

# TRAINING PLAN - 21KM EASY

## WEEK 1 OF 8

Speed Workout	15-30-45 Fartlek
Strength Workout	Legs & Cardio
Easy Run	30-40 mins (strides)
Long Run	60-75 mins
Optional Extra Easy Run	30-40 mins



**SPEED WORKOUT**  
**15-30-45 FARTLEK**

[VIEW WORKOUT INSTRUCTIONS](#)



**STRENGTH WORKOUT**  
**LEGS & CARDIO**

[25 MINS HOME WORKOUT VIDEO](#)

The Speed Workout is a very important component of your weekly training. Click on **'VIEW WORKOUT INSTRUCTIONS'** for the exact workout details. You can also watch the workout tips video above.



## ASK COACH!

Don't forget the online Q&A sessions on the **1st and 3rd Tuesday of every month at 20.00.**

It's your chance to ask any questions about your training. But don't worry, we'll email you a reminder before each session!



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