



Your Guide To The Finish Line

A complete 12-week training
plan for runners completing
a 21km distance.



Get Ready To Run With #TeamACRF

Welcome to ACRF's complete 12-week training plan - a guide designed to help support you on your running journey and get you across the finish line with ease. Whether you're just starting out, already know the basics, or are a complete pro, this plan will improve your fitness levels and get your mind and body ready to run. Simply choose your running level, save or print out your custom training plan and start running! Each plan can be adapted according to your schedule, fitness level and injury history.

About Australian Cancer Research Foundation

At Australian Cancer Research Foundation, we know that only brilliant ideas can tackle something as big as cancer. That is why we give scientists the technology, equipment and infrastructure they need for pioneering research. By funding research that seeks to progress and transform the way we prevent, detect and treat ALL cancers, we are committed to our vision of one day reaching a world without cancer.

To stay motivated and connected with other #TeamACRF runners, join our [Facebook group here](#).

12-Week Training Plan Outline



Weeks 1-3

Training begins with key foundational sessions that help to build volume slowly. This will allow muscles, tendons, ligaments and aerobic function to adapt progressively.



Week 4

Recovery Week - there will still be some running, but less volume to allow your body to recover, adapt and prepare for the second half of the program.



Weeks 5-7

These weeks will be focused on building volume and strength with hills and speed.



Week 8

Recovery Week



Week 9

This is the largest volume and longest run.



Weeks 10-12

Taper Weeks - training volume decreases but consistency is maintained in order to allow the body to “freshen up” ahead of race day.



Training Plan Index

Your training plan will include a range of different sessions throughout each week. Here's a quick explanation of each type of session you'll see in your program, what it's for and how it fits into your overall plan.

Aerobic Pace	You should be able to talk comfortably in full sentences during these runs, they should feel easy, and once completed you should feel good – not exhausted. The purpose is to allow your body to adapt, so that you can build the volume/distance. Effort level would be around 5-6 out of 10.	Tempo Pace	This is a faster pace than an aerobic run, but you should still be able to talk in short sentences. Effort level would be around 7 out of 10.
Pick Ups	These are done near the end of session (in the last 5-10 mins) and are a bit of fun ! It's a great way to improve your cadence (leg turnover) and speed. You should aim for short strides, fast turnover of your legs and stand tall. You walk between the pick ups to allow your heart rate to come back down before the next one. Effort level for the pick ups would be around 8 out of 10 – NOT a full 10 out of 10 sprint session!!	Hill Repeats	These should be done mid-way through your session, allowing time either side for warm up and cool down. These are best done on a moderate gradient and you should work hard on the climbs, 8 out of 10, or only able to speak in 2-3 words at a time, but NOT an all out sprint. Allow your heart rate to come back down before starting the next repeat.
Yoga / Pilates / Strength Sessions	These sessions can include stretching, stability, strength, and are important to use different muscle groups that are low impact.	Walk / Run	If you are new to running it is important that you start out slowly to build up strength in the muscles and ligaments to minimize the risk of injury. Alternating between running and walking allows your body to adapt and over the 8 weeks you can gradually build up so that you can run the 10kms on event day.
Rolling Hills	Running on a hilly course helps to build endurance and strength. Hills don't need to be steep or long, but consistently throughout the run. You may choose to run a loop course several times to achieve this.	Flat	Ideally pick somewhere flat to complete these sessions. Running on flat course allows active recovery, without too much fatigue so that you can increase distance. Small undulations are fine if you don't have access to completely flat route.
Easy or Recovery Day	Enjoy some active recovery on these days with an easy walk, swim or cycle. You may also take this as an additional rest day if you are feeling fatigued.	Rest Day	The only training you benefit from is the training you recover from. Without adequate rest, you are more likely to become injured or ill. Enjoy some extra sleep on these days.



