

DAMASCUS **21K**_TRAINING_PLAN

12 WEEKS



WEEK	DATE	DAY	SESSION TYPE	DETAILS
1	2025-06-01	SUNDAY	EASY RUN	RUN 4–6 KM AT A RELAXED PACE. KEEP IT CONVERSATIONAL.
1	2025-06-02	MONDAY	STRENGTH/CORE	BODYWEIGHT STRENGTH TRAINING: SQUATS, PLANKS, LUNGES (30–40 MIN).
1	2025-06-03	TUESDAY	TEMPO RUN	WARM UP 1 KM, RUN 3 KM AT TEMPO PACE, COOL DOWN 1 KM.
1	2025-06-04	WEDNESDAY	REST	FULL REST OR EASY STRETCHING.
1	2025-06-05	THURSDAY	EASY RUN	RUN 5–7 KM AT COMFORTABLE PACE.
1	2025-06-06	FRIDAY	STRENGTH/CORE	MOBILITY + CORE EXERCISES (30 MIN). PREVENT INJURY AND IMPROVE POSTURE.
1	2025-06-07	SATURDAY	LONG RUN	RUN 6.0 KM AT SLOW, STEADY PACE. PRACTICE FUELING.
2	2025-06-08	SUNDAY	EASY RUN	RUN 4–6 KM AT A RELAXED PACE. KEEP IT CONVERSATIONAL.
2	2025-06-09	MONDAY	STRENGTH/CORE	BODYWEIGHT STRENGTH TRAINING: SQUATS, PLANKS, LUNGES (30–40 MIN).
2	2025-06-10	TUESDAY	TEMPO RUN	WARM UP 1 KM, RUN 4 KM AT TEMPO PACE, COOL DOWN 1 KM.
2	2025-06-11	WEDNESDAY	REST	FULL REST OR EASY STRETCHING.
2	2025-06-12	THURSDAY	INTERVAL RUN	6 X 400M FAST (5K PACE), 400M JOG IN BETWEEN.
2	2025-06-13	FRIDAY	STRENGTH/CORE	MOBILITY + CORE EXERCISES (30 MIN). PREVENT INJURY AND IMPROVE POSTURE.
2	2025-06-14	SATURDAY	LONG RUN	RUN 7.5 KM AT SLOW, STEADY PACE. PRACTICE FUELING.
3	2025-06-15	SUNDAY	EASY RUN	RUN 4–6 KM AT A RELAXED PACE. KEEP IT CONVERSATIONAL.
3	2025-06-16	MONDAY	STRENGTH/CORE	BODYWEIGHT STRENGTH TRAINING: SQUATS, PLANKS, LUNGES (30–40 MIN).
3	2025-06-17	TUESDAY	HILL REPEATS	6 X 200M UPHILL WITH JOG BACK. BUILDS STRENGTH FOR HILLY TERRAIN.
3	2025-06-18	WEDNESDAY	REST	FULL REST OR EASY STRETCHING.
3	2025-06-19	THURSDAY	EASY RUN	RUN 5–7 KM AT COMFORTABLE PACE.
3	2025-06-20	FRIDAY	STRENGTH/CORE	MOBILITY + CORE EXERCISES (30 MIN). PREVENT INJURY AND IMPROVE POSTURE.
3	2025-06-21	SATURDAY	LONG RUN	RUN 9.0 KM AT SLOW, STEADY PACE. PRACTICE FUELING.
4	2025-06-22	SUNDAY	EASY RUN	RUN 4–6 KM AT A RELAXED PACE. KEEP IT CONVERSATIONAL.
4	2025-06-23	MONDAY	STRENGTH/CORE	BODYWEIGHT STRENGTH TRAINING: SQUATS, PLANKS, LUNGES (30–40 MIN).
4	2025-06-24	TUESDAY	TEMPO RUN	WARM UP 1 KM, RUN 5 KM AT TEMPO PACE, COOL DOWN 1 KM.

