



Training Plans

Beginners, 5km, 10km, 21km, 42km and Speed Booster



WEEKLY TRAINING PLAN CONTENT

TOTAL RUNNING CLUB

TRAINING PLAN - 21KM EASY

WEEK 1 OF 8

Speed Workout	15-30-45 Fartlek
Strength Workout	Legs & Cardio
Easy Run	30-40 mins (strides)
Long Run	60-75 mins
Optional Extra Easy Run	30-40 mins

SPEED WORKOUT
15-30-45 FARTLEK

VIEW WORKOUT INSTRUCTIONS

STRENGTH WORKOUT
LEGS & CARDIO

25 MINS HOME WORKOUT VIDEO

The Speed Workout is a very important component of your weekly training. Click on **'VIEW WORKOUT INSTRUCTIONS'** for the exact workout details. You can also watch the workout tips video above.

ASK COACH!

Don't forget the online Q&A sessions on the **1st and 3rd Tuesday of every month at 20.00.**

You do the running, we'll do the planning!

Add proper structure to your training with our easy-to-follow Training Plans, written by Head Coach Jeff Ross.

We'll email your training each week for you to follow. You'll get:

- Speed workouts
- Strength workouts
- Easy runs
- Long runs (21km and 42km plans)

We've also got a fortnightly ASK COACH session (online Q&A) where you can reach out to Jeff and his coaching team for help with your training.



TRAINING PLANS TYPE

PLAN TYPE	DURATION	REQUIREMENTS	PRICE (one-off fee)	SUITABILITY
Beginner Part 1	4-weeks	2-3 runs per week	RM 49	New runners / Returning after a long break / First time following a Training Plan
Beginner Part 2	4-weeks	2-3 runs per week	RM 49	After completing 'Beginner Part 1'
5km Easy	6-weeks	2-3 runs per week	RM 69	Low intensity plan to train for a 5km distance
5km Intermediate	8-weeks	3-4 runs per week	RM 89	Higher intensity plan to train for a 5km distance
10km Easy	6-weeks	3 runs per week	RM 69	Low intensity plan to train for a 10km distance
10km Intermediate	8-weeks	3-4 runs per week	RM 89	Higher intensity plan to train for a 10km distance
21km Easy	8-weeks	3-4 runs per week	RM 89	Low intensity plan to train for a 21km distance
21km Intermediate	8-weeks	3-5 runs per week	RM 89	Higher intensity plan to train for a 21km distance
42km Easy	8-weeks	3-4 runs per week	RM 89	Low intensity plan to train for a 42km distance
42km Intermediate	10-weeks	3-5 runs per week	RM 99	Higher intensity plan to train for a 42km distance
Speed Booster	4-weeks	3-5 runs per week	RM 59	Non-beginners who want to improve running speed

**GET YOUR
TRAINING PLAN TODAY!**

JEFF ROSS

GENERAL MANAGER

jeff@freshevents.asia
+60 12 299 6315

