



# Activeliving4all Coaching

Nutrition and Movement is life

Est 2017

## From 10km Fit to a Fast 21km – 10-Week Training Plan

You've built your 10km fitness – now it's time to take things up a level! 🏃 OR you are 21km KM fit but want to get to a faster 21km

This 10-week program is designed to help you go from solid 10km shape to running a strong and fast 21km (half marathon).

 The main goal? Half Marathon –

You can still use this plan to build your endurance and speed, then transition into our "**Always 21km Fit**" program to keep the momentum going 🚀.

 Not racing? Use this training block as a base phase, then simply tweak the final weeks to align with your chosen race date. Whether you're chasing a PB or just want to level up, this plan will get you there!

Let's build smart, run strong, and unlock your next level!   

 **10 -Week Program** |  **Tick as you go!**

## 10km Fit to a Fast 21km – 2025 Season

|  Tick off as you go!

 *Designed for runners building towards Half Marathon*

 *STR = Strength | XT = Cross-Training | Mobility = Activation & Recovery / E = Easy Run / H = Hills / RP = Race Pace / TP = Tempo / TR = Threshold*

 **Print it, tick it, and track your journey.**

 **Stick it on the fridge like it's a school art project — and actually follow it this time!** 😊

Free Training Program Written for Cape Multisport Club 2025 by Activeliving4all Coaching©



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Week	☑ Mon	☑ Tue	☑ Wed	☑ Thu	☑ Fri	☑ Sat	☑ Sun
1	STR + Mobility	WU 2km 6-8 x 800m -2min Stand CD or CMC Track	8 km Threshold	1 hour Hilly Run with HR In Threshold Zone	XT + STR	REST	12 km E
2	STR + Mobility	WU 2km 12-14 x 200m - 200m walk CD or CMC Track	8km Aerobic	Hill Repeats WU 2-3km 4-6 x 3 min Hill Repeats with 2 min easy CD 2-3km	XT + STR	REST	15 km E
3	STR + Mobility	WU 2km 10-12 x 400m 90 sec stand CD or CMC Track	8 km Threshold	Hilly Run Heart rate in Threshold zone	XT + STR	REST	18 km E
4	STR + Mobility	WU 2km 4-6 x 1200m 200m walk 1min Stand CD or CMC Track	8 km Tempo	Hill Repeats WU 2-3km 8-10 x 1 min Hill Repeats with 2 min easy CD 2-3km	XT + STR	REST	18 km E

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Week	☑ Mon	☑ Tue	☑ Wed	☑ Thu	☑ Fri	☑ Sat	☑ Sun
5	STR + Mobility	WU 2km 8-10 x 600m -200m walk CD or CMC Track	8 km Aerobic	1 hour Hilly Run with HR In Threshold Zone	XT + STR	REST	20 km E
6	STR + Mobility	WU 2km 6-8 x 800m -2min Stand CD or CMC Track	8 km Tempo	Hill Repeats WU 2-3km 4-6 x 3 min Hill Repeats with 2 min easy CD 2-3km	XT + STR	REST	20 km E
7	STR + Mobility	WU 2km 12-14 x 200m - 200m walk CD or CMC Track	8 km Threshold	1 hour Hilly Run with HR In Threshold Zone	XT + STR	REST	15 km E
8	STR + Mobility	5 km E	5 km E	1 hour Hilly Run with HR In Threshold Zone	XT + STR	REST	12kmE
9	STR + Mobility	5 km E	5 km E	Hill Repeats WU 2-3km	XT + STR	REST	1 hr E

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Week	<input checked="" type="checkbox"/> Mon	<input checked="" type="checkbox"/> Tue	<input checked="" type="checkbox"/> Wed	<input checked="" type="checkbox"/> Thu	<input checked="" type="checkbox"/> Fri	<input checked="" type="checkbox"/> Sat	<input checked="" type="checkbox"/> Sun
				4 x 2 min Hill Repeats with 2 min easy CD 2-3km			
10	<b>STR + Mobility</b>	<b>5km E</b>	<b>3 km Threshold</b>	<b>5km E</b>	<b>XT + STR</b>	<b>REST</b>	<b>21km</b>

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