21km Training Plan - Beginner

12
WEEK
PLAN

If you have you been running consistently for a few months, and can comfortably run 8km, this program will help you build volume and endurance to complete the half marathon distance.
The program requires you to run four times per week.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest day	5km aerobic pace on the flat	Yoga, pilates or strength training.	6km aerobic pace on the flat	Rest day	6km aerobic pace on the flat	8km aerobic pace on the flat
Week 2	Rest day	5km aerobic pace on the flat	Yoga, pilates or strength training.	7km aerobic pace on the flat	Rest day	6km aerobic pace on the flat	10km aerobic pace on the flat
Week 3	Rest day	6km aerobic pace on the flat	Yoga, pilates or strength training.	8km aerobic pace on the flat	Easy day - walk, cycle or swim for 30 mins.	6km aerobic pace on the flat	12km aerobic pace on the flat
Week 4 Recovery Week	Rest day	5km aerobic pace on the flat	Yoga, pilates or strength training.	6km aerobic pace on rolling hills	Easy day - walk, cycle or swim for 30 mins.	5km aerobic pace on the flat	8km aerobic pace on the flat
Week 5	Rest day	6km aerobic pace on the flat plus 4 x 30 sec pick ups	Yoga, pilates or strength training.	8km aerobic pace on rolling hills	Easy day - walk, cycle or swim for 30 mins.	5km - 3km tempo pace plus 1km warm up and 1km cool down	13km aerobic pace on rolling hills
Week 6	Rest day	6km aerobic pace on the flat plus 4 x 30 sec pick ups	Yoga, pilates or strength training.	8km aerobic pace on rolling hills	Easy day - walk, cycle or swim for 30 mins.	6km - 4km tempo pace plus 1km warm up and 1km cool down	15km aerobic pace on rolling hills
Week 7	Rest day	6km aerobic pace on the flat plus 4 x 30 sec pick ups	Yoga, pilates or strength training.	9km aerobic pace on rolling hills	Easy day - walk, cycle or swim for 30 mins.	7km - 5km tempo pace plus 1km warm up and 1km cool down	16km aerobic pace on the flat. Last 2km at goal race pace
Week 8 Recovery week	Rest day	5km aerobic pace on the flat plus 4 x 30 sec pick ups	Yoga, pilates or strength training.	7km aerobic pace on rolling hills	Easy day - walk, cycle or swim for 20 mins.	5km aerobic pace on the flat	10km aerobic pace on the flat
Week 9 Start of Taper	Rest day	7km aerobic pace on the flat plus 4 x 30 sec pick ups	Yoga, pilates or strength training.	9km aerobic pace on rolling hills	Easy day - walk, cycle or swim for 20 mins.	7km - 5km tempo pace plus 1km warm up and 1km cool down	17km aerobic pace on the flat Last 3km at goal race pace
Week 10 Taper	Rest day	6km aerobic pace on the flat plus 5 x 30 sec pick ups	Yoga, pilates or strength training.	8km aerobic pace on rolling hills. Middle 2km at goal race pace	Easy day - walk, cycle or swim for 20 mins.	5km aerobic pace on the flat	15km aerobic pace on the flat
Week 11 Taper	Rest day	5km aerobic pace on the flat plus 4 x 30 sec pick ups	Yoga, pilates or strength training.	7km aerobic pace on rolling hills plus 4 x 30 sec pick ups	Easy day - walk, cycle or swim for 20 mins.	5km aerobic pace on the flat. Middle 2km at goal race pace	12km aerobic pace on the flat
Week 12	Rest day	5km aerobic pace on the flat	Stretch / Core. Gentle exercise only	5km aerobic pace on the flat plus 3 x 30 second pick ups	Easy day - walk, cycle or swim for 20 mins.	3km aerobic pace on the flat - OPTIONAL.	Event Day