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4	2025-06-25	WEDNESDAY	REST	FULL REST OR EASY STRETCHING.
4	2025-06-26	THURSDAY	INTERVAL RUN	8 X 400M FAST (5K PACE), 400M JOG IN BETWEEN.
4	2025-06-27	FRIDAY	STRENGTH/CORE	MOBILITY + CORE EXERCISES (30 MIN). PREVENT INJURY AND IMPROVE POSTURE.
4	2025-06-28	SATURDAY	LONG RUN	RUN 10.5 KM AT SLOW, STEADY PACE. PRACTICE FUELING.
5	2025-06-29	SUNDAY	EASY RUN	RUN 4-6 KM AT A RELAXED PACE. KEEP IT CONVERSATIONAL.
5	2025-06-30	MONDAY	STRENGTH/CORE	BODYWEIGHT STRENGTH TRAINING: SQUATS, PLANKS, LUNGES (30-40 MIN).
5	2025-07-01	TUESDAY	TEMPO RUN	WARM UP 1 KM, RUN 5 KM AT TEMPO PACE, COOL DOWN 1 KM.
5	2025-07-02	WEDNESDAY	REST	FULL REST OR EASY STRETCHING.
5	2025-07-03	THURSDAY	EASY RUN	RUN 5-7 KM AT COMFORTABLE PACE.
5	2025-07-04	FRIDAY	STRENGTH/CORE	MOBILITY + CORE EXERCISES (30 MIN). PREVENT INJURY AND IMPROVE POSTURE.
5	2025-07-05	SATURDAY	LONG RUN	RUN 12.0 KM AT SLOW, STEADY PACE. PRACTICE FUELING.
6	2025-07-06	SUNDAY	EASY RUN	RUN 4-6 KM AT A RELAXED PACE. KEEP IT CONVERSATIONAL.
6	2025-07-07	MONDAY	STRENGTH/CORE	BODYWEIGHT STRENGTH TRAINING: SQUATS, PLANKS, LUNGES (30-40 MIN).
6	2025-07-08	TUESDAY	HILL REPEATS	6 X 200M UPHILL WITH JOG BACK. BUILDS STRENGTH FOR HILLY TERRAIN.
6	2025-07-09	WEDNESDAY	REST	FULL REST OR EASY STRETCHING.
6	2025-07-10	THURSDAY	INTERVAL RUN	10 X 400M FAST (5K PACE), 400M JOG IN BETWEEN.
6	2025-07-11	FRIDAY	STRENGTH/CORE	MOBILITY + CORE EXERCISES (30 MIN). PREVENT INJURY AND IMPROVE POSTURE.
6	2025-07-12	SATURDAY	LONG RUN	RUN 13.5 KM AT SLOW, STEADY PACE. PRACTICE FUELING.
7	2025-07-13	SUNDAY	EASY RUN	RUN 4-6 KM AT A RELAXED PACE. KEEP IT CONVERSATIONAL.
7	2025-07-14	MONDAY	STRENGTH/CORE	BODYWEIGHT STRENGTH TRAINING: SQUATS, PLANKS, LUNGES (30-40 MIN).
7	2025-07-15	TUESDAY	TEMPO RUN	WARM UP 1 KM, RUN 6 KM AT TEMPO PACE, COOL DOWN 1 KM.
7	2025-07-16	WEDNESDAY	REST	FULL REST OR EASY STRETCHING.
7	2025-07-17	THURSDAY	EASY RUN	RUN 5-7 KM AT COMFORTABLE PACE.
7	2025-07-18	FRIDAY	STRENGTH/CORE	MOBILITY + CORE EXERCISES (30 MIN). PREVENT INJURY AND IMPROVE POSTURE.

