

21.1KM PROGRAMME

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
01 6 FEB – 12 FEB	REST	EASY RUN 35 MINS	FARTLEK* 8 X 1 MIN	EASY RUN 35 MINS	REST	EASY RUN 80 MINS	EASY RUN 35 MINS
02 13 FEB – 19 FEB	REST	EASY RUN 35 MINS	PACE RUN 6KM	EASY RUN 35 MINS	REST	EASY RUN 90 MINS	EASY RUN 35 MINS
03 20 FEB – 26 FEB	REST	EASY RUN 35 MINS	FARTLEK* 8 X 1½MINS	EASY RUN 35 MINS	REST	EASY RUN 100 MINS	EASY RUN 35 MINS
04 27 FEB – 5 MAR	REST	EASY RUN 35 MINS	PACE RUN 8KM	EASY RUN 35 MINS	REST	EASY RUN 80 MINS	EASY RUN 35 MINS
05 6 MAR – 12 MAR	REST	EASY RUN 35 MINS	FARTLEK* 10 X 1 MIN	EASY RUN 35 MINS	REST	EASY RUN 100 MINS	EASY RUN 35 MINS
06 13 MAR – 19 MAR	REST	EASY RUN 35 MINS	PACE RUN 10KM	EASY RUN 35 MINS	REST	EASY RUN 2 HOURS	EASY RUN 35 MINS
07 20 MAR – 26 MAR	REST	EASY RUN 35 MINS	FARTLEK* 8 X 2 MINS	EASY RUN 35 MINS	REST	PACE RUN 12KM	EASY RUN 35 MINS
08 27 MAR – 2 APR	REST	EASY RUN 35 MINS	MONA FARTLEK* 20 MINS	EASY RUN 35 MINS	REST	EASY RUN 2 HOURS	EASY RUN 35 MINS
09 3 APR – 9 APR	REST	EASY RUN 35 MINS	FARTLEK* 10 X 1 MIN	EASY RUN 35 MINS	REST	PACE RUN 14KM	EASY RUN 35 MINS
10 10 APR – 16 APR	REST	EASY RUN 35 MINS	FARTLEK* 8 X 2 MINS	EASY RUN 35 MINS	REST	EASY RUN 100 MINS	EASY RUN 35 MINS
11 17 APR – 23 APR	REST	EASY RUN 35 MINS	TIME TRIAL 3KM	EASY RUN 35 MINS	REST	EASY RUN 90 MINS	EASY RUN 35 MINS
12 24 APR – 30 APR	REST	REST	PACE RUN 4KM	EASY RUN 35MINS	REST	EASY RUN 20 MINS	RACE DAY 30 APRIL

*With 1 minute rest per set.

FARTLEK

WHAT IT MEANS?

Fartlek means "Speed play" in Swedish. With each session, you will get a better sense of pacing and improved performance.

WHY FARTLEK?

High Intensity Intervals Training that alternates between moderate-hard to easy efforts.

HOW IT'S DONE?

The key to running this workout well is to pace yourself. If the workout calls for 8 sets of 1min fast and 1min slow, start off the first set at a comfortable effort so that you can still finish the last one strong.

EASY RUN

WHAT IT MEANS?

Easy effort during your run.

WHY EASY RUN?

To build the aerobic running system and train your heart and muscles to adapt to the required distance..

HOW IT'S DONE?

Go by effort. The best gauge is to be able to have a conversation during a run. If you are able to say a complete sentence while running, you are at the Easy zone.

PACE RUN

WHAT IT MEANS?

To run at the targeted race pace.

WHY PACE RUNS?

To help you get used to the feeling of race pace.

HOW IT'S DONE?

Run at the target race pace. Train regularly with pacers to get a feel of the pace and ascertain your race pace. Ask yourself if you can sustain this for an entire half marathon/ 10km. Always listen to your body. Remember to err on the side of caution if this is your first race. Go for a slower target race pace. If you hit your goal, move up the ladder with a faster pace in your next run.

REST

WHAT IT MEANS?

To rest the body and to allow it to recover from your training.

WHY REST?

Your body gets stronger with rest and recovery.

HOW IT'S DONE?

Spend this day completing other tasks in your life and to put running in the back seat.

RUN TOWARDS ZERO WASTE

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Follow us on Facebook to get your latest race updates.

<http://www.facebook.com/IncomeEcoRun>

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STRAVA™

Be a part of the Income Eco Run Strava Running Club. Share your training progress with us!

<https://www.strava.com/clubs/IncomeEcoRun>

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#IncomeEcoRun

Hashtag #IncomeEcoRun to share with us your training session and race day experience on social media!

ADVISORY

The Income Eco Run Training Programme is designed as a general guideline. You should pay attention to the schedule and to make adjustments to it according to your needs and fitness level. Be sure to include rest days to your schedule, and get sufficient nutrition throughout the training period. Remember that "REST" is an essential part of the training.

Indemnity: You are following the programme on a volunteer basis and you're strongly encouraged to consult a medical practitioner prior to participating in the training programme / training sessions.

The Event Organisers, Event Sponsors or Co-Sponsors will not be responsible or held liable for any injury howsoever arising from training for or during participation in the Run with Pacers / Run with Mok training sessions.