

































21K RUNNING PLAN

THIS IS A 14-WEEK PLAN FOR AN INTERMEDIATE RUNNER. FOURTEEN WEEKS IS THE MINIMUM LENGTH FOR 21K DISTANCE PLANS.

POLAR.	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	<p>Medium run 55 min</p>		<p>Interval 35 min</p>		<p>Easy jog 35 min</p>		<p>Long run 1h 5 min</p>
HR ZONES							
SUPPORTIVE EXERCISE		<p>Strength training</p>	<p>Mobility (dynamic)</p>	<p>Mobility (static)</p>		<p>Core</p>	
WEEK 2	<p>Medium run 60 min</p>		<p>Interval 45 min</p>		<p>Medium run 45 min</p>		<p>Long run 1h 20 min</p>
HR ZONES							
SUPPORTIVE EXERCISE		<p>Strength training</p>	<p>Mobility (dynamic)</p>	<p>Mobility (static)</p>		<p>Core</p>	
WEEK 3	<p>Medium run 50 min</p>		<p>Interval 35 min</p>		<p>Easy jog 35 min</p>		<p>Long run 1h 5 min</p>
HR ZONES							
SUPPORTIVE EXERCISE		<p>Strength training</p>	<p>Mobility (dynamic)</p>	<p>Mobility (static)</p>		<p>Core</p>	
WEEK 4	<p>Medium run 65 min</p>		<p>Interval 35 min</p>		<p>Medium run 45 min</p>		<p>Long run 1h 30 min</p>
HR ZONES							
SUPPORTIVE EXERCISE		<p>Strength training</p>	<p>Mobility (dynamic)</p>	<p>Mobility (static)</p>		<p>Core</p>	























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POLAR	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 5	 Medium run 1h 10 min		 Interval 40 min		 Medium run 45 min		 Long run 1h 30 min
HR ZONES							
SUPPORTIVE EXERCISE		 Strength training	 Mobility (dynamic)	 Mobility (static)		 Core	
WEEK 6	 Medium run 55 min		 Interval 35 min		 Medium run 35 min		 Long run 1h 10 min
HR ZONES							
SUPPORTIVE EXERCISE		 Strength training	 Mobility (dynamic)	 Mobility (static)		 Core	
WEEK 7	 Medium run 1h 10 min		 Interval 40 min		 Medium run 55 min		 Long run 1h 40 min
HR ZONES							
SUPPORTIVE EXERCISE		 Strength training	 Mobility (dynamic)	 Mobility (static)		 Core	
WEEK 8	 Medium run 1h 15 min		 Interval 45 min		 Medium run 55 min		 Long run 1h 40 min
HR ZONES							
SUPPORTIVE EXERCISE		 Strength training	 Mobility (dynamic)	 Mobility (static)		 Core	

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POLAR	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 9	 Medium run 1h 10 min		 Interval 35 min		 Medium run 45 min		 Long run 1h 20 min
HR ZONES							
SUPPORTIVE EXERCISE		 Strength training	 Mobility (dynamic)	 Mobility (static)		 Core	
WEEK 10	 Medium run 1h 15 min		 Interval 45 min		 Medium run 55 min		 Long run 1h 45 min
HR ZONES							
SUPPORTIVE EXERCISE		 Strength training	 Mobility (dynamic)	 Mobility (static)		 Core	
WEEK 11	 Medium run 1h 15 min		 Interval 45 min		 Medium run 60 min		 Long run 1h 50 min
HR ZONES							
SUPPORTIVE EXERCISE		 Strength training	 Mobility (dynamic)	 Mobility (static)		 Core	
WEEK 12	 Medium run 1h 5 min		 Interval 45 min		 Medium run 45 min		 Long run 1h 35 min
HR ZONES							
SUPPORTIVE EXERCISE		 Strength training	 Mobility (dynamic)	 Mobility (static)		 Core	

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POLAR		MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 13	 Medium run 1h 5 min		 Interval 40 min		 Medium run 45 min		 Long run 1h 30 min	
HR ZONES								
SUPPORTIVE EXERCISE		 Strength training	 Mobility (dynamic)	 Mobility (static)		 Core		
WEEK 14	 Easy jog 35 min		 Interval 30 min		 Medium run 40 min		 Easy jog 30 min	
HR ZONES								
SUPPORTIVE EXERCISE		 Mobility (static)	 Mobility (dynamic)	REST		REST		
WEEK 15	RACE DAY	ENJOY YOURSELF, CELEBRATE ALL THE HARD WORK YOU DID AND REWARD YOURSELF!						