

# 21K (Intermediate) - Running Program

\*21K Intermediate runners should already be able to run 15K.

Calling all runners:

On February 24<sup>th</sup>, 2017, the beautiful city of Aswan will host its first marathon ever, organised by The TriFactory in collaboration with the Magdi Yacoub Heart Foundation. Aswan42 will provide athletes with the opportunity to run a full marathon (42 kilometers), right here in Egypt, as well as offering both the half marathon (21 kilometers) and 10K distance. With your 10 week training program you can join the hundreds of runners descending on one of the most ancient cities in the world to run for an amazing cause – raising funds for children with heart disease. Good luck and see you at the start line!



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### Running terms:

- Easy: refers to a very slow jog/walk that is meant for warm ups, cool downs, & recovery. Easy/recovery runs are essential, especially the day after an intense session, in order to help your muscles recover and get rid of lactic acid/waste products.
- Tempo: a steady jog, around your average pace; not intense but also not too easy.
- Long run: this is the steady running pace you are searching for that you are able to maintain for a long time. It is the pace you will run during the race. Your long run distance will increase gradually throughout the training program.
- Interval training: sets of very high intensity and much slower recovery. Interval training is essential for building speed, strength, and stamina.

### Nutrition/hydration:

- Get yourself used to drinking during your run, particularly your Long, Easy, and Tempo runs. Hydrating effectively is part of your training, and you must get used to it.
- You need to drink 750ml-1L depending on your effort level, weight, and weather conditions.
- Nutrition is also important. Before a run try to take in carbohydrate-rich foods with no fat content, particularly before the Long run.
- During your run, you should aim to take in 300 calories every hour. For example, aim for 2 bananas/chocolate bar every 30 minutes.
- Always eat a good meal, with both carbohydrates and protein, after your running session, to help you recover.



	Sunday (Rest)	Monday (Intervals)	Tuesday (Easy)	Wednesday (Tempo)	Thursday (Rest)	Friday (Long)	Saturday (Easy)
1		5x 200m fast 400m jog 200m walk	25 minutes easy jog	4km		<b>8km</b> 8 sets of: 400m run 200m walk 400m run  *Rest between sets depends on your fitness level, but not more than 3 minutes.	25 minutes easy jog
2		8x 200m fast 400m jog 200m walk	25 minutes easy jog	3km		<b>7km</b> 7 sets of: 400m run 200m walk 400m run	25 minutes easy jog
3		10x 200m fast 400m jog 200m walk	30 minutes easy jog	5km		<b>10km</b> 10 sets of: 400m run 200m walk 400m run	30 minutes easy jog



4	10x 200m fast 400m jog 200m walk	30 minutes easy jog	6km		<b><u>12km</u></b> 12 sets of: 400m run 200m walk 400m run	30 minutes easy jog
5	12x 200m fast 400m jog 200m walk	30 minutes easy jog	4km		<b><u>10km</u></b> 10 sets of: 400m run 200m walk 400m run	30 minutes easy jog
6	12x 200m fast 400m jog 200m walk	40 minutes easy jog	8km		<b><u>14km</u></b> 14 sets of: 400m run 200m walk 400m run *REDUCE REST TIME	40 minutes easy jog



7		15x 200m fast 400m jog 200m walk	40 minutes easy jog	8km		<b><u>16km</u></b> 16 sets of: 400m run 200m walk 400m run *REDUCE REST TIME	40 minutes easy jog
8		15x 200m fast 400m jog 200m walk	30 minutes easy jog	10km		<b><u>18km</u></b> 18 sets of: 400m run 200m walk 400m run *REDUCE REST TIME	30 minutes easy jog
9		18x 200m fast 400m jog 200m walk	40 minutes easy jog	8km		<b><u>12km</u></b> 12 sets of: 400m run 200m walk 400m run *REDUCE REST TIME	40 minutes easy jog



10		10x 200m fast 400m jog 200m walk	30 minutes easy jog	6km		<b>10km</b> 10 sets of: 400m run 200m walk 400m run *REDUCE REST TIME	30 minutes easy jog
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