



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Rest	Speed – Tempo	Easy	HILL REPEATS	Rest	Long	BACK-TO-BACK
		effort		3 gradient types		Duration /	run
		"RPE – 6/10"				vertical gain goal	
20	EASY	SPEED/TEMPO	EASY	TYPE 3 steep12%+	REST	LONG RUN	- 60 mins easy
	40 mins	- 10 x 1 min	40 mins	- Hike easy up &		- 90mins	- All running
		- Recovery 1 min		down		- 200m per 10km	
				- 30 mins max			
19	EASY	SPEED/TEMPO	EASY	TYPE 3 steep12%+	REST	LONG RUN	- 60 mins easy
	40 mins	- (5 x 2 min)	40 mins	- Hike easy up &		- 1:45hrs	- All running
		- (5 x 1 min)		down		- 200m per 10km	
		- Recovery 1 min		- 45 mins max			
18	EASY	SPEED/TEMPO	EASY	TYPE 3 steep12%+	REST	LONG RUN	- 60 mins easy
	45 mins	- 5,4,3,2,1 min	45 mins	- Hike hard up		- 2hrs	- All running
		- Recovery		- Recovery: Slow		- 200m per 10km	
		3,2,2,1,1 min		run down			
				- 45 mins max			
17	EASY	SPEED/TEMPO	EASY	TYPE 1 slight	REST	LONG RUN	- 60 mins easy
	45 mins easy	- (2 x 3 mins)	45 mins	3-6%+		- 2:30hrs	- All running
		- (2 x 2mins)		- 8 x 90 secs		- 300m per 10km	
		- Recovery: 90 sec		(6/10 RPE)			
		- (5 x 1min)		- Recovery: Slow			
		- Recovery: 1 min		run down			
16	EASY	SPEED/TEMPO	EASY	TYPE 1 slight	REST	LONG RUN	- 60 mins easy
	45 mins	- (5 x 3 min)	50 mins	3-6%+		- 3hrs	- All running
		- Recovery 2 mins		- 6 x 2 mins		- 300m per 10km	
		- (5 x 1min)		(6/10 RPE)		- pack 3-4kg	
		- Recovery 1 mins					





15	EASY 50 mins	SPEED/TEMPO - 2,3,4,5,4,3,2 mins - Recovery 2 mins	EASY 50 mins	- Recovery: Slow run down  TYPE 2 medium 6 -12% - 2 x 8mins Run 30sec Hike 30 sec - Recovery: Slow	REST	LONG RUN - 3hrs - 300m per 10km - pack 3-4kg	- 70 mins easy - All running
14	EASY 50 mins	SPEED/TEMPO - (5 x 4 mins) - Recovery 2 mins - (4 x 1 min) - Recovery 1 mins	EASY 60 mins	run down  TYPE 2 medium 6 -12% - 2 x 8mins Run 30sec Hike 30sec - Recovery: Slow run down	REST	LONG RUN - 3:30hrs - 400m per 10km - pack 3-4kg	- 70 mins easy - All running
13	EASY 50 mins	SPEED/TEMPO - 6 x 4 mins - Recovery 2 mins	EASY 60 mins	TYPE 3 steep 12%+ - Hike hard up - Recovery: Slow run down - 60mins max	REST	LONG RUN - 3:30hrs - 400m per 10km - pack 3-4kg	- 80 mins easy - All running
12	EASY 60 mins	SPEED/TEMPO - (2 x 6 mins) - Recovery 3 mins - (6 x 2 mins) - Recovery 1 mins	EASY 60 mins	TYPE 2 medium 6 -12% - pack 2-3kg - 3 x 8mins Run 60 sec Hike 60sec	REST	LONG RUN - 4hrs -400m per 10km - pack 3-4kg	- 80 mins easy - All running





11 (Hills: Quad conditioning: faster descents)	EASY 60 mins	SPEED/TEMPO - (3 x 6 mins) - Recovery 3 mins - (1 x 4mins) - Recovery 2 mins - (1 x 2 mins)	EASY 60 mins	- Recovery 2 mins at top - Recovery: Slow run down  TYPE 2 medium 6 -12% - pack 2-3kg - Up 3 x 8mins Run 90 sec Hike 60sec - Recovery 2 mins - Down: Run harder but controlled	REST	LONG RUN - 4hrs -550m per 10km gain -pack 3-4kg	- 80 mins easy - All running
10	EASY 60 mins	SPEED/TEMPO - (4 x 6 mins) - Recovery 3 mins - (1 x 4 mins)	EASY 60 mins	TYPE 2 medium 6 -12% - pack 2-3kg - Up 3 x 8mins Run 60 secs Hike 90 secs - repeat to top - Recovery 2 mins - Down: Run harder but controlled	REST	LONG RUN - 4:30hrs -550m per 10km gain - pack 3-4kg	- 90 mins easy - All running
9	EASY 60 mins	<b>SPEED/TEMPO</b> - (2 x 8 mins) - (2 x 6 min)	EASY 70 mins	<b>TYPE 2 medium 6 -12%</b> - pack 2-3kg	REST	LONG RUN - 5hrs	- 2hrs easy - All running





