



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

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BASE PERIOD				RACE PRACTICE PERIOD								COMPETITION!																			
PHASE 1: GENERAL TRAINING				PHASE 2: RACE-RELATED TRAINING				PHASE 3: RACE-SPECIFIC TRAINING				TAPER AND RACE																			
Week 1		Week 2		Week 3		Week 4		Week 5		Week 6		Week 7		Week 8		Week 9		Week 10	Week 11												
BUILD!		BUILD!		BUILD!		Step Back!		BUILD!		Step back!		BUILD!		Step back!		BUILD!		Step back!	Sharpen!												
Mon 13 Jul		Mon 20 Jul		Mon 27 Jul		Mon 3 Aug		Mon 10 Aug		Mon 17 Aug		Mon 24 Aug		Mon 31 Aug		Mon 7 Sep		Mon 14 Sep	Mon 21 Sep												
RC		RC		RC		RC		RC		RC		RC		RC		RC		RC	RC												
↓		↓		↓		↓		↓		↓		↓		↓		↓		↓	↓												
Tue 14 Jul		Tue 21 Jul		Tue 28 Jul		Tue 4 Aug		Tue 11 Aug		Tue 18 Aug		Tue 25 Aug		Tue 1 Sep		Tue 8 Sep		Tue 15 Sep	Tue 22 Sep												
Hill reps ME		Hill reps ME		Hill sprints GS		Hill sprints GS		Alternations MX		Hill reps RS		Hill reps RS		Hill sprints GS		Hill reps RS		Easy run GE	Time Trial SE												
0'45 with 2x 5-10' medium effort or fast walking up a very steep hill, walk/jog down rest		0'45 2x 8-12' medium effort or fast walking up a very steep hill, walk/jog down rest		0'45 with 4x 8s FAST uphill on steep slope with 2:52 jog recovery		0'35 with 6x 8s FAST uphill up steep slope with 2:52 jog recovery		0'45 with 4x (alternating 2' FAST with 1' medium)		0'45 with 6-10' alternating 30s FAST uphill, 30s easy downhill		0'45 with 8-10' alternating 1' HARD uphill, 1' downhill		0'45 with 6x10s uphill on steep slope with 2:50 easy jog recovery		0'45 with 5x 3' uphill at medium effort, 90s downhill jog		0'45 at easy pace (on trail if possible)	0'30 with 10' at marathon effort on trails												
Easy 0'25		Effort 0'20		Easy 0'21		Effort 0'24		Easy 0'33		Effort 0'12		Easy 0'17		Effort 0'18		Easy 0'33		Effort 0'12		Easy 0'35	Effort 0'10	Easy 0'35	Effort 0'10	Easy 0'27	Effort 0'18	Easy 0'30	Effort 0'15	Easy 0'45	Effort 0'00	Easy 0'20	Effort 0'10
Wed 15 Jul		Wed 22 Jul		Wed 29 Jul		Wed 5 Aug		Wed 12 Aug		Wed 19 Aug		Wed 26 Aug		Wed 2 Sep		Wed 9 Sep		Wed 16 Sep	Wed 23 Sep												
Easy run GE		Easy run GE		Easy run GE		Easy run GE		Easy run GE		Recovery run RC		Recovery run RC		Recovery run RC		Recovery run RC		Recovery run RC	Recovery run RC												
0'35 at easy pace on trail if possible. Vary pace a bit if you can		0'40 at easy pace on trail if possible. Vary pace a bit if you can		0'45 at easy pace on trail if possible. Vary pace a bit if you can		0'40 at easy pace on trail if possible. Vary pace a bit if you can		0'45 at easy pace on trail if possible. Vary pace a bit if you can		1'00 at very easy pace (you should feel better finishing than starting out)		1'00 at very easy pace (you should feel better finishing than starting out)		0'45 at very easy pace (you should feel better finishing than starting out)		0'50 at very easy pace (you should feel better finishing than starting out)		1'00 at very easy pace (you should feel better finishing than starting out)	0'35 at very easy pace (you should feel better finishing than starting out)												
↑		↑		→		→		→		→		→		→		→		→	→												