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7	2025-07-19	SATURDAY	LONG RUN	RUN 15.0 KM AT SLOW, STEADY PACE. PRACTICE FUELING.
8	2025-07-20	SUNDAY	EASY RUN	RUN 4–6 KM AT A RELAXED PACE. KEEP IT CONVERSATIONAL.
8	2025-07-21	MONDAY	STRENGTH/CORE	BODYWEIGHT STRENGTH TRAINING: SQUATS, PLANKS, LUNGES (30–40 MIN).
8	2025-07-22	TUESDAY	TEMPO RUN	WARM UP 1 KM, RUN 7 KM AT TEMPO PACE, COOL DOWN 1 KM.
8	2025-07-23	WEDNESDAY	REST	FULL REST OR EASY STRETCHING.
8	2025-07-24	THURSDAY	INTERVAL RUN	10 X 400M FAST (5K PACE), 400M JOG IN BETWEEN.
8	2025-07-25	FRIDAY	STRENGTH/CORE	MOBILITY + CORE EXERCISES (30 MIN). PREVENT INJURY AND IMPROVE POSTURE.
8	2025-07-26	SATURDAY	LONG RUN	RUN 16.5 KM AT SLOW, STEADY PACE. PRACTICE FUELING.
9	2025-07-27	SUNDAY	EASY RUN	RUN 4–6 KM AT A RELAXED PACE. KEEP IT CONVERSATIONAL.
9	2025-07-28	MONDAY	STRENGTH/CORE	BODYWEIGHT STRENGTH TRAINING: SQUATS, PLANKS, LUNGES (30–40 MIN).
9	2025-07-29	TUESDAY	HILL REPEATS	6 X 200M UPHILL WITH JOG BACK. BUILDS STRENGTH FOR HILLY TERRAIN.
9	2025-07-30	WEDNESDAY	REST	FULL REST OR EASY STRETCHING.
9	2025-07-31	THURSDAY	EASY RUN	RUN 5–7 KM AT COMFORTABLE PACE.
9	2025-08-01	FRIDAY	STRENGTH/CORE	MOBILITY + CORE EXERCISES (30 MIN). PREVENT INJURY AND IMPROVE POSTURE.
9	2025-08-02	SATURDAY	LONG RUN	RUN 18.0 KM AT SLOW, STEADY PACE. PRACTICE FUELING.
10	2025-08-03	SUNDAY	EASY RUN	RUN 4–6 KM AT A RELAXED PACE. KEEP IT CONVERSATIONAL.
10	2025-08-04	MONDAY	STRENGTH/CORE	BODYWEIGHT STRENGTH TRAINING: SQUATS, PLANKS, LUNGES (30–40 MIN).
10	2025-08-05	TUESDAY	TEMPO RUN	WARM UP 1 KM, RUN 8 KM AT TEMPO PACE, COOL DOWN 1 KM.
10	2025-08-06	WEDNESDAY	REST	FULL REST OR EASY STRETCHING.
10	2025-08-07	THURSDAY	INTERVAL RUN	10 X 400M FAST (5K PACE), 400M JOG IN BETWEEN.
10	2025-08-08	FRIDAY	STRENGTH/CORE	MOBILITY + CORE EXERCISES (30 MIN). PREVENT INJURY AND IMPROVE POSTURE.
10	2025-08-09	SATURDAY	LONG RUN	RUN 18.0 KM AT SLOW, STEADY PACE. PRACTICE FUELING.
11	2025-08-10	SUNDAY	EASY RUN	RUN 4–6 KM AT A RELAXED PACE. KEEP IT CONVERSATIONAL.
11	2025-08-11	MONDAY	STRENGTH/CORE	BODYWEIGHT STRENGTH TRAINING: SQUATS, PLANKS, LUNGES (30–40 MIN).

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11	2025-08-12	TUESDAY	TEMPO RUN	WARM UP 1 KM, RUN 8 KM AT TEMPO PACE, COOL DOWN 1 KM.
11	2025-08-13	WEDNESDAY	REST	FULL REST OR EASY STRETCHING.
11	2025-08-14	THURSDAY	EASY RUN	RUN 5-7 KM AT COMFORTABLE PACE.
11	2025-08-15	FRIDAY	STRENGTH/CORE	MOBILITY + CORE EXERCISES (30 MIN). PREVENT INJURY AND IMPROVE POSTURE.