



## 21 KM 8 WEEK GUIDE

DAY	WEEK 1	WEEK 2	WEEK 3	WEEK 4
<b>MONDAY</b>	5 km easy run	5.5 km easy run	6.5 km easy run	8 km easy run
<b>TUESDAY</b>	30-45 minutes cross-training	30-45 minutes cross-training	45-60 minutes cross-training	45-60 minutes cross-training
<b>WEDNESDAY</b>	4 km tempo run (warm up at an easy pace for 1km, pressing into a comfortably hard tempo run or "race pace" goal for 2.5km, then dropping the pace back down for another 1km cool down)	6 km speed run (1.5km warm up, 3km race pace, 1.5km cool down)	Short hill repeats (find a hill that takes about 60 seconds to run up at a comfortably hard pace then jog back down 4-6 times)	10 km speed run (1km warm up, 8km race pace, 1km cool down)
<b>THURSDAY</b>	30-45 minutes cross-training	30-45 minutes cross-training	45-50 minutes cross-training	45-50 minutes cross-training
<b>FRIDAY</b>	5 km easy run	5.5 km easy run	6.5 km easy run	8 km easy run
<b>SATURDAY</b>	7 km long run	9 km long run	12 km long run	15 km long run
<b>SUNDAY</b>	Rest up, week 1 is already under your belt!	Rest	Rest	Rest

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DAY	WEEK 5	WEEK 6	WEEK 7	WEEK 8
<b>MONDAY</b>	10 km easy run	8 km easy run	8 km easy run	10 km long run
<b>TUESDAY</b>	60 minutes cross-training	60 minutes cross-training	30 minutes cross-training	Rest
<b>WEDNESDAY</b>	Long hill repeats (find a longer hill with at least 6-7 percent grade, and run up it in 90 seconds between 4-6 times)	15 km speed run (2km warm up, 12km race pace, 1km cool down)	8 km cut down run (warm up 1km, then pick up the pace 10-15 seconds per km for each of the next 7 km)	Rest
<b>THURSDAY</b>	60 minutes cross-training	60 minutes cross-training	30 minutes cross-training	6 km easy run
<b>FRIDAY</b>	7 km easy run	6 km easy run	6 km easy run	Rest
<b>SATURDAY</b>	18 km long run	20 km long run (after this point, you'll start cutting back on mileage to rest up for race day)	14 km long run	Mountains to Sea 21 KM
<b>SUNDAY</b>	Rest	Rest	Rest	Rest & feel good! Congratulations!

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