TRAINING PLAN FOR ECOTRAIL 18K (11 WEEKS, INTERMEDIATE, 5.5 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 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 — 1'00 at easy pace on trail if possible. Vary pace a bit if you can
Thu 16 Jul — Intervals — GS — 0'40 with 10x 30s HARD, 30s easy	Thu 23 Jul — Intervals — GS — 0'45 with 10x 1' HARD, 1' easy
Fri 17 Jul — RC	Fri 24 Jul — RC
Sat 18 Jul — Circuit run — RS — 0'42 2-3 x 8' steady around a circuit with an easy circuit in between	Sat 25 Jul — Strides — GS — 0'44 with 8x 6s strides every 3' (10' warmup and cooldown)
Sun 19 Jul — Long run — GE — 2'00 very easy pace (run / hike over hilly terrain with at least 400m climb)	Sun 26 Jul — Long run — GE — 2'15 very easy pace (run / hike over hilly terrain with at least least 500m climb)
Time: 5'02	Time: 5'29
~ Climb: 500m	~ Climb: 550m
~km/week: 57	~km/week: 62

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 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 — Alternations — MX — 0'45 with 5x (alternating 3' HARD with 1' medium)
Wed 29 Jul — Easy run — GE — 1'00 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 — 1'00 at easy pace on trail if possible. Vary pace a bit if you can
Thu 30 Jul — Fartlek — MX — 0'46 mixed paces with 3x (3',2','1' easy, medium, hard) with 3' easy jog	Thu 6 Aug — Alternations — MX — 0'45 with 5x 3' acceleration to HARD alternating with 1' medium — KEY!	Thu 13 Aug — Intervals — RE — 0'50 2x 12' at steady 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 — 1'00 with 30' OUT and 30' BACK steady to marathon effort (trail or road)	Sat 8 Aug — Up & Down — RE — 1'00 with ~35' uphill steady, ~25' relaxed fast downhill	Sat 15 Aug — Easy run — GE — 1'00 at easy pace (on trail if possible)
Sun 2 Aug — Long run — GE — 2'30 very easy pace (run / hike over hilly terrain with at least 600m climb)	Sun 9 Aug — Long easy run — GE — 1'30 at easy pace	Sun 16 Aug — Long run — GE — 3'00 very easy pace (run / hike over hilly terrain with at least 700m climb) — KEY!
Time: 6'01	Time: 4'46	Time: 6'35
~ Climb: 650m	~ Climb: 350m	~ Climb: 750m
~km/week: 68	~km/week: 54	~km/week: 75

RACE PRACTICE PERIOD — 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 — 1'00 with 10' alternating 30s HARD uphill, 30s easy downhill	Tue 25 Aug — Hill reps — RS — 0'45 with 10' as 1' HARD, 1' easy	Tue 1 Sep — Hill sprints — GS — 0'49 with 6x 15s uphill up 10-15% slope with 3 min easy jog recovery	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 — 1'00 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 — 0'42 with 6x (1' sprint to hard, 1' medium effort)	Thu 27 Aug — Alternations — RS — 0'52 with 6x (1' sprint to hard, 1' medium effort)	Thu 3 Sep — Fartlek — SS — 1'00 with 10x 2' medium to HARD, 1' easy	Thu 10 Sep — Fartlek — SS — 1'00 with 6x 4' medium to HARD, 1' easy — KEY!
Fri 21 Aug — RC	Fri 28 Aug — RC	Fri 4 Sep — RC	Fri 11 Sep — RC
Sat 22 Aug — Up & Down — RE — 1'02 with 5' warmup then ~33' medium uphill, ~24 fast relaxed downhill — KEY!	Sat 29 Aug — Out & Back — RE — 1'00 with 30' OUT and 30' BACK steady to marathon effort (trail or road)	Sat 5 Sep — Easy run — GE — 1'00 at easy pace (on trail if possible)	Sat 12 Sep — Strides — GS — 1'00 with 6x 75m / 15s relaxed strides, 3' easy
Sun 23 Aug — Long easy run — GE — 1'30 at easy pace	Sun 30 Aug — Long run — SE — 2'30 easy hill run (aim: 16 km with 500-700m climb)	Sun 6 Sep — Long easy run — GE — 1'10 at easy pace	Sun 13 Sep — Long run — SE — 2'45 easy hill run (aim: 18 km with 500-700m climb) — KEY!
Time: 5'14	Time: 6'07	Time: 4'59	Time: 6'45
~ Climb: 400m	~ Climb: 800m	~ Climb: 350m	~ Climb: 900m
~km/week: 60	~km/week: 70	~km/week: 58	~km/week: 78

COMPETITION! — TAPER AND RACE

Week 10	Week 11
Step back!	Sharpen!
Mon 14 Sep — RC	Mon 21 Sep — RC
Tue 15 Sep — Fartlek — MX — 1'00 mixed paces with 3x (3',2','1' easy, medium, hard) with 3' easy jog — Last work!	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 — 0'44 easy run with 6x 8s uphill FAST, 2:52 jog recovery	Thu 24 Sep — Hill sprints — GS — 0'28 easy run with 4x 8s uphill FAST, 2:52 jog recovery
Fri 18 Sep — RC	Fri 25 Sep — RC
Sat 19 Sep — Easy run — MX — 1'00 with 40' at varied paces and efforts	Sat 26 Sep — RACE DAY — RP — 2'20 for 18 km (90-140 min) with 10 min easy warmup
Sun 20 Sep — Long easy run — GE — 1'10 to 1'30 at easy pace (no pushing - race ahead!)	Sun 27 Sep — RC
Time: 4'54	Time: 4'03
~ Climb: 300m	~ Climb: 800m
~km/week: 57	~km/week: 47

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

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*

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!**