

TRAIL Running MAGAZINE

WEEK 1

- Monday: Easy 3 miles
- Tuesday: Rest
- Wednesday: 45min marathon pace run, warm-up 5min and cool down 5min
- Thursday: Rest or easy 5 miles
- Friday: Rest
- Saturday: Warm up 12x45sec at 10km pace with 90sec rest OR 5 miles, picking up pace to 10km speed for last 2miles
- Sunday: Long run 75-90min

WEEK 2

- Monday: Easy 3 miles
- Tuesday: Rest
- Wednesday: 45min marathon pace run, warm-up 5min and cool down 5min
- Thursday: Rest or easy 5 miles
- Friday: Rest
- Saturday: Warm up 5x3min at 10km pace with 90sec rest OR 5 miles, picking up pace to 10km speed for last 2miles
- Sunday: Long run 75-90min

WEEK 3

- Monday: Easy 3 miles
- Tuesday: Rest
- Wednesday: 60min marathon pace run, warm-up 5min and cool down 5min
- Thursday: Rest or 5 miles
- Friday: Rest
- Saturday: Warm up 3x8min at 10km pace with 2min rest OR 8 miles, picking up pace to 10km speed for last 2miles
- Sunday: Long run 60min

WEEK 4

- Monday: Easy 6 miles
- Tuesday: Rest
- Wednesday: Rest
- Thursday: Rest
- Friday: Rest
- Saturday: Easy 5 miles
- Sunday: Long run 90min-2hr

WEEK 5

- Monday: Easy 6 miles
- Tuesday: Rest
- Wednesday: 60min marathon pace run, warm-up 5min and cool down 5min
- Thursday: Rest or 5 miles
- Friday: Rest
- Saturday: Warm up 16x1min at 10km pace with 60sec rest OR 8 miles, picking up pace to 10km speed for last 2miles
- Sunday: Long run 90min-2hr

WEEK 6

- Monday: Easy 6 miles
- Tuesday: Rest
- Wednesday: 60min marathon pace run, warm-up 5min and cool down 5min
- Thursday: Rest or 5 miles
- Friday: Rest
- Saturday: Warm up 12x45sec at 10km pace with 90sec rest OR 8 miles, picking up pace to 10km speed for last 2miles
- Sunday: Long run 2hr-2hr 15min

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WEEK 7

- Monday: Easy 3 miles
- Tuesday: Rest
- Wednesday: 90min marathon pace run, warm-up 5min and cool down 5min
- Thursday: Rest or 5 miles
- Friday: Rest
- Saturday: Warm up 3x8min at 10km pace with 2min rest OR 8 miles, picking up pace to 10km speed for last 2miles
- Sunday: Long run 90min

WEEK 8

- Monday: Easy 3 miles
- Tuesday: Rest
- Wednesday: 45min at marathon pace
- Thursday: Rest or 5 miles
- Friday: Rest
- Saturday: Easy 4 miles
- Sunday: Long run 2hr 30min-3hr

WEEK 9

- Monday: Easy 6 miles
- Tuesday: Rest
- Wednesday: 45-60min at marathon pace
- Thursday: Rest or 5 miles
- Friday: Rest
- Saturday: Easy 50min
- Sunday: Long run 2hr

WEEK 10

- Monday: Easy 6 miles

- Tuesday: Rest
- Wednesday: 60min marathon pace run, warm-up 5min and cool down 5min
- Thursday: Rest or 5 miles
- Friday: Rest
- Saturday: Easy 50min
- Sunday: Long run 90min

WEEK 11

- Monday: Easy 3miles
- Tuesday: Rest
- Wednesday: 20min at marathon pace
- Thursday: Rest or 5 miles
- Friday: Rest
- Saturday: Easy 20min
- Sunday: Long run 45min

WEEK 12

- Monday: Rest
- Tuesday: 3 miles jog
- Wednesday: Rest
- Thursday: 2 miles jog
- Friday: Rest
- Saturday: Rest
- Sunday: Race Day