

# 21K (Advanced) - Running Program

\*21K Advanced runners can already run 21K continuously and wish to improve their speed/stamina.

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 200m jog 100m fast 100m jog 50m fast 50m jog *1 minute rest between each set.	25 minutes easy jog	4km At 85% of your maximum heart rate.		<u>8km</u> At 70% of your maximum heart rate.	25 minutes easy jog
2		8x 200m fast 200m jog 100m fast 100m jog 50m fast 50m jog *1 minute rest between each set.	25 minutes easy jog	3km At 85% of your maximum heart rate.		<u>7km</u> At 70% of your maximum heart rate.	25 minutes easy jog



3		<p>10x</p> <p>200m fast</p> <p>200m jog</p> <p>100m fast</p> <p>100m jog</p> <p>50m fast</p> <p>50m jog</p> <p>*1 minute rest between each set.</p>	<p>30 minutes easy jog</p>	<p>5km</p> <p>At 85% of your maximum heart rate.</p>		<p><b><u>10km</u></b></p> <p>At 70% of your maximum heart rate.</p>	<p>30 minutes easy jog</p>
4		<p>10x</p> <p>200m fast</p> <p>200m jog</p> <p>100m fast</p> <p>100m jog</p> <p>50m fast</p> <p>50m jog</p> <p>*1 minute rest between each set.</p>	<p>30 minutes easy jog</p>	<p>6km</p> <p>At 85% of your maximum heart rate.</p>		<p><b><u>12km</u></b></p> <p>At 70% of your maximum heart rate.</p>	<p>30 minutes easy jog</p>



5		<p>12x</p> <p>200m fast</p> <p>200m jog</p> <p>100m fast</p> <p>100m jog</p> <p>50m fast</p> <p>50m jog</p> <p>*1 minute rest between each set.</p>	<p>30 minutes easy jog</p>	<p>4km</p> <p>At 85% of your maximum heart rate.</p>		<p><b><u>10km</u></b></p> <p>At 70% of your maximum heart rate.</p>	<p>30 minutes easy jog</p>
6		<p>12x</p> <p>200m fast</p> <p>200m jog</p> <p>100m fast</p> <p>100m jog</p> <p>50m fast</p> <p>50m jog</p> <p>*1 minute rest between each set.</p>	<p>40 minutes easy jog</p>	<p>8km</p> <p>At 85% of your maximum heart rate.</p>		<p><b><u>14km</u></b></p> <p>At 70% of your maximum heart rate.</p>	<p>40 minutes easy jog</p>



7	<p>15x</p> <p>200m fast</p> <p>200m jog</p> <p>100m fast</p> <p>100m jog</p> <p>50m fast</p> <p>50m jog</p> <p>*1 minute rest between each set.</p>	40 minutes easy jog	8km	At 85% of your maximum heart rate.	<b>16km</b>	At 70% of your maximum heart rate.	40 minutes easy jog
8	<p>15x</p> <p>200m fast</p> <p>200m jog</p> <p>100m fast</p> <p>100m jog</p> <p>50m fast</p> <p>50m jog</p> <p>*1 minute rest between each set.</p>	30 minutes easy jog	10km	At 85% of your maximum heart rate.	<b>18km</b>	At 70% of your maximum heart rate.	30 minutes easy jog



9		<p>18x</p> <p>200m fast</p> <p>200m jog</p> <p>100m fast</p> <p>100m jog</p> <p>50m fast</p> <p>50m jog</p> <p>*1 minute rest between each set.</p>	<p>40 minutes easy jog</p>	<p>8km</p> <p>At 85% of your maximum heart rate.</p>		<p><b><u>12km</u></b></p> <p>At 70% of your maximum heart rate.</p>	<p>40 minutes easy jog</p>
10		<p>10x</p> <p>200m fast</p> <p>200m jog</p> <p>100m fast</p> <p>100m jog</p> <p>50m fast</p> <p>50m jog</p> <p>*1 minute rest between each set.</p>	<p>30 minutes easy jog</p>	<p>6km</p> <p>At 85% of your maximum heart rate.</p>		<p><b><u>10km</u></b></p> <p>At 70% of your maximum heart rate.</p>	<p>30 minutes easy jog</p>