		- Recovery 4 mins		- Up 3 x 8mins Run 60 secs Hike 60 sec - repeat to top - Recovery 2 mins - <b>Down- Run</b> harder but controlled		-550m per 10km gain - pack 3-4kg	
8	EASY 60 mins	SPEED/TEMPO - 3 x 10 mins - Recovery 5 mins	EASY 70 mins	TYPE 3 steep 12%+ - pack 2-3kg - Hike hard up - Recovery: Slow run down - 75 mins max	REST	- 5hrs -550m per 10km gain - pack 3-5kg	- 2.5hrs easy - All running
7	EASY 60 mins	SPEED/TEMPO - 3 x 10 mins - Recovery 5 mins	EASY 60 mins	TYPE 2 medium 6 -12% - pack 2-3kg - Up 4 x 8mins Run 60 secs Hike 60sec - repeat to top - Recovery 2 mins at top - Down: Run harder but controlled	REST	LONG RUN - 6hrs - 550m per 10km gain - pack 3-5kg	- 2hrs easy - All running
6	EASY	SPEED/TEMPO	EASY	TYPE 3 steep	REST	LONG RUN	- 2hrs easy





	60 mins	- (1 x 15 mins) - (2 x 10 mins) - Recovery 5 mins	60 mins	12%+ - pack 2-3kg - Hike hard up - Down: Run harder but controlled - 75 mins max total		- 6hrs - 550m per 10km gain - pack 3-5kg	- All running
5	EASY 60 mins	SPEED/TEMPO - (2 x 15 mins) - (1x 10mins) - Recovery 5 min	EASY 60 mins	TYPE 2 medium 6 -12% - pack 2-3kg - Run 8 x 4mins up - Recovery 1 mins at top - Down: Run hard but controlled	REST	LONG RUN - 5hrs -550m per 10km gain - pack 3-5kg	- 90mins easy - All running
4 Easy on quads from here	EASY 50 mins No quads from here	SPEED/TEMPO - (1 x 20 min) - (1 x 15 mins) - Recovery 5 mins	EASY 60 mins	TYPE 2 medium 6 -12% - pack 2-3kg - Run 3 x 8mins up - Recovery 2 mins at top - Down: Easy recovery	REST	-4hrs - 550m per 10km gain - pack 3-5kg	- 80mins easy - All running
3	EASY 50 mins	SPEED/TEMPO - 6 x 4 mins - Recovery 2 mins	EASY 60 mins	TYPE 2 medium 6 -12% - pack 2-3kg - Run 2 x 8mins up	REST	LONG RUN -3hrs - 400m per 10km gain	- 60 mins easy - All running





				- Down: Easy recovery		- pack 3-4kg	
2	EASY 40 mins	SPEED/TEMPO - 5 x 2 mins - Recovery 1 min	EASY 40 mins	TYPE 2 medium 6 -12% - pack 2-3kg - Run 1 x 8mins up - Down: Easy recovery	REST	<b>LONG RUN</b> 90mins	Rest
1 Race week	30mins taper shake-out run	Rest	25mins taper shake-out run	Rest	20mins taper Shake-out run	RACE DAY	Race finish /rest





#### GLOSSARY:

Notes:	REST DAY	Effort:	<u> </u>	Hill Descriptions:	REST DAY	RACE NOTES:	Back-to-back runs:
SEARCH FOR Andy chat		- Rate of Perceived		1) Slight hill:		- Specific to suit:	- All running (no hiking)
about difference	OR/	Exertion (RPE): 6/10		3-6% gradient (fast)	OR/	MMTF course/	- Relatively flat /
between 50 /100	higher volume runners	OR			higher volume runners	terrain/ profile:	undulating
Volume /	DO additional EASY	- Pace that can be held		2) Medium hill:	DO additional EASY		- Not steep
days running /	runs of <b>60 -75 mins</b>	consistently for 40-50		6-12% grad': (able to	runs of <b>60 -75 mins</b>	- vert / terrain/ flat	- Promotes running on
rest days/	- <b>added</b> to <b>REST days</b> to	mins		run with effort)	- <b>added</b> to <b>REST days</b> to	road and trail	tired legs.
Length of longest runs	add volume at easy/	OR			add volume at easy/		- Particularly good for
	low intensity	- 10 km race pace		3) Steep hill:	low intensity	- In early stages of race	"those sections that
		(eg 40mins = 4		12%+++ (hiking)		the course is	you know you really
100km or bigger	Easy runs:	min/km)				undulating but with no	should be running"
volume athletes	- Super easy effort	OR				big/ long climbs	
Tues and Thursday	"active recovery"	- Able to speak in full		ALL BELOW RUNS			
REST DAY		sentence		BEGIN AND END WITH:		- latter stages of 50 &	
	- Save legs for Tues and					100km have significant	
OR/	Thurs hard efforts.	Warm up and warm		*1. Warm up and		vertical gain	
higher volume runners		down:		down with 10-15 mins		- 2 x 1000m+ 100km	
DO additional EASY		ALL BELOW RUNS				- 1 x 1000m + 50km	
runs of <b>60 -75 mins</b>		BEGIN AND END WITH:		easy slow running.		TUEDESODE MEDV	
- <b>added</b> to <b>REST days</b> to						THEREFORE, VERY	
add volume at easy/		1. Warm up and down		*2. Warm up: after 10		STEEP IN SECTIONS:	
low intensity		with 10-15 mins easy		mins add 7 x 20 secs		NOT DIVIDED VERT	
		slow running.		"Strides" (gradual		OVER OVERALL	
				increase in speed to		DISTANCE	
		2. Warm up: after 10		80% max and gradual			
		mins add 7 x 20 secs		slow down.			
		"Strides" (gradual					
		increase in speed to		**Descent technique:			
		80% max and gradual					
		slow down.		- fast, short stride			
				length			
				- light on feet			
		1		<ul> <li>avoid over-striding</li> </ul>			





Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Rest	Speed - Tempo	Easy	Hills: 3 types	Rest	Long	B2B run
Notes:	REST DAY	Effort:	- Super easy effort	1) Slight hill:	REST DAY	- Specific to suit:	- All running (no hiking)
SEARCH FOR Andy chat		- Rate of Perceived	"active recovery"	3-6% gradient (fast)		MMTF course/	
about difference	OR/	Exertion (RPE): 6/10			OR/	terrain/ profile:	- Relatively flat /
between 50 /100	higher volume runners	OR	- Save legs for Tues and	2) Medium hill:	higher volume runners		undulating
Volume /	DO additional EASY	- Pace that can be held	Thurs hard efforts.	6-12% grad': (able to	DO additional EASY	- vert / terrain/ flat	
days running /	runs of <b>60 -75 mins</b>	consistently for 40-50		run with effort)	runs of <b>60</b> - <b>75 mins</b>	road and trail	- Not steep
rest days/	- <b>added</b> to <b>REST days</b> to	mins			- <b>added</b> to <b>REST days</b> to		
Length of longest runs	add volume at easy/	OR		3) Steep hill:	add volume at easy/	- In early stages of race	- Promotes running on
	low intensity	- 10 km race pace		12%+++ (hiking)	low intensity	the course is	tired legs, particularly
		(eg 40mins = 4				undulating but with no	good for "those
100km or bigger		min/km)				big/ long climbs	sections that you know
volume athletes		OR		ALL BELOW RUNS			you really <i>could</i> be
Tues and Thursday		- Able to speak in full		BEGIN AND END WITH:		- latter stages of 50 &	running"
REST DAY		sentence				100km have significant	
				*1. Warm up and		vertical gain	
OR/		ALL BELOW RUNS		down with 10-15 mins		- 2 x 1000m+ 100km	
higher volume runners		BEGIN AND END WITH:		easy slow running.		- 1 x 1000m + 50km	
DO additional EASY				easy slow running.		TUED55005 1/501/	
runs of <b>60 -75 mins</b>		1. Warm up and down				THEREFORE, VERY	
- <b>added</b> to <b>REST days</b> to		with 10-15 mins easy		*2. Warm up: after 10		STEEP IN SECTIONS:	
add volume at easy/		slow running.		mins add 7 x 20 secs		NOT DIVIDED VERT OVER OVERALL	
low intensity				"Strides" (gradual		DISTANCE	
**-		2. Warm up: after 10		increase in speed to		DISTANCE	
**Descent technique:		mins add 7 x 20 secs		80% max and gradual			
- fast, short stride		"Strides" (gradual		slow down.			
length		increase in speed to					
- light on feet		80% max and gradual					
- avoid over-striding		slow down.					