



# Trail Running Program

Short distance =  3 runs per week

Medium distance =  4 runs per week

Long Distance =  5 runs per week

**Recovery** = Super slow pace (should be able to talk the whole time)



**Intervals** = if you can find a group to join that's brilliant, otherwise...efforts should be above race pace















**Tempo** = Uncomfortable pace...medium pace...can't really talk pace


**Trail runs** = get off the bitumen and enjoy the trails...don't worry about pace, enjoy the trails!

**Hills** = gradient should be steep enough you can still hold a solid pace...(not 20% gradient!!)

**Nutrition** = anything over 60min... you need to be taking water and gels/lollies/electrolyte...make sure you experiment with what your gut can handle in training...don't introduce anything new for race day...everyone is different and can tolerate different things.

<u>Week Beginning</u>	<u>Monday</u>	<u>Tuesday</u> Group session / Intervals / Hills	<u>Wednesday</u>	<u>Thursday</u> Time in the legs... All easy pace..with HR low	<u>Friday</u> Tempo= Medium pace (uncomfortable pace)	<u>Saturday</u>	<u>Sunday</u> Trails / Long Slow (keep Heart rate low)
<u>1 – 1<sup>st</sup> May</u>	  Recovery x 30min	30min as- 1min run/1min walk    1km warm up THEN: 4 x (1km FAST / 500mtrs EASY recovery) 1km cool down		20min 45min 60min-	Tempo x 30min		20min 40min 60min
<u>2 – 8<sup>th</sup> May</u>	  Recovery x 35min	30min as – 2min run / 1min walk    1km warm up THEN: 10 x 400's @ 2min.30...whatever time you come in on....wait until the clock hits 2.30 before running again. 1km cool down		25min 45min 60min	Tempo x 35min		25min 50min 70min
<u>3 – 15<sup>th</sup> May</u>	  Recovery x 35min	Hills.....find a hill 500mtrs in length 1km warm up - 5 x repeats -  -  10 x repeats 1km cool down		30min 50min 70min	Tempo x 40min		30min 55min 80min

<u>4- 22<sup>nd</sup> May</u>	  Recovery x 40min	30mins as: 3mins faster pace run / 2mins walk    1.5km warm up THEN: 3 x (2km FAST / 500mtrs easy) 1km cool down		30min 50min 70min	Tempo x 45min		30min 60min 90min
<u>5- 29<sup>th</sup> May</u>	  Recovery x 30min	20min- as 10 x (1min slower pace / 1min faster pace )    1km warm up THEN: 4 x (5 x 200...at solid pace ...leaving every 1min...take an extra 2min rest after 5).... 1km cool down		20min 40min 55min	Tempo x 30min		Plenty Gorge
<u>6 -5<sup>th</sup> June</u>	  Recovery x 35min	Undulating Course 30min....EASY Pace 45min... EASY pace 60min ... EASY		30min 45min 60min	Tempo x 45min		30min 45min 70min
<u>7-12<sup>th</sup> June</u>	  Recovery x 35min	30mins as : 4mins build to solid pace / 1min walk    2km warm up THEN: 10 x 400's ....leaving 1 every 3min.... (trying to hold faster than race pace) 2km cool down		30min 45min 60min	Tempo x 50min		35min 60min 90min

<u>8-19<sup>th</sup> June</u>	  Recovery x 40min	HILLS...warm up x 5- 10min easy jog find a hill around 1km in length 2 x run up hill reps...easy jog down   4 x hills...hard up/easy down 5- 10min cool down		35min 50min 70min	Tempo x 55min		35min 70min 100min
<u>9- 26<sup>th</sup> June</u>	  Recovery x 35min	30min as- 1min run/1min walk   1km warm up THEN: 4 x (1km FAST / 500mtrs EASY recovery) 1km cool down		35min 50min 70min	Tempo x 60min		30min 45min 80min
<u>10- 3<sup>rd</sup> July</u>	  Recovery x 30min	20min- as 10 x (1min slower pace / 1min faster pace )   1km warm up THEN: 4 x (5 x 200...at solid pace ...leaving every 1min...take an extra 2min rest after 5).... 1km cool down		20min 40min 55min	Tempo x 30min		Anglesea
<u>11- 10<sup>th</sup> July</u>	  Recovery x 30min	Undulating Course 30min....EASY Pace 45min... EASY pace 60min ... EASY		30min 45min 60min	Tempo x 40min		25min 45min 90min

<u>12- 17<sup>th</sup> July</u>	  Recovery x 40min	30mins as : 4mins build to solid pace / 1min walk    2km warm up THEN: 10 x 400's ....leaving 1 every 3min.... (trying to hold faster than race pace) 2km cool down		35min 50min 80min	Tempo x 45min		35min 60min 120min
<u>13- 24<sup>th</sup> July</u>	  Recovery x 40min	30mins as : 4mins build to solid pace / 1min walk    2km warm up THEN: 10 x 400's ....leaving 1 every 3min.... (trying to hold faster than race pace) 2km cool down		35min 50min 70min	Tempo x 50min		30min 60min 120min
<u>14- 7<sup>th</sup> August</u>	  Recovery x 30min	20min- as 10 x (1min slower pace / 1min faster pace )    1km warm up THEN: 4 x (5 x 200...at solid pace ...leaving every 1min...take an extra 2min rest after 5).... 1km cool down		20min 40min 55min	Tempo x 30min		Silvan