



TRAINING PLAN FOR ECOTRAIL 29K (11 WEEKS, ADVANCED, 8 HOURS AND 7 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!	BUILD!	BUILD!	Step back!	Sharpen!					
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)	Mon 27 Jul Recovery run RC 0'30 at very easy pace (you should feel better finishing than starting out)	Mon 3 Aug RC extra rest day	Mon 10 Aug Easy run GE 0'35 at easy pace	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 better finishing than starting out)	Mon 7 Sep Recovery run RC 0'35 at very easy pace (you should feel better finishing than starting out)	Mon 14 Sep RC extra rest day	Mon 21 Sep Strides GS 0'30 with 6x 6s relaxed strides, 2:54 jog					
Tue 14 Jul Hill sprints GS 1'20 with 10x 8s hill sprints up a 10-15% slope, 2:52 jog recovery	Tue 21 Jul Hill reps ME 1'30 with 2-3x 10' medium effort up a very steep hill, jog down recovery	Tue 28 Jul Hill reps ME 1'30 with 3-4x 10-12' steady up a steep slope, 5' jog recovery	Tue 4 Aug Hill sprints GS 0'45 with 10x 10s hill sprints up a 10-15% slope, 2:50 jog recovery	Tue 11 Aug Hill circuits RS 1'00 with 2 circuits of ~3' steady uphill, ~2' flat jog, ~2' FAST down, ~3' flat jog	Tue 18 Aug Hill sprints GS 0'45 with 10x 15s uphill HARD, 3' jog down recovery	Tue 25 Aug Hill reps RS 1'00 with 10-15' of alternating 1' HARD uphill, 1' downhill	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 at medium effort, 90s downhill jog	Tue 15 Sep Easy run GE 0'45 at easy pace (on trail if possible)	Tue 22 Sep Time Trial RP 0'30 with 10' at 1/2 marathon effort on trails					
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	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 0'45 at easy pace on trail if possible. Vary pace a bit if you can	Wed 12 Aug Easy run GE 1'05 at easy pace on trail if possible. Vary pace a bit if you can	Wed 19 Aug Recovery run RC 0'45 at very easy pace (you should feel better finishing than starting out)	Wed 26 Aug Recovery run RC 1'15 at very easy pace (you should feel better finishing than starting out)	Wed 2 Sep Recovery run RC 1'15 at very easy pace (you should feel better finishing than starting out)	Wed 9 Sep Recovery run RC 0'45 at very easy pace (you should feel better finishing than starting out)	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 0'40 at very easy pace (you should feel better finishing than starting out)					
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	Thu 30 Jul Intervals GS 1'00 with 5x 3' at HARD effort, 3' easy	Thu 6 Aug Alternations RS 0'45 with 5x (alternating 3' acceleration to MAX speed, 1' medium)	Thu 13 Aug Intervals RE 1'00 with 2x 15' at medium effort with 3' easy	Thu 20 Aug Easy run GE 0'45 at easy pace (ideally on trail)	Thu 27 Aug Fartlek SS 1'00 with 5x 6' fast relaxed, 3' easy	Thu 3 Sep Time trial SS 1'10 with 10 km at medium to HARD effort over trails (controlled: not all out!)	Thu 10 Sep Time trial SE 1'30 with 4x 15' at marathon effort to 1/2 marathon effort, 3' easy	Thu 17 Sep Hill sprints GS 0'45 easy run with 4x 10s uphill FAST, 2:50 jog recovery	Thu 24 Sep Strides GS 0'30 easy run with 2-4x 30s FAST, 3' jog recovery					
Fri 17 Jul Strides GS 0'30 with 10x 6s accelerations every 3'	Fri 24 Jul Easy run GE 0'30 at easy pace	Fri 31 Jul Recovery run RC 0'30 at very easy pace (you should feel better finishing than starting out)	Fri 7 Aug Recovery run RC 0'35 at very easy 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	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 0'45 at very easy 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 (you should feel better finishing than starting out)	Fri 18 Sep Time Trial RP 0'40 with 20' at race effort over trails	Fri 25 Sep RC extra rest day					
Sat 18 Jul Easy run GE 1'10 at easy pace (on trail if possible)	Sat 25 Jul Strides GS 1'00 with 10x 15s strides every 3' (10' wu and cd)	Sat 1 Aug Out & Back RE 1'10 with 30' OUT and 30' BACK at medium effort (10' easy wu/cd)	Sat 8 Aug Up & Down RE 1'15 with ~35' steady UPHILL, ~25' fast relaxed downhill (10' wu/cd)	Sat 15 Aug Out & Back RE 1'20 with 35' OUT and 35' BACK with 10' wu/cd	Sat 22 Aug Up & Down RE 1'30 with ~45' steady UPHILL, ~35' fast relaxed downhill	Sat 29 Aug Time trial SS 1'00 with 5 km medium to HARD effort over trails (controlled: not all out!)	Sat 5 Sep Easy run GE 1'30 at easy pace (on undulating trail - part of a 'back to back' long runs weekend)	Sat 12 Sep Strides GS 1'00 with 6x 15s relaxed strides, 3' easy	Sat 19 Sep Easy run MX 0'45 with 20' at varied paces and efforts	Sat 26 Sep RACE DAY RP 2'30 for 29 km 2.25 to 2.75 hours					
Sun 19 Jul Long run GE 2'00 at easy pace over hills with about 700-800m climb	Sun 26 Jul Long run GE 2'15 at easy pace over faster undulating terrain	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 1'20 at easy pace (on road or trail)	Sun 16 Aug Long run GE 3'00 very easy pace (run / hike over hilly terrain with at least 900m climb)	Sun 23 Aug Easy run GE 1'15 at easy pace (on a flat course)	Sun 30 Aug Long run SE 2'45 at easy effort on hills (goal: 24-26km with 900m climb)	Sun 6 Sep Long run SE 2'30 easy hills with 30' at race effort (goal: 24-27 km, 1000m climb)	Sun 13 Sep Long run SE 3'30 at easy and medium effort on hills (goal: 28-30km with 1100m climb)	Sun 20 Sep Long easy run GE 1'30 at very easy pace (no pushing - race ahead!)	Sun 27 Sep Recovery run RC 0'25 at easy pace or as walk if niggly					
Time 7'30 ~ Climb 750m ~km/week 95	Time 7'45 ~ Climb 800m ~km/week 99	Time 8'10 ~ Climb 900m ~km/week 104	Time 5'25 ~ Climb 400m ~km/week 69	Time 8'30 ~ Climb 1000m ~km/week 109	Time 5'30 ~ Climb 400m ~km/week 71	Time 8'30 ~ Climb 1100m ~km/week 110	Time 8'50 ~ Climb 1100m ~km/week 115	Time 9'00 ~ Climb 1200m ~km/week 118	Time 5'25 ~ Climb 300m ~km/week 71	Time 5'05 ~ Climb 1200m ~km/week 67					

↑ = '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