



Weeks until race	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Easy	Hill Repeats - 3 different types/ gradients of "hills" - all sessions include warm up / down)	Rest	Easy	Rest	Long Duration / vertical gain goal	Rest
20	EASY 40 mins	TYPE 3 steep12%+ - Hike easy up & down - 30mins max	REST	EASY 40 mins	REST	LONG RUN - 90mins - 200m per 10km	REST
19	EASY 40 mins	TYPE 3 steep12%+ - Hike easy up & down - 45mins max	REST	EASY 40 mins	REST	LONG RUN - 1:45hrs - 200m per 10km	REST
18	EASY 45 mins	TYPE 3 steep12%+ - Hike hard up - Recovery: Slow run down - 45mins max	REST	EASY 45 mins	REST	LONG RUN - 2hrs - 200m per 10km	REST
17	EASY 45 mins easy	TYPE 1 slight 3-6%+ - 8 x 90 secs hard up - RPE 6/10 - Recovery 1 mins - Slow run down	REST	EASY 45 mins	REST	LONG RUN - 2:30hrs - 300m per 10km	REST





16	EASY 45 mins	TYPE 1 slight 3-6%+ - 6 x 2 mins - RPE 6/10 - Recovery 1 mins - Slow run down	REST	EASY 50 mins	REST	LONG RUN - 3hrs - 300m per 10km - pack 3-4kg	REST
15	EASY 50 mins	TYPE 2 medium 6 -12% - 2 x 8mins Run 30 sec Hike 30sec - repeat to top - Recovery 2 mins - Slow run down	REST	SPEED/TEMPO - 10 x 1 min - Recovery 1 min	REST	LONG RUN - 3hrs - 300m per 10km - pack 3-4kg	REST
14	EASY 50 mins	TYPE 2 medium 6 -12% - 2 x 8mins Run 30 sec Hike 30sec - repeat to top - Recovery 2 mins - Slow run down	REST	SPEED/TEMPO - (5 x 2 min) - (5 x 1 min) - Recovery 1 min	REST	LONG RUN - 3:30hrs - 400m per 10km - pack 3-4kg	REST
13	EASY 50 mins	TYPE 3 steep 12%+ - Hike hard up - Recovery: Slow run down - 60 mins max	REST	SPEED/TEMPO - 5,4,3,2,1 min - Recovery 3,2,2,1,1 min	REST	LONG RUN - 3:30hrs - 400m per 10km - pack 3-4kg	REST
12	EASY	TYPE 2 medium	REST	SPEED/TEMPO	REST	LONG RUN	REST





	60 mins	6 -12% - pack 2-3kg - 3 x 8mins Run 60 sec Hike 60sec - repeat to top - Recovery 2 mins - Slow run down		- (2 x 3 mins) - (2 x 2mins) - Recovery: 90 sec - (5 x 1min) - Recovery: 1 min		- 4hrs -400m per 10km - pack 3-4kg	
11 (Quad conditioning begins faster downhills)	EASY 60 mins	TYPE 2 medium 6 -12% - pack 2-3kg - Up 3 x 8mins Run 90sec Hike 60sec - repeat to top - Down: Run harder but controlled - Recovery 2 mins top and bottom	REST	SPEED/TEMPO - (5 x 3 min) - Recovery 2 mins - (5 x 1min) - Recovery 1 mins	REST	LONG RUN - 4hrs -550m per 10km gain - pack 3-4kg	REST
10	EASY 60 mins	TYPE 2 medium 6 -12% - pack 2-3kg - Up 3 x 8mins Run 90 sec Hike 60sec - repeat to top	REST	SPEED/TEMPO - 2,3,4,5,4,3,2 mins - Recovery 2 mins	REST	LONG RUN - 4:30hrs -550m per 10km gain - pack 3-4kg	REST





		- Down: Run harder but					
		controlled					
		- Recovery 2 mins					
		top and bottom					
9	EASY	TYPE 2 medium	REST	SPEED/TEMPO	REST	LONG RUN	REST
	60 mins	6 -12%		- (5 x 4 mins)		- 5hrs	
		- pack 2-3kg		- Recovery 2 mins		-550m per 10km	
		- Up 4 x 8mins		- (4 x 1 min)		gain	
		Run 60 secs		- Recovery 1 mins		- pack 3-4kg	
		Hike 60 sec					
		– repeat to top					
		- Down- Run					
		harder but					
		controlled					
		- Recovery 2 mins					
		top and bottom					
8	EASY	TYPE 3 steep	REST	SPEED/TEMPO	REST	LONG RUN	REST
	60 mins	12%+		- 6 x 4 mins		- 5hrs	
		- pack 2-3kg		- Recovery 2 mins		-550m per 10km	
		- Hike hard up				gain	
		- Recovery: Slow				- pack 3-5kg	
		run down					
	EASY	- 75 mins max	REST	CDEED/TEMPO	REST	LONG RUN	REST
7		TYPE 2 medium	KEST	SPEED/TEMPO	REST		KEST
	60 mins	6 -12%		- (2 x 6 mins)		- 6hrs	
		- pack 2-3kg - Up 4 x 8mins		- Recovery 3 mins - (6 x 2 mins)		- 550m per 10km	
		Run 60 secs		- (6 x 2 mins) - Recovery 1 mins		- pack 3-5kg	
		Rull 00 Secs		- Recovery I IIIIIS		- pack 3-3kg	





