ECOTRAIL 45K (7 WEEKS, EXPERIENCED, 8 HRS AND 6-7 DAYS PER WEEK)

Our plans follow the 80/20 rule = 80% 'easy' and 20% 'effort' (faster than easy) each week

RACE-PRACTICE PERIOD | COMPETITION!

PHASE 3: RACE-SPECIFIC TRAINING | TAPER AND RACE

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
	BUILD!	BUILD!	step back!	BUILD!	BUILD!	Step back!	Sharpen!
Mon	Mon 10 Aug — Easy run (GE) — 0'30 at easy pace (flat terrain)	Mon 17 Aug — Recovery run (RC) — 0'35 at very easy pace (you should feel better by the end than starting out)	Mon 24 Aug — Recovery run (RC) — 0'30 at very easy pace (or walk if you feel you need it)	Mon 31 Aug — Recovery run (RC) — 0'40 at very easy pace (just stretching the legs)	Mon 7 Sep — Recovery run (RC) — 0'40 at very easy pace	Mon 14 Sep — (RC) — extra rest day	Mon 21 Sep — Strides (GS) — 0'30 with 6x 6s relaxed strides, 2:54 jog
Tue	Tue 11 Aug — Easy run (GE) — 0'45 at easy pace	Tue 18 Aug — Strides (GS) — 1'00 very easy pace with 6-8x 10s relaxed strides, 1:50 jog	Tue 25 Aug — Easy run (GE) — 1'00 at easy pace (ideally on trail)	Tue 1 Sep — Strides (GS) — 1'00 very easy pace with 10x 15s relaxed flat strides, 1:45 jog	Tue 8 Sep — Hill reps (SS) — 1'30 with 4x 10' steady grind up a steep slope, 5' jog down recovery — KEY!	Tue 15 Sep — Easy run (GE) — 0'45 at easy pace (on trail if possible)	Tue 22 Sep — