TRAINING PLAN FOR ECOTRAIL 18K (11 WEEKS, ADVANCED, 7 HOURS AND 7 DAYS PER WEEK)

Our plans followed the 80/20 rule = 80% 'easy' and 20% 'effort' (faster than easy) each week

BASE PERIOD

PHASE 1: GENERAL TRAINING

Week 1	Week 2
BUILD!	**BUILD!**
Mon 13 Jul Easy run GE 0'30 at very easy pace (flat terrain)	**Mon 20 Jul** Easy run GE 0'30 at very easy pace (flat terrain)
Tue 14 Jul Hill sprints GS 0'40 with 10x 8s FAST uphill up 10-15% slope with 2:52 jog recovery	**Tue 21 Jul** Hill sprints GS 0'45 with 10x 10s FAST uphill up 10-15% slope with 2:50 jog recovery
Wed 15 Jul Easy run GE 1'00 at easy pace on trail if possible. Vary pace a bit if you can	**Wed 22 Jul** Easy run GE 1'05 at easy pace on trail if possible. Vary pace a bit if you can
Thu 16 Jul Intervals GS 1'00 with 2 sets of 6-10' of 30s HARD, 30s easy, 5' jog in between sets	**Thu 23 Jul** Intervals RE 1'00 with 10x 1' HARD, 1' easy
Fri 17 Jul Strides GS 0'35 with 10x 6s accelerations every 3'	**Fri 24 Jul** Easy run GE 0'35 at easy pace
Sat 18 Jul Circuit run RS 0'45 2-3 x 8' steady around a circuit with an easy circuit in between	**Sat 25 Jul** Strides GS 1'00 with 12x 6s strides every 3' (10' warmup and cooldown)
Sun 19 Jul Long run GE 2'00 at easy pace (undulating mildly hilly terrain - 400m climb)	**Sun 26 Jul** Long run GE 2'15 at easy pace (target about 500m climb)
Time 6'30	Time 7'10
~ Climb 500m	~ Climb 550m
~km/week 82	~km/week 91

RACE PRACTICE PERIOD

PHASE 2: RACE-RELATED TRAINING

Week 3	Week 4	Week 5
BUILD!	**Step Back!**	**BUILD!**
Mon 27 Jul Recovery run RC 0'30 at very easy pace (you should feel	**Mon 3 Aug** RC *extra rest day*	**Mon 10 Aug** Easy run GE 0'45 at easy pace
Tue 28 Jul Hill sprints GS 0'50 with 10x 12s FAST uphill up 10-15% slope with 1:48 jog recovery	**Tue 4 Aug** Hill sprints GS 0'51 with 10x 15s FAST uphill up 10-15% slope with 3 min easy jog recovery KEY!	**Tue 11 Aug** Hill circuits RS 1'00 with 2 circuits of ~3' steady uphill, ~2' flat jog, ~2' FAST down, ~3' flat jog
Wed 29 Jul Easy run GE 1'15 at easy pace on trail if possible. Vary pace a bit if you can	**Wed 5 Aug** Easy run GE 0'45 at easy pace on trail if possible. Vary pace a bit if you can	**Wed 12 Aug** Easy run GE 1'00 at easy pace on trail if possible. Vary pace a bit if you can
Thu 30 Jul Intervals GS 1'00 with 5x 3' at HARD effort, 3' easy	**Thu 6 Aug** Alternations RS 1'00 with 5x (alternating 3' acceleration to MAX speed, 1' medium) KEY!	**Thu 13 Aug** Fartlek MX 1'00 with 4 sets of (4' easy, 2' medium, 1' hard), 3' jog between sets
Fri 31 Jul Recovery run RC 0'35 at very easy pace pace (you should feel better finishing than starting out)	**Fri 7 Aug** Recovery run RC 0'30 at very easy pace pace (you should feel better finishing than starting out)	**Fri 14 Aug** Hill sprints GS 0'30 easy run with 6x 8s hill sprints, 2:52 jog
Sat 1 Aug Out & Back RE 1'00 with 30' OUT and 30' BACK steady to marathon effort (trail or road)	**Sat 8 Aug** Up & Down RE 1'10 with 30' UP at medium effort, ~20 DOWN fast realxed, 10' wu/cd	**Sat 15 Aug** Easy run GE 1'00 at easy pace (on trail if possible)
Sun 2 Aug Long run GE 2'20 at easy pace (target 600m climb)	**Sun 9 Aug** Long easy run GE 1'30 at easy pace	**Sun 16 Aug** Long run GE 2'30 at easy pace (target 700m climb) KEY!
7'30	5'46	7'45
650m	350m	750m
96	74	100

