

2024 MEIRINGSPOORT (21.1km) TRAINING GUIDELINES



Conquer Consistency

DAY & TIME	MON	TUES ¹	WED ²	THURS ³	FRI	SAT ⁴	SUN ⁵	
DESCRIPTION	Rest Day	Interval Training	Short Run	Hill Training	Rest Day	Long Run	Vida Run	Weekly Total
Week 1								
1 - 7 July	rest day	6	6	6	rest day	12	10	40
Week 2								
8 - 14 July	rest day	6	6	6	rest day	12	10	40
Week 3								
15 - 21 July	rest day	6	6	6	rest day	14	10	42
Week 4								
22 - 28 July	rest day	6	6	6	rest day	15	10	43
Week 5								
29 Jul - 4 Aug	rest day	6	6	6	rest day	15	10	43
Week 6								
5 - 11 Aug	rest day	6	6	6	rest day	12	10	40
Week 7								
12 - 18 Aug	rest day	6	6	6	rest day	12	10	40
Week 8								
19 - 25 Aug	rest day	6	6	6	rest day	14	10	42
Week 9								
26 Aug - 1 Sept	rest day	6	6	6	rest day	14	10	42
Week 10								
2 - 8 Sept	rest day	6	6	6	rest day	16	10	44
Week 11								
9 - 15 Sept	rest day	6	6	6	rest day	16	10	44
Week 12								
16 - 22 Sept	rest day	6	6	6	rest day	18	10	46
Week 13								
23 - 29 Sept	rest day	6	6	6	rest day	12	10	40
Week 14								
30 Sept - 6 Oct	rest day	6	6	6	rest day	8	10	36
Week 15								
7 - 13 Oct	rest day	6	4	3	rest day	RACE DAY		

TIMES:

- ¹ 05:15 Yello Coffee OR 17:15 Naval Hill (statue)
- ² 05:15 Yello Coffee
- ³ 05:15 Yello Coffee OR 17:15 Naval Hill (entrance gate)
- ⁴ 05:30 Yello Coffee
- ⁵ 06:30 Vida e caffè Preller

NOTES:

- * Programme & distances are only guidelines.
- * Routes will be posted on relevant WhatsApp groups.
- * At least one cross training activity (swimming, cycling, or gym session) per week is recommended.

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