

WHM 30km - DIY 16 week training program

| Weeks | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday- Long SlowDistanceLSD | Sunday- slow |
|-----------------------------|--------|-------------|--|----------------------------|-------------------------------|--------------------------------|--------------|
| Week 1 Feb 12-18 | Off | 5km easy | 6km tempo | 5km slow Or cross train | OFF running or Cross train | 12km LSD | 5km slow |
| Week 2 Feb 19-25 | Off | 5km easy | 6km tempo | 5km slow Or cross train | OFF | 14 | 5km slow |
| Week 3 Feb 26 – Mar 4 | Off | 6km easy | 6km tempo | 6km slow Or cross train | OFF | 16 | 5km slow |
| Week 4 Mar 5-11 | Off | 7km tempo | 8km tempo | 6km slow Or cross train | OFF | 12 | 7km slow |
| Week 5 Mar 12-18 | Off | 6km steady | 8 km tempo | 7km slow or cross train | OFF | 18 | 6km slow |
| Week 6 Mar 19-25 | Off | 5km easy | Hill repeats 4x 3min hill climb Finish strong | 7km slow or cross train | OFF | 20 | 6km slow |
| Week 7 Mar 26-april 1 | Off | 5km easy | Hill repeats 6 x 3min Finish strong | OFF | OFF | 14 | 8km slow |
| Week 8 April 2- 8 | Off | 6km steady | Hill repeats 8x 2min Hard and fast | 5km slow or Cross train | OFF | 22 | 5km slow |
| Week 9 April 9-15 | 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 | OFF | OFF | 16 | 8km slow |

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|---|-----|------------|-------------------|----------------------------|----------|----------|--------------------|
| April 16-22 | | | 3x 1mile | | | | |
| Week 11 April 23-29 | Off | 6km steady | Speed 4x 1km | 5km or cross train | OFF | 26 | Off |
| Week 12 April 30- May 6 | Off | 7km steady | Speed 8x 800m | 5km slow or cross train | OFF | 28 | Off |
| Week 13 May 7-13 | Off | 7km steady | Speed 12x 400m | 7km slow or Cross train | OFF | 20 | 6km slow |
| Week 14 May 14-20 | Off | 8km slow | 8km steady | 7km slow or Cross train | OFF | 17 | 5km slow |
| Week 15 May 21-27 | Off | 10km slow | 8km steady | 7km slow or Cross train | OFF | 15 | 5km slow or OFF |
| Week 16 May 28- June 3 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