

YOUR 21 KM PROGRAM

Completing a 21km race requires significant fitness and endurance. If you can comfortably complete a 10km run, then you have the ideal base to start a 10-week half marathon training plan.

If you're preparing for the Biogen Half Marathon (11 / 01/ 2026) you should ideally start this plan on 3 / 11 / 2025.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	Rest/easy run	Track: 12 x 200m	Easy run 7km	5km time trial	Rest	Easy run	12km
Week 2	Rest/easy run	Hill repeats 10 x 30s	Easy run 7km	6km with 4 x 1 min pick-ups	Rest	Easy run	13km
Week 3	Rest/easy run	Track: 10 x 400m	Easy run 8km	5km time trial	Rest	Easy run	14km
Week 4	Rest/easy run	Hill repeats 10 x 45s	Easy run 8km	7km progression	Rest	Easy run	15km
Week 5	Rest/easy run	Track: 5 x 800m	Easy run 10km	5km time trial	Rest	Easy run	16km
Week 6	Rest/easy run	Hill repeats 10 x 60s	Easy run 10km	8km fartlek	Rest	Easy run	17km
Week 7	Rest/easy run	Track: 4 x 1km	Easy run 12km	8km time trial	Rest	Easy run	18km
Week 8	Rest/easy run	Hill repeats 10 x 75s	Easy run 12km	8km 1 min on/ 1 min off	Rest	Easy run	19km
Week 9	Rest/easy run	Track: 1 x 1km, 4 x 400m, 5 x 200m	Easy run 7km	8km time trial	Rest	Easy run	12km
Week 10	Rest	Easy run 7km	Rest	Easy run 5km	Rest	20 min easy with 3 x race pace pick-ups	Race day

It's important that you are injury-free and in otherwise good health before attempting this program. Always consult with your doctor before embarking on any new training plan.

BIOMEN
FOR THE RESULTS YOU WANT

21 KM RUN TRAINING PROGRAM



TRAINING PLAN GUIDELINES

How to use the plan:

Work using a rating of perceived exertion (RPE)

If you are unsure about your ideal pace, use RPE to subjectively guide your efforts. The scale runs from 6-20, with a 6 rating deemed "no exertion at all" while a 20 rating is a "maximal exertion" effort. An RPE between 12 to 14 is considered a moderate intensity run.

Track workouts: Run the stipulated distances (200m, 400m, 800m, 1km) at an RPE of 17- 18. Rest for 30-90 seconds between reps.

Progression runs: Start slowly and build up your pace over each subsequent kilometre. Run your fastest split for the last kilometre. Include an easy cool-down after your run.

Time trial efforts: Run at a steady pace to complete the distance as quickly as possible without the need to walk or stop along the way.

Fartleks: A fartlek is an unstructured interval session where you constantly vary your intensity by alternating between slow, moderate and faster efforts for varying time periods.

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TRAINING PLAN GUIDELINES

1. Always warm up. Get blood flowing to muscles by taking a 10-minute brisk walk or slow jog before your training run.

2. Mobilise joints. Spend 5 minutes performing mobility drills after your warm-up to loosen your muscles and joints. Focus on the legs and hip complex.

3. Focus on your running form. Include drills and additional strength training, including core, glute and unilateral training to get stronger and reduce your injury risk.

4. Follow the plan. Adhere to the structure of the plan and individual workouts, following the recommended intensity as closely as possible and keep within your ability to reduce injury risk.

5. Respect rest days. Rest days are important, as are allocated rest times during quality sessions. Stick to the guidelines to derive the full benefit from each workout and the overall plan.

6. No catching up. If you miss a run or workout leave it and carry on with the next session.

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