Thu 16 Jul		Thu 23 Jul		Thu 30 Jul		Thu 6 Aug		Thu 13 Aug		Thu 20 Aug		Thu 27 Aug		Thu 3 Sep		Thu 10 Sep		Thu 17 Sep	Thu 24 Sep												
Intervals GS		Intervals GS		Fartlek MX		Intervals RS		Intervals RE		Easy run GE		Fartlek SS		Easy run GE		Time trial SS		Hill sprints GS	Strides GS												
0'40 with 6-10x 20s FAST, 30s easy		0'40 with 6-10x 30s FAST, 30s easy		0'45 with free mix of 'medium' and 'hard' paces 'as you feel'		0'35 with 8-10x 1' FAST, 1' jog		0'45 2x 10' at medium effort with 3 min easy jog recovery		0'40 at easy pace (ideally on trail)		0'45 with 6-8x 2' fast relaxed, 1' easy jog recovery		0'45 at easy pace (ideally on trails)		0'45 with 20' at your planned race effort (likely medium)		0'38 easy run with 4x 8s uphill FAST, 2:52 jog recovery	0'25 easy run with 3x 10s fast relaxed, 2:50 jog												
↑		↑		↑		↑		↑		→		↑		↑		↑		→	→												
Fri 17 Jul		Fri 24 Jul		Fri 31 Jul		Fri 7 Aug		Fri 14 Aug		Fri 21 Aug		Fri 28 Aug		Fri 4 Sep		Fri 11 Sep		Fri 18 Sep	Fri 25 Sep												
RC		RC		RC		RC		RC		RC		RC		RC		RC		RC	RC												
↓		↓		↓		↓		↓		↓		↓		↓		↓		↓	↓												
Sat 18 Jul		Sat 25 Jul		Sat 1 Aug		Sat 8 Aug		Sat 15 Aug		Sat 22 Aug		Sat 29 Aug		Sat 5 Sep		Sat 12 Sep		Sat 19 Sep	Sat 26 Sep												
Easy run GE		Strides GS		Out & Back RE		Up & Down RE		Easy run GE		Up & Down RE		Out & Back RE		Easy run GE		Strides GS		Easy run MX	RACE DAY RP												
0'30 at easy pace (on trail if possible)		0'40 with 8x 6s strides every 3' (10' wu and cd)		0'45 with 15' OUT and 15' BACK at medium effort (15' easy wu/cd)		0'50 with ~20' uphill steady, ~15' relaxed fast downhill		0'45 at easy pace (on trail if possible)		0'55 with 5' warmup then ~25' medium uphill, ~18-20' fast relaxed downhill		0'45 with 20' OUT and 20' BACK medium effort with 5' wu		1'00 at easy pace (on trail if possible)		0'40 with 6x 10s relaxed strides, 3' easy		0'50 with 20' at varied paces and efforts	2'30 for 18 km (2-3 hours)												
↑		→		↑		↑		→		↑		→		→		→		→	↑												
Sun 19 Jul		Sun 26 Jul		Sun 2 Aug		Sun 9 Aug		Sun 16 Aug		Sun 23 Aug		Sun 30 Aug		Sun 6 Sep		Sun 13 Sep		Sun 20 Sep	Sun 27 Sep												
Long run GE		Long run GE		Long run GE		Long easy run GE		Long run GE		Long easy run GE		Long run SE		Long easy run GE		Long run SE		Long easy run GE	RC												
2'00 as easy as needed (run / hike over undulating terrain with at least 300m climb)		2'15 very easy pace (run / hike over trail with at least 300m climb)		2'20 very easy pace (run / hike over hilly terrain with at least 400m climb)		1'20 at easy pace (on road or trail)		2'30 very easy pace (run / hike over hilly terrain with at least 500m climb)		1'30 at easy pace (on a flat course)		2'15 easy hill run (aim: 12-14 km with 400-600m climb)		1'35 at easy pace (on a flat course)		2'30 easy hill run (aim: 14-16 km with 500-600m climb)		1'10 to 1'30 at easy pace (no pushing - race ahead!)													
↑		↑		↑		→		↑		→		↑		→		↑		→	↓												
Time		4'30		5'20		4'00		5'30		4'50		5'30		4'50		5'30		4'23	4'00												
~Climb		350m		500m		200m		600m		300m		650m		300m		700m		200m	750m												
~km/week		45		54		40		56		49		56		49		56		45	41												

↑ = '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!

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