ULTRA TRAIL RUN TRAINING GUIDE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	6km Easy Run	30min Hills	5km Easy Run	30min Tempo Run	Active Rest	13km Long Run	Rest
WEEK 2	6km Easy Run	15min Speed	5km Easy Run	30min Tempo Run	Active Rest	16km Long Run	Rest
WEEK 3	6km Easy Run	35min Hills	5km Easy Run	35min Tempo Run	Active Rest	20km Long Run	Rest
WEEK 4	8km Easy Run	40min Hills	5km Easy Run	40min Tempo Run	Active Rest	10km Long Run	Rest
WEEK 5	8km Easy Run	20min Speed	5km Easy Run	50min Tempo Run	Active Rest	23km Long Run	Rest
WEEK 6	8km Easy Run	45min Hills	8km Easy Run	60min Tempo Run	Active Rest	21km Long Run	Rest
WEEK 7	8km Easy Run	20 Speed	6km Easy Run	50min Tempo Run	Active Rest	26km Long Run	Rest
WEEK 8	8km Easy Run	45min Hills	5km Easy Run	60min Tempo Run	Active Rest	27km Long Run	Rest
WEEK 9	10km Easy Run	50min Hills	6km Easy Run	70min Tempo Run	Active Rest	13km Long Run	Rest
WEEK 10	10km Easy Run	25min Speed	5km Easy Run	50min Tempo Run	Active Rest	30km Long Run	Rest
WEEK 11	11km Easy Run	40min Hills	5km Easy Run	80min Tempo Run	Active Rest	21km Long Run	Rest
WEEK 12	8km Easy Run	20min Speed	5km Easy Run	70min Tempo Run	Active Rest	32km Long Run	Rest
WEEK 13	11km Easy Run	35min Hills	6km Easy Run	60min Tempo Run	Active Rest	24km Long Run	Rest
WEEK 14	13km Easy Run	40min Hills	6km Easy Run	40min Tempo Run	Active Rest	20km Long Run	Rest
WEEK 15	16km Easy Run	30min Hills	5km Easy Run	20min Tempo Run	Active Rest	15km Long Run	Rest
WEEK 16	6km Easy Run	6km Easy Run	5km Easy Run	Active Rest	3km Easy Run	RACE DAY (+42km)	Sleep :-)

All Runs (Except Easy ones), along with Hill runs, should be proceded by 5min of Dynamic Warm-Up & afterwards another 5min of Cooldown & 10min of Stretching when possible.

SPEED RUNS

Total speed-pace segments or intervals should add up to that day's total time. Do speed-paced runs in segments/intervals of 1 to 5 minutes, spaced apart by a short jog/walk between them. Get creative: On a 20-minute speed day you could do Äve 4-minute segments, ten 2-minute segments or six 2-minute segments plus two 4-minute segments. Always include a warm-up run beforehand and a cooldown run afterwards.

Speed-Run Pace: 90+% of HRmax OR you're only able to gasp or grunt, not speak.

EASY RUNS

These are your most relaxed runs, where you are building cardiovascular base miles.

Easy-Run Pace: 60-65% of HRmax OR you can carry on a conversation as you run.

TEMPO RUNS

Total tempo-pace time should add up to that day's total time. Tempo-paced runs can be done in a single block of time or in segments, spaced apar t by a shor t jog between them. However, no tempo seg- ment should be shor ter than 15 minutes. So a 20-minute day needs to be done un- interrupted, while a 35-minute day could be split into 20- and 15-minute segments. Always include a warm-up run beforehand and a cooldown run afterwards.

Tempo-Run Pace: 85-88% of HRmax OR you're only able to utter single words like "opt" or "outside."

LONG RUNS

These are where you really begin to stretch out your aerobic endurance.

Long-Run Pace: 70-80% of HRmax OR you can speak sentences, but not tell long-wind- ed stories.

HILLS

Your total hill running time should add up to that day's total time. You can run up and back on a shorter trail or Änd a longer trail with plenty of uphill stretches. Try to run all uphill stretches at your tempo pace (or even a little faster). Always include a mile warm-up run beforehand and a mile cooldown run afterwards.

ACTIVE REST

Do any activity that keeps your muscles moving without taxing your cardiovascular Ätness or recovery process. Activities might include light walking, passive yoga poses or a stretching/foam-rolling session. You can also do cross-training to build strength.

REST

The goal on these days is to give your body a break. Rest days are critical to avoid over- use injuries.

This Training Program increases your weekly mileage total, getting you within 10-15 percent of your Race Day distance on your Long Runs. You don't need to run your full Race Day distance beforehand, nor do you need to tally weekly miles. This program will assist you to record the miles you need to do a mountain challenge.