TRAINING PLAN FOR ECOTRAIL 29K (11 WEEKS, BEGINNER, 6 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 10' medium effort or fast walking up a very steep hill, walk/jog down rest	Tue 21 Jul — Hill reps ME — 0'45 with '2x 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 — 1'00 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 — 0'45 with 6-10x 30s FAST, 30s easy
Fri 17 Jul RC	Fri 24 Jul RC
Sat 18 Jul — Easy run GE — 1'00 at easy pace (on trail if possible)	Sat 25 Jul — Strides GS — 0'45 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 400m climb)	Sun 26 Jul — Long run GE — 2'15 very easy pace (run / hike over trail with at least least 500m climb)
Time 5'00	Time 5'30
~ Climb 400m	~ Climb 600m
~km/week 50	~km/week 55

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 — 0'50 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 — 0'50 with 4x (alternating 2' FAST 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 — 1'05 at easy pace on trail if possible. Vary pace a bit if you can
Thu 30 Jul — Fartlek MX — 0'50 with free mix of 'medium' and 'hard' paces 'as you feel'	Thu 6 Aug — Fartlek RS — 0'45 with 5x 3' at MEDIUM to HARD effort, 1' jog recovery — KEY!	Thu 13 Aug — Intervals RE — 1'00 2x 12' 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 — 1'00 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 — 1'00 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 600m climb)	Sun 9 Aug — Long easy run GE — 1'20 at easy pace (on road or trail)	Sun 16 Aug — Long run GE — 2'35 very easy pace (run / hike over hilly terrain with at least 700m climb) — KEY!
Time 6'00	Time 4'10	Time 6'30
~ Climb 700m	~ Climb 200m	~ Climb 800m
~km/week 61	~km/week 42	~km/week 66

PHASE 3: RACE-SPECIFIC TRAINING

Week 6	Week 7	Week 8	Week 9
Step back!	BUILD!	BUILD!	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 — 0'55 with 8-10' alternating 1' HARD uphill, 1' downhill	Tue 1 Sep — Hill sprints GS — 1'00 with 6x10s uphill on steep slope with 2:50 easy jog recovery	Tue 8 Sep — Hill reps RS — 1'00 with 5x 3' uphill at medium effort, 90s downhill jog — KEY!
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 — 1'00 at very easy pace (you should feel better finishing than starting out)	Wed 2 Sep — Easy run GE — 1'10 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)
Thu 20 Aug — Easy run GE — 0'40 at easy pace (ideally on trail)	Thu 27 Aug — Fartlek SS — 1'00 with 5-6x 3' fast relaxed, 1' easy jog recovery	Thu 3 Sep — Easy run GE — 0'45 at easy pace (ideally on trails with some varied pace)	Thu 10 Sep — Time trial SS — 1'00 with 30' at your planned race effort (about marathon effort) — KEY!
Fri 21 Aug RC	Fri 28 Aug RC	Fri 4 Sep RC	Fri 11 Sep RC
Sat 22 Aug — Up & Down RE — 1'00 with 5' warmup then ~30' medium uphill, ~20-25' fast relaxed downhill — KEY!	Sat 29 Aug — Out & Back RE — 1'00 with 20' OUT and 20' BACK medium effort with 5' wu	Sat 5 Sep — Easy run GE — 1'20 at easy pace (on trail if possible)	Sat 12 Sep — Strides GS — 0'45 with 6x 15s 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 — 2'35 easy hill run with 800-900m climb	Sun 6 Sep — Long run SE — 2'00 easy trail run on undulating trails	Sun 13 Sep — Long run SE — 3'00 easy hill run / hike with ~1000m climb — KEY!
Time 4'40	Time 6'30	Time 6'15	Time 6'30
~ Climb 300m	~ Climb 900m	~ Climb 500m	~ Climb 1100m
~km/week 47	~km/week 66	~km/week 64	~km/week 67

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 — 0'30 at very easy pace (you should feel better finishing than starting out)
Thu 17 Sep — Hill sprints GS — 0'45 easy run with 4x 10s uphill FAST, 2:50 jog recovery — Last work!	Thu 24 Sep — Strides GS — 0'30 easy run with 2-3x fast and fun 30s accelerations, 3' jog recovery
Fri 18 Sep RC	Fri 25 Sep RC
Sat 19 Sep — Easy run MX — 0'45 with 20' at varied paces and efforts	Sat 26 Sep — RACE DAY RP — 3'50 for 29 km (2.5 to 3.5 hours)
Sun 20 Sep — Long easy run GE — 1'30 at very easy pace (no pushing - race ahead!)	Sun 27 Sep RC
Time 4'45	Time 5'20
~ Climb 300m	~ Climb 1200m
~km/week 49	~km/week 55

= '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!