21km Training Plan - Intermediate

12
WEEK
PLAN

If you have been training consistently for at least six months, and can run 10kms comfortably, this program will help you to improve your performance. The program requires you to run five times per week. If you have had a recent injury and short break from running this program is not suitable as the volume increases quickly – the beginner program is a better option.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest day	5km aerobic pace on the flat	4km aerobic pace on the flat	8km aerobic pace on rolling hills	Yoga, pilates or strength training.	6km. 4km tempo pace plus 1km warm up and 1km cool down	10 km aerobic pace on rolling hills
Week 2	Rest day	5km aerobic pace on the flat plus 4 x 30 sec pick ups	5km aerobic pace on the flat	8km aerobic pace on rolling hills including 4 x 1 min hill repeats	Yoga, pilates or strength training.	7km. 5km tempo pace plus 1km warm up and 1km cool down	12km aerobic pace on rolling hills
Week 3	Rest day	5km aerobic pace on the flat plus 4 x 30 sec pick ups	5km aerobic pace on the flat	10km aerobic pace on rolling hills including 4 x 1 min hill repeats	Yoga, pilates or strength training.	7km. 5km tempo pace plus 1km warm up and 1km cool down	14km aerobic pace on rolling hills
Week 4 Recovery Week	Rest day	5km aerobic pace on the flat plus 4 x 30 sec pick ups	Easy day - Walk, Cycle or Swim for 30 mins	8km aerobic pace on rolling hills	Yoga, pilates or strength training.	7km. 5km tempo pace plus 1km warm up and 1km cool down	10km aerobic pace on rolling hills
Week 5	Rest day	8km aerobic pace on the flat plus 4 x 30 sec pick ups	5km aerobic pace on the flat	10km aerobic pace on rolling hills including 4 x 1 min hill repeats	Yoga, pilates or strength training.	5km. 3km tempo pace plus 1km warm up and 1km cool down	15km aerobic pace on rolling hills
Week 6	Rest day	8km aerobic pace on the flat plus 6 x 30 sec pick ups	5km aerobic pace on the flat	10km aerobic pace on rolling hills including 4 x 2 min hill repeats	Yoga, pilates or strength training.	6km - 4km tempo pace plus 1km warm up and 1km cool down	17km aerobic pace on rolling hills
Week 7	Rest day	9km aerobic pace on the flat plus 6 x 30 sec pick ups	5km aerobic pace on the flat	11km aerobic pace on rolling hills including 4 x 2 min hill repeats	Yoga, pilates or strength training.	7km - 5km tempo pace plus 1km warm up and 1km cool down	18km aerobic pace on the flat. Last 4km at goal race pace
Week 8 Recovery Week	Rest day	7km aerobic pace on the flat plus 4 x 30 sec pick ups	5km aerobic pace on the flat	8km aerobic pace on rolling hills including 4 x 2 min hill repeats	Yoga, pilates or strength training.	7km - 5km tempo pace plus 1km warm up and 1km cool down	13km aerobic pace on the flat
Week 9 Volume Week	Rest day	9km aerobic pace on the flat plus 6 x 30 sec pick ups	5km aerobic pace on the flat	12km aerobic pace on rolling hills including 4 x 2 min hill repeats	Yoga, pilates or strength training.	7km - 5km tempo pace plus 1km warm up and 1km cool down	20km aerobic pace on the flat Last 5km at goal race pace
Week 10 Start of Taper	Rest day	8km aerobic pace on the flat plus 6 x 30 sec pick ups	5km aerobic pace on the flat	10km aerobic pace on rolling hills. Middle 4km at goal race pace	Yoga, pilates or strength training.	7km - 5km tempo pace plus 1km warm up and 1km cool down	17km aerobic pace on the flat
Week 11 Taper	Rest day	5km aerobic pace on the flat plus 5 x 30 sec pick ups	5km aerobic pace on the flat	7km aerobic pace on rolling hills plus 5 x 30 sec pick ups	Yoga, pilates or strength training.	7km aerobic pace on the flat. Middle 2km at goal race pace	14km aerobic pace on the flat
Week 12	Rest day	5km aerobic pace on the flat plus 5 x 30 sec pick ups	6km - 4km tempo plus 1km warm up and 1km cool down	6km aerobic pace on the flat plus 3 x 30 second pick ups	Yoga, pilates or strength training.	3km aerobic pace on the flat - OPTIONAL.	Event Day

Thank you



Thank you so much for choosing to run as part of **#TeamACRF**, we are so grateful for your support. Your run is helping to raise vital funds for life-saving cancer research, backing brilliant scientists with the technology they need for pioneering projects.

We are here to support you, so please get in touch with the team via the details below if you need anything. We wish you the best of luck with your running and fundraising, and look forward to staying up to date with your amazing progress! You will smash it on race day!

