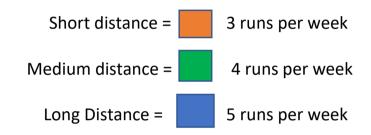


Trail Running Program



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

<u>Trail runs</u> = 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!!)

<u>Nutrition</u> = 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.

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

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

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

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