

# Run Forrest

## Intermediate 21km Program



### By GPC Squad

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	<b>50mins 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. 6 sets of 200 hill or stair reps hard pace + recovery down the hill	<b>60min Pace Set:</b> 20mins easy + 30mins as + 1min max pace + 2min easy pace + 10mins easy	Day Off	<b>7km Pace Set:</b> 1km easy jog + 5km steady to hard pace (Parkrun?) + 1km easy jog	<b>Easy Run:</b> 14km easy run on hilly trail
Week 2	<b>50mins Easy Cross Training:</b> swim, cycle, gym, row or power walk	<b>Easy Run:</b> 14km 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>70min Pace Set:</b> 20mins easy + 40mins as + 1min max pace + 2min easy pace + 10mins easy	Day Off	<b>8km Pace Set:</b> 1km easy jog + 6km steady to hard pace + 1km easy jog	<b>Easy Run:</b> 16km easy run on hilly trail
Week 3	<b>60mins Easy Cross Training:</b> swim, cycle, gym, row or power walk	<b>Easy Run:</b> 16km 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>80min Pace Set:</b> 20mins easy + 50mins as + 1min max pace + 1min steady pace + 1min easy pace + 10mins easy	Day Off	<b>10km Pace Set:</b> 2km easy jog + 6km hard pace + 2km easy jog	<b>Easy Run:</b> 18km easy run on hilly trail
Week 4	<b>60mins Easy Cross Training:</b> swim, cycle, gym, row or power walk	<b>AM Easy Run:</b> 12km easy run on hilly trail <b>PM Easy Run:</b> 5-6km 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>90min Pace Set:</b> 20mins easy + 60mins as + 1min max pace + 2min steady pace + 1min easy pace + 10mins easy	Day Off	<b>12km Pace Set:</b> 2km easy jog + 8km steady to hard pace + 2km easy jog	<b>AM Easy Run:</b> 16km easy run on hilly trail <b>PM Easy Run:</b> 5-6km easy run on hilly trail
Week 5	<b>60-70mins Easy Cross Training:</b> swim, cycle, gym, row or power walk	<b>AM Easy Run:</b> 14km easy run on hilly trail <b>PM Easy Run:</b> 5-6km easy run on hilly trail	<b>90min Hill Reps Set:</b> Incl. 2x 10 sets of 200 hill or stair reps hard pace + recovery down the hill	<b>90min Pace Set:</b> 20mins easy + 60mins as 2min tempo + 2min steady pace + 1min easy pace + 10mins easy	Day Off	<b>14km Pace Set:</b> 2km easy jog + 10km steady to hard pace + 2km easy jog	<b>AM Easy Run:</b> 16km easy run on hilly trail <b>PM Easy Run:</b> 5-6km 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 <b>PM Easy Run:</b> 5-6km easy run on hilly trail	<b>90min Hill Reps Set:</b> Incl. 2x 10 sets of 200 hill or stair reps hard pace + recovery down the hill	<b>100min Pace Set:</b> 20mins easy + 60mins as 3min tempo + 1min max pace + 2min steady pace + 1min easy pace + 20mins easy	Day Off	<b>16km Pace Set:</b> 2km easy jog + 12km steady to hard pace + 2km easy jog	<b>AM Easy Run:</b> 16km easy run on hilly trail incl. 10km at race pace <b>PM Easy Run:</b> 5-6km 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.