

TRAIL Running MAGAZINE

WEEK 1

- Monday 20-30min easy run
- Tuesday Rest
- Wednesday 20-30 min easy run
- Thursday 20-30min easy run
- Friday Rest
- Saturday 45min easy run
- Sunday Rest

WEEK 2

- Monday 20-30min easy run
- Tuesday Rest
- Wednesday 20-30 min easy run
- Thursday 20-30min easy run
- Friday Rest
- Saturday 45min easy run
- Sunday Rest

WEEK 3

- Monday 20-30min easy run
- Tuesday Rest
- Wednesday 20-30 min easy run
- Thursday 20-30min easy run
- Friday Rest
- Saturday 45min easy run
- Sunday Rest

WEEK 4

- Monday 20-30min with 10min surge
- Tuesday Rest
- Wednesday 20-30min followed by 6x100m relaxed runs, walk recovery. Work on form rather than trying to be an Olympic sprinter. Simply roll in to the 100m and open your stride up
- Thursday 40min very easy run
- Friday Rest
- Saturday 1hr easy
- Sunday Rest

WEEK 5

- Monday 30min with 10min surge
- Tuesday Rest
- Wednesday 20-30min followed by 6x100
- Thursday 45min very easy run
- Friday Rest
- Saturday 65-75min easy
- Sunday Rest

WEEK 6

- Monday 30min with 15min surge
- Tuesday Rest
- Wednesday 20-30min followed by 6x100
- Thursday 50min very easy run
- Friday Rest
- Saturday 75-85min easy
- Sunday Rest