

## WHM 30km - DIY 16 week training program – Kindly Prepared by Coach Christine Suter

Weeks	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday- Long SlowDistanceLSD	Sunday- slow
Week 1	Off	5km easy	6km tempo	5km slow Or cross train	OFF running or Cross train	12km LSD	5km slow
Week 2	Off	5km easy	6km tempo	5km slow Or cross train	OFF	14	5km slow
Week 3	Off	6km easy	6km tempo	6km slow Or cross train	OFF	16	5km slow
Week 4	Off	7km tempo	8km tempo	6km slow Or cross train	OFF	<b>12</b>	7km slow
Week 5	Off	6km steady	8 km tempo	7km slow or cross train	OFF	18	6km slow
Week 6	Off	5km easy	Hill repeats 4x 3min hill climb Finish strong	7km slow or cross train	OFF	20	6km slow
Week 7	Off	5km easy	Hill repeats 6 x 3min Finish strong	OFF	OFF	14	8km slow
Week 8	Off	6km steady	Hill repeats 8x 2min Hard and fast	5km slow or Cross train	OFF	22	5km slow
Week 9	Off	7 km steady	Hill repeats 8x 2 min Hard and fast	5km or Cross train	OFF	24	6km slow
Week 10	Off	7km slow	Speed 3x 1mile	OFF	OFF	16	8km slow

Week 11	Off	6km steady	Speed 4x 1km	5km or cross train	OFF	26	Off
Week 12	Off	7km steady	Speed 8x 800m	5km slow or cross train	OFF	28	Off
Week 13	Off	7km steady	Speed 12x 400m	7km slow or Cross train	OFF	20	6km slow
Week 14	Off	8km slow	8km steady	7km slow or Cross train	OFF	17	5km slow
Week 15	Off	10km slow	8km steady	7km slow or Cross train	OFF	15	5km slow or OFF
Week 16 Race week	Off	8km steady	6km slow	Off	3km slow	30km Run	30-45min walk

**For hills and speed work do 3km warm up run and 2km cool down**

**Recovery for your hills- run the down hill plus 30 sec/ recovery for your speed sets will be approx. 3min for your mile and 2min for your km and 800m, repeats**

**Slow/Easy Run-** these are easy runs done at a pace where you could easily hold a conversation-

**Steady-** this pace is inbetween your warmup pace and tempo- so a little faster than your easy run

**Tempo/hill Run-** these runs are above your average run pace and just below your race pace- should be out of your comfort zone for the time stated-

**Speed** – these are done fast and hard- they are short so you can push them- almost like a sprint- faster than your race pace!

**Long slow distance runs-** 90-120 sec slower/ mile than your race pace

**Stretching-** please add 10mins of stretching to the end of your runs and other workouts to help keep you limber.

For this plan you can choose to run 4 or 5x/ week, if you choose to run 5 then follow the program days outlined, if you choose to run four you can either switch to running Tues/Thurs/Sat/Sun and do cross training or rest days on Wed./ Friday

Cross training includes- swimming, cycling, weight training