



# Activeliving4all Coaching

Nutrition and Movement is life

## Always 21km Fit – 5-Week Training Plan

This is your go-to 5-week program to help you stay 21km fit all year round 🙌. If you're already comfortable with the half marathon distance, this plan is perfect for maintaining that base while keeping things structured, consistent, and enjoyable!

The format:

- ✓ 4-week progressive build-up
- ✓ 1 de-load week to recover and reset

Then simply repeat the cycle as needed, adjusting around your race calendar.

If you have a race coming up sooner – no stress! Just shift the weeks around to suit your schedule and recovery needs. This plan is designed with flexibility in mind while still keeping your endurance sharp and your legs race-ready 🚀.

Whether you're racing regularly or just love staying long-run ready, this plan will keep you comfortable, confident, and capable at the 21km distance 🙌.

Let's keep you strong, steady, and always 21km fit!

## 5 -Week Program | Tick as you go!

### Always 21km Fit

Tick off as you go!

*Designed for runners Wanting to be 21km fit always*

*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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Est 2017

Week	✓ Mon	✓ Tue	✓ Wed	✓ Thu	✓ Fri	✓ Sat	✓ Sun
1	STR + Mobility	WU 2km 8-10 x 600m -200m walk CD or CMC Track	8 km Tempo	Hill Repeats WU 2-3km 8-10 x 1 min Hill Repeats with 2 min easy	XT + STR	REST	10km E
2	STR + Mobility	WU 2km 6-8 x 800m -2min Stand CD or CMC Track	8 km Threshold	Hill Repeats WU 2-3km 6-8 x 2 min Hill Repeats with 2 min easy	XT + STR	REST	15 km E
3	STR + Mobility	WU 2km 12-14 x 200m - 200m walk CD or CMC Track	8 km Aerobic	Hill Repeats WU 2-3km 4-6 x 3 min Hill Repeats with 2 min easy	XT + STR	REST	18 km E
4	STR + Mobility	WU 2km 10-12 x 400m 90 sec stand CD	8 km Threshold	Hilly Run Heart rate in Threshold zone	XT + STR	REST	21 km E or race

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Est 2017

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
		or CMC Track					
5	STR + Mobility	1 hour Easy	30 miin Easy	45min Easy	XT + STR	REST	1 hr E

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