



20km Training Schedule





Week	Sun	Mon	Tues	Wed	Thur	Fri	Sat
Week 1	3K run	Rest (or cross)	5K run	Rest (or cross)	Rest (or cross)	6K run	Rest (or cross)
Week 2	3K run	Rest (or cross)	5K run	Rest (or cross)	Rest (or cross)	8K run	Rest (or cross)
Week 3	3K run	Rest (or cross)	6K run	Rest (or cross)	Rest (or cross)	8K run	Rest (or cross)
Week 4	3K run	Rest (or cross)	8K run	Rest (or cross)	Rest (or cross)	10K run	Rest (or cross)
Week 5	5K run	Rest (or cross)	10K hilly run	Rest (or cross)	Rest (or cross)	11K run	Rest (or cross)
Week 6	3K run	Rest (or cross)	10K (last 6K at pace)	Rest (or cross)	Rest (or cross)	10K run	Rest (or cross)
Week 7	6K run	Rest (or cross)	10K hilly run	Rest (or cross)	Rest (or cross)	10K run	Rest (or cross)
Week 8	3K run	Rest (or cross)	11K (last 6K at pace)	Rest (or cross)	Rest (or cross)	13K run	Rest (or cross)
Week 9	3K run	Rest (or cross)	11K hilly run	8 km run	Rest (or cross)	16K run	Rest (or cross)
Week 10	5K run	Rest (or cross)	11K (last 8K at pace)	8 km run	Rest (or cross)	16K run	Rest (or cross)
Week 11	3K run	Rest (or cross)	11K (last 6K at pace)	8 km run	Rest (or cross)	15K run	Rest (or cross)
Week 12	3K run	Rest (or cross)	8K (last 5K at pace)	30 mins easy run	Rest	Rest	Tuwaiq Trail Race