 sets of 200 hill or stair reps hard pace + recovery down the hill | <b>110min Pace Set:</b> 20mins easy + 70mins as 2min tempo + 1min max pace + 2min steady pace + 1min easy pace + 20mins easy | Day Off Or Additional Stretching, Yoga or Pilates | <b>16km Pace Set:</b> 2km easy jog + 12km steady to hard pace + 2km easy jog                   | <b>AM Easy Run:</b> 10km easy run on hilly trail incl. 5km at race pace<br><b>PM Easy Run:</b> 10km easy run on hilly trail  |
| Week 6 | <b>60-90mins Easy Cross Training:</b> swim, cycle, gym, row or power walk | <b>AM Easy Run:</b> 16km easy run on hilly trail<br><b>PM Easy Run:</b> 5km easy run on hilly trail | <b>100min Hill Reps Set:</b> Incl. 2x 10 sets of 200 hill or stair reps hard pace + recovery down the hill | <b>120min Pace Set:</b> 20mins easy + 80mins as 3min tempo + 1min max pace + 2min steady pace + 1min easy pace + 20mins easy | Day Off Or Additional Stretching, Yoga or Pilates | <b>16km Pace Set:</b> 2km easy jog + 12km hard pace + 2km easy jog                             | <b>AM Easy Run:</b> 16km easy run on hilly trail incl. 10km at race pace<br><b>PM Easy Run:</b> 10km easy run on hilly trail |
| Week 7 | <b>30mins Easy Cross Training:</b> swim, cycle, gym, row or power walk    | Day Off   | <b>Easy Run:</b> 15-16km easy run on hilly trail   | <b>Race Prep Set:</b> 10km incl. 10x 30sec accel. Pace + 90sec easy  | Day Off   | <b>Race Prep:</b> 30mins easy jog incl. 10 sets of 100m accelerating pace + walk back recovery | <b>Race Day:</b> Warm Up is 10-15mins easy jog with 5 x 10sec accelerating efforts   |