

42K RUNNING PLAN

THIS IS A 14-WEEK PLAN FOR AN INTERMEDIATE RUNNER. FOURTEEN WEEKS IS THE MINIMUM LENGTH FOR 42K DISTANCE PLANS.

POLAR	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	<p>Medium run 45 min</p>		<p>Easy jog 30 min</p>		<p>Easy jog 15 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>	
WEEK 2	<p>Medium run 55 min</p>		<p>Easy jog 30 min</p>		<p>Medium run 35 min</p>		<p>Long run 1h 40 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 35 min</p>		<p>Easy jog 30 min</p>		<p>Easy jog 30 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 4	<p>Medium run 55 min</p>		<p>Interval 35 min</p>		<p>Medium run 35 min</p>		<p>Long run 1h 45 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	<p>Medium run 1h 5 min</p>		<p>Medium run 35 min</p>		<p>Medium run 45 min</p>		<p>Long run 1h 50 min</p>
HR ZONES							
SUPPORTIVE EXERCISE		<p>Strength training</p>	<p>Mobility (dynamic)</p>	<p>Mobility (static)</p>		<p>Core</p>	
WEEK 6	<p>Medium run 40 min</p>		<p>Interval 30 min</p>		<p>Easy jog 30 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>	
WEEK 7	<p>Medium run 1h 5 min</p>		<p>Medium run 40 min</p>		<p>Medium run 40 min</p>		<p>Long run 1h 55 min</p>
HR ZONES							
SUPPORTIVE EXERCISE		<p>Strength training</p>	<p>Mobility (dynamic)</p>	<p>Mobility (static)</p>		<p>Core</p>	
WEEK 8	<p>Medium run 1h 10 min</p>		<p>Interval 35 min</p>		<p>Medium run 50 min</p>		<p>Long run 2h 0 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 9	 Medium run 1h 0 min		 Easy jog 30 min		 Medium run 35 min		 Long run 1h 40 min
HR ZONES							
SUPPORTIVE EXERCISE		 Strength training	 Mobility (dynamic)	 Mobility (static)		 Core	
WEEK 10	 Medium run 1h 10 min		 Interval 40 min		 Medium run 50 min		 Long run 2h 10 min
HR ZONES							
SUPPORTIVE EXERCISE		 Strength training	 Mobility (dynamic)	 Mobility (static)		 Core	
WEEK 11	 Medium run 1h 10 min		 Medium run 40 min		 Medium run 55 min		 Long run 2h 15 min
HR ZONES							
SUPPORTIVE EXERCISE		 Strength training	 Mobility (dynamic)	 Mobility (static)		 Core	
WEEK 12	 Medium run 55 min		 Medium run 35 min		 Medium run 45 min		 Long run 1h 45 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 55 min		 Medium run 35 min		 Medium run 45 min		 Long run 1h 35 min	
HR ZONES								
SUPPORTIVE EXERCISE		 Strength training	 Mobility (dynamic)	 Mobility (static)		 Core		
WEEK 14	 Medium run 45 min		 Medium run 35 min				 Easy jog 30 min	
HR ZONES								
SUPPORTIVE EXERCISE		 Mobility (static)	 Mobility (dynamic)					
WEEK 15	RACE DAY	ENJOY YOURSELF, CELEBRATE ALL THE HARD WORK YOU DID AND REWARD YOURSELF!						