TRAINING PLAN FOR ECOTRAIL 18K (11 WEEKS, BEGINNER, 5 HOURS AND 5 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 RC	**Mon 20 Jul** RC
Tue 14 Jul Hill reps ME 0'45 with 2x 5-10' medium effort or fast walking up a very steep hill, walk/jog down rest	**Tue 21 Jul** Hill reps ME 0'45 2x 8-12' medium effort or fast walking up a very steep hill, walk/jog down rest
Wed 15 Jul Easy run GE 0'35 at easy pace on trail if possible. Vary pace a bit if you can	**Wed 22 Jul** Easy run GE 0'40 at easy pace on trail if possible. Vary pace a bit if you can
Thu 16 Jul Intervals GS 0'40 with 6-10x 20s FAST, 30s easy	**Thu 23 Jul** Intervals GS 0'40 with 6-10x 30s FAST, 30s easy
Fri 17 Jul RC	**Fri 24 Jul** RC
Sat 18 Jul Easy run GE 0'30 at easy pace (on trail if possible)	**Sat 25 Jul** Strides GS 0'40 with 8x 6s strides every 3' (10' wu and cd)
Sun 19 Jul Long run GE 2'00 as easy as needed (run / hike over undulating terrain with at least 300m climb)	**Sun 26 Jul** Long run GE 2'15 very easy pace (run / hike over trail with at least 300m climb)
Time 4'30	5'00
~km/week 45	50

RACE PRACTICE PERIOD

PHASE 2: RACE-RELATED TRAINING

Week 3	Week 4	Week 5
BUILD!	**Step Back!**	**BUILD!**
Mon 27 Jul RC	**Mon 3 Aug** RC	**Mon 10 Aug** RC
Tue 28 Jul Hill sprints GS 0'45 with 4x 8s FAST uphill on steep slope with 2:52 jog recovery	**Tue 4 Aug** Hill sprints GS 0'35 with 6x 8s FAST uphill up steep slope with 2:52 jog recovery KEY!	**Tue 11 Aug** Alternations MX 0'45 with 4x (alternating 2' FAST with 1' medium)
Wed 29 Jul Easy run GE 0'45 at easy pace on trail if possible. Vary pace a bit if you can	**Wed 5 Aug** Easy run GE 0'40 at easy pace on trail if possible. Vary pace a bit if you can	**Wed 12 Aug** Easy run GE 0'45 at easy pace on trail if possible. Vary pace a bit if you can
Thu 30 Jul Fartlek MX 0'45 with free mix of 'medium' and 'hard' paces 'as you feel'	**Thu 6 Aug** Intervals RS 0'35 with 8-10x 1' FAST, 1' jog KEY!	**Thu 13 Aug** Intervals RE 0'45 2x 10' at medium effort with 3 min easy jog recovery
Fri 31 Jul RC	**Fri 7 Aug** RC	**Fri 14 Aug** RC
Sat 1 Aug Out & Back RE 0'45 with 15' OUT and 15' BACK at medium effort (15' easy wu/cd)	**Sat 8 Aug** Up & Down RE 0'50 with ~20' uphill steady, ~15' relaxed fast downhill	**Sat 15 Aug** Easy run GE 0'45 at easy pace (on trail if possible)
Sun 2 Aug Long run GE 2'20 very easy pace (run / hike over hilly terrain with at least 400m climb)	**Sun 9 Aug** Long easy run GE 1'20 at easy pace (on road or trail)	**Sun 16 Aug** Long run GE 2'30 very easy pace (run / hike over hilly terrain with at least 500m climb) KEY!
5'20	4'00	5'30
54	40	56

PHASE 3: RACE-SPECIFIC TRAINING

Week 6	Week 7	Week 8	Week 9
Step back!	**BUILD!**	**Step back!**	**BUILD!**
Mon 17 Aug RC	**Mon 24 Aug** RC	**Mon 31 Aug** RC	**Mon 7 Sep** RC
Tue 18 Aug Hill reps RS 0'45 with 6-10' alternating 30s FAST uphill, 30s easy downhill	**Tue 25 Aug** Hill reps RS 0'45 with 8-10' alternating 1' HARD uphill, 1' downhill	**Tue 1 Sep** Hill sprints GS 0'45 with 6x10s uphill on steep slope with 2:50 easy jog recovery	**Tue 8 Sep** Hill reps RS 0'45 with 5x 3' uphill at medium effort, 90s downhill jog 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 0'50 at very easy pace (you should feel better finishing than starting out)
Thu 20 Aug Easy run GE 0'40 at easy pace (ideally on trail)	**Thu 27 Aug** Fartlek SS 0'45 with 6-8x 2' fast relaxed, 1' easy jog recovery	**Thu 3 Sep** Easy run GE 0'45 at easy pace (ideally on trails)	**Thu 10 Sep** Time trial SS 0'45 with 20' at your planned race effort (likely medium) KEY!
Fri 21 Aug RC	**Fri 28 Aug** RC	**Fri 4 Sep** RC	**Fri 11 Sep** RC
Sat 22 Aug Up & Down RE 0'55 with 5' warmup then ~25' medium uphill, ~18-20' fast relaxed downhill KEY!	**Sat 29 Aug** Out & Back RE 0'45 with 20' OUT and 20' BACK medium effort with 5' wu	**Sat 5 Sep** Easy run GE 1'00 at easy pace (on trail if possible)	**Sat 12 Sep** Strides GS 0'40 with 6x 10s relaxed strides, 3' easy
Sun 23 Aug Long easy run GE 1'30 at easy pace (on a flat course)	**Sun 30 Aug** Long run SE 2'15 easy hill run (aim: 12-14 km with 400-600m climb)	**Sun 6 Sep** Long easy run GE 1'35 at easy pace (on a flat course)	**Sun 13 Sep** Long run SE 2'30 easy hill run (aim: 14-16 km with 500-600m climb) KEY!
4'50	5'30	4'50	5'30
49	56	49	56

COMPETITION!

TAPER AND RACE

Week 10	Week 11
Step back!	**Sharpen!**
Mon 14 Sep RC	**Mon 21 Sep** RC
Tue 15 Sep Easy run GE 0'45 at easy pace (on trail if possible)	**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 0'35 at very easy pace (you should feel better finishing than starting out)
Thu 17 Sep Hill sprints GS 0'38 easy run with 4x 8s uphill FAST, 2:52 jog recovery	**Thu 24 Sep** Strides GS 0'25 easy run with 3x 10s fast relaxed, 2:50 jog
Fri 18 Sep RC	**Fri 25 Sep** RC
Sat 19 Sep Easy run MX 0'50 with 20' at varied paces and efforts	**Sat 26 Sep** RACE DAY RP 2'30 for 18 km (2-3 hours)
Sun 20 Sep Long easy run GE 1'10 to 1'30 at easy pace (no pushing - race ahead!)	**Sun 27 Sep** RC
4'23	4'00
45	41

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

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

wu = warm-up, **cd** = cooldown

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!