	FACY	Hike 60sec - repeat to top - Down: Run harder but controlled - Recovery 2 mins top and bottom				LONG PUN	DEGT
6	EASY 60 mins	TYPE 3 steep 12%+ - pack 2-3kg - Hike hard up - Down: Run harder but controlled - Recovery 2 mins bottom - 75 mins max	REST	SPEED/TEMPO - (3 x 6 mins) - Recovery 3 mins - (1 x 4mins) - Recovery 2 mins - (1 x 2 mins)	REST	LONG RUN - 6hrs - 550m per 10km gain - pack 3-5kg	REST
5	EASY 60 mins	TYPE 2 medium 6 -12% - pack 2-3kg - Up 8 x 4mins - Run up - Down: Run hard but controlled - Recovery 2 mins top and bottom	REST	SPEED/TEMPO - (4 x 6 mins) - Recovery 3 mins - (1 x 4 mins)	REST	LONG RUN - 5hrs -550m per 10km gain - pack 3-5kg	REST
4 Easy on quads from here	EASY 50 mins	TYPE 2 medium 6 -12% - pack 2-3kg	REST	SPEED/TEMPO - (2 x 8 mins) - (2 x 6 min)	REST	LONG RUN -4hrs	REST





		- Up 3 x 8mins Run / hike if		- Recovery 4 mins	_	- 550m per 10km gain	
		needed Recovery 2 mins				- pack 3-5kg	
		top - Down: Easy recovery					
3	EASY 50 mins	TYPE 2 medium 6 -12% - pack 2-3kg - Up 2 x 8mins Run / hike if needed Down: Easy recovery	REST	SPEED/TEMPO - 3 x 10 mins - Recovery 5 mins	REST	LONG RUN -3hrs - 400m per 10km gain - pack 3-4kg	REST
2	EASY 40 mins	TYPE 2 medium 6 -12% - pack 2-3kg - Up 1 x 8mins Run /hike if needed Down: Easy recovery	REST	SPEED/TEMPO - 5 x 2 mins - Recovery 1 min	REST	LONG RUN 90mins	REST
1	30mins taper	Rest	25mins taper	Rest	20mins taper	Race Start	Race finish
Race week	shake-out run		shake-out run		Shake-out run		/rest









GLOSSARY:

Notes:	REST DAY	Effort:		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 60 -75 mins	consistently for 40-50		6-12% grad': (able to	runs of 60 -75 mins	- vert / terrain/ flat	- Promotes running on
rest days/	-added to REST days to	mins		run with effort)	-added to REST days 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		*4		vertical gain	
higher volume runners		down:		*1. Warm up and		- 2 x 1000m+ 100km	
DO additional EASY		ALL BELOW RUNS		down with 10-15 mins		- 1 x 1000m + 50km	
runs of 60 -75 mins		BEGIN AND END WITH:		easy slow running.			
-added to REST days 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		SIGW GOWII.			
		increase in speed to		**-			
		80% max and gradual		**Descent technique:			
		slow down.		- fast, short stride			
				length			
				- light on feet			
				- avoid over-striding			
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 60 -75 mins	consistently for 40-50		run with effort)	runs of 60 -75 mins	road and trail	- Not steep
rest days/	- added to REST days to	mins			-added to REST days 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				- 2 x 1000m+ 100km	
higher volume runners		BEGIN AND END WITH:		down with 10-15 mins		- 1 x 1000m + 50km	
DO additional EASY				easy slow running.			
runs of 60 -75 mins		1. Warm up and down				THEREFORE, VERY	
-added to REST days 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	
low intensity						OVER OVERALL	
		2. Warm up: after 10		"Strides" (gradual increase in speed to		DISTANCE	
**Descent technique:		mins add 7 x 20 secs		<u>'</u>			
- fast, short stride				80% max and gradual slow down.			
length		"Strides" (gradual		Slow down.			
- light on feet		increase in speed to					
 avoid over-striding 		80% max and gradual slow down.					
		SIOW dOWN.					