


9 week training program



WEEK	SUN rest	MON run	TUE strength	WED run	THU rest	FRI crosstrain	SAT run
1	jul 24	jul 25 4 km	jul 26 30 min	jul 27 4 km	jul 28	jul 29 30 min	jul 30 7 km
2	jul 31	aug 1 5 km	aug 2 30 min	aug 3 5 km	aug 4	aug 5 40 min	aug 6 8 km
3	aug 7	aug 8 5 km	aug 9 30 min	aug 10 6 km	aug 11	aug 12 40 min	aug 13 9 km
4	aug 14	aug 15 6 km	aug 16 30 min	aug 17 7 km	aug 18	aug 19 50 min	aug 20 11 km
5	aug 21	aug 22 7 km	aug 23 30 min	aug 24 8 km	aug 25	aug 26 50 min	aug 27 13 km
6	aug 28	aug 29 7 km	aug 30 30 min	aug 31 8 km	sep 1	sep 2 60 min	sep 3 13 km
7	sep 4	sep 5 8 km	sep 6 30 min	sep 7 9 km	sep 8	sep 23 60 min	sep 10 15 km
8	sep 11	sep 12 8 km	sep 13 30 min	sep 14 9 km	sep 15	sep 23 50 min	sep 17 16 km
9	sep 18	sep 19 4 km	sep 20 30 min	sep 21 4 km	sep 22	sep 23	 24 RACE DAY

Legend
run
strength
crosstrain
rest

Key
month Day
Workout

Notes
- From base of running 15k per week
- Establish and stick to a weekly routine
- Sample strength: 7-min scientific workout
- Sample crosstrain: swimming or cycling