



Training for 21km

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Week 1	5km hill	Strenght training	3 x 2km	Strenght training	5km fartlek	8km	Rest	24km
Week 2	6km hill	Strenght training	3 x 2km	Strenght training	6km fartlek	8km	Rest	26km
Week 3	6km hill	Strenght training	3 x 2km	Strenght training	6km fartlek	10km	Rest	28km
Week 4	7km hill	Strenght training	3 x 2km	Strenght training	7km fartlek	10km	Rest	30km
Week 5	7km hill	Strenght training	3 x 2km	Strenght training	7km fartlek	12km	Rest	32km
Week 6	7km hill	Strenght training	4 X 2km	Strenght training	7km fartlek	12km	Rest	34km
Week 7	7km hill	Strenght training	4 X 2km	Strenght training	7km fartlek	14km	Rest	36km
Week 8	8km hill	Strenght training	4 X 2km	Strenght training	8km fartlek	14km	Rest	38km
Week 9	8km hill	Strenght training	4 X 2km	Strenght training	8km fartlek	16km	Rest	40km
Week 10	9km hill	Strenght training	4 X 2km	Strenght training	9km fartlek	16km	Rest	42km
Week 11	7km hill	Strenght training	4 X 2km	Strenght training	7km fartlek	14km	Rest	36km
Week 12	9km hill	Strenght training	4 X 2km	Strenght training	9km fartlek	16km	Rest	42km
Week 13	9km hill	Strenght training	4 X 2km	Strenght training	9km fartlek	18km	Rest	44km

Week 14	7km hill	Strenght training	3 x 2km	Strenght training	7km fartlek	14km	Rest	34km
Week 15	6km hill	Strenght training	3 x 2km	Strenght training	6km fartlek	12km	Rest	30km
Week 16	5km hill	Strenght training	5km	Strenght training	Rest	Race	Rest	31km