PHASE 3: RACE-SPECIFIC TRAINING

Week 6	Week 7	Week 8	Week 9
Step back!	**BUILD!**	**Step back!**	**BUILD!**
Mon 17 Aug RC *extra rest day*	**Mon 24 Aug** Easy run GE 0'45 at very easy pace (flat terrain)	**Mon 31 Aug** Recovery run RC 0'45 at very easy pace (you should feel	**Mon 7 Sep** Recovery run RC 0'35 at very easy pace (you should feel
Tue 18 Aug Hill reps RS 1'00 with 10' alternating 30s HARD uphill, 30s easy downhill	**Tue 25 Aug** Hill reps RS 1'00 with 10' as 1' HARD, 1' easy	**Tue 1 Sep** Hill circuits RS 1'00 with 3 circuits of ~3' steady uphill, ~2' flat jog, ~2' FAST down, ~3' flat jog	**Tue 8 Sep** Hill reps RS 1'00 with 5x 3' uphill reps, 2 min downhill jog recovery KEY!
Wed 19 Aug Recovery run RC 1'00 at very easy pace (you should feel better finishing than starting out)	**Wed 26 Aug** Recovery run RC 1'00 at very easy pace (you should feel better finishing than starting out)	**Wed 2 Sep** Recovery run RC 0'45 at very easy pace (you should feel better finishing than starting out)	**Wed 9 Sep** Recovery run RC 1'00 at very easy pace (you should feel better finishing than starting out)
Thu 20 Aug Alternations RS 0'46 with 8x (1' sprint to hard, 1' medium effort)	**Thu 27 Aug** Alternations RS 1'00 with 10x (1' sprint to hard, 1' medium effort)	**Thu 3 Sep** Fartlek SS 1'00 with 10x 2' HARD, 1' easy	**Thu 10 Sep** Fartlek SS 1'00 with 6x 5' medium to HARD, 1' easy KEY!
Fri 21 Aug Strides GS 0'30 very easy pace with 6-8x 10s relaxed strides, 1:50 jog	**Fri 28 Aug** Recovery run RC 0'35 at very easy pace pace (you should feel better finishing than starting out)	**Fri 4 Sep** Recovery run RC 0'40 at very easy pace (you should feel better finishing than starting out)	**Fri 11 Sep** Recovery run RC 0'40 at very easy pace pace (you should feel better finishing than starting out)
Sat 22 Aug Up & Down RE 1'10 with 35' UP at medium effort, ~25 DOWN fast realxed, 10' wu/cd KEY!	**Sat 29 Aug** Out & Back RE 1'10 with 30' OUT and 30' BACK steady to marathon effort (10' wu/cd)	**Sat 5 Sep** Easy run GE 0'45 at easy pace (on trail if possible)	**Sat 12 Sep** Strides GS 1'00 with 6x 100m / 20s relaxed strides, 300m or 3' easy
Sun 23 Aug Long easy run GE 1'30 at easy pace	**Sun 30 Aug** Progression run SE 2'30 over hills with last 20' at race effort (goal: 16k with 600m climb)	**Sun 6 Sep** Long easy run GE 1'15 at easy pace	**Sun 13 Sep** Progression run SE 2'45 over hills goal: 18 km with 700m climb, last 15' at medium effort KEY!
5'56	8'00	6'10	8'00
400m	800m	350m	900m
77	104	80	104

COMPETITION!

TAPER AND RACE

Week 10	Week 11
Step back!	**Sharpen!**
Mon 14 Sep RC *extra rest day*	**Mon 21 Sep** Strides GS 0'30 with 4x 20s relaxed strides, 2:40
Tue 15 Sep Fartlek MX 1'00 with 3 sets of (4' easy, 2' medium, 1' hard), 3' jog between sets	**Tue 22 Sep** Time Trial SE 0'30 with 10' at marathon effort on trails
Wed 16 Sep Recovery run RC 1'00 at very easy pace (you should feel better finishing than starting out)	**Wed 23 Sep** Recovery run RC 0'45 at very easy pace (you should feel better finishing than starting out)
Thu 17 Sep Hill sprints GS 0'45 easy run with 8x 10s uphill FAST, 2:50 jog recovery	**Thu 24 Sep** Hill sprints GS 0'30 easy run with 6x 8s uphill FAST, 2:52 jog recovery
Fri 18 Sep Easy run GE 0'40 at easy pace	**Fri 25 Sep** RC extra rest day
Sat 19 Sep Time Trial RP 0'40 with 20' at race effort over trails Last work!	**Sat 26 Sep** RACE DAY RP 1'45 for 18 km (80-120 min)
Sun 20 Sep Long easy run GE 1'15 at easy pace (no pushing - race ahead!)	**Sun 27 Sep** Recovery run RC 0'25 at very easy pace ('flush out the legs')
5'20	4'25
300m	800m
70	58

Slower than race pace | Close to race pace | Faster than race pace

wu = warm-up, **cd** = cooldown *1' = 1 min, 1s = 1 second, 1:50 = 1m50s*

= 'build fitness' = 'maintain fitness' = 'rest and recover'

GE = General Endurance, **RE** = (Race)-Related Endurance, **SE** = (Race-Specific)-Endurance, **RC** = Recovery, **MX** = Mixed paces

GS = General Speed, **RS** = (Race)-Related Speed, **SS** = (Race)-Specific Speed, **RP** = Race Pace, **PW** = Power, **ME** = Muscular Endurance

KEY! = A key workout. Prioritise

LAST WORK! = Your work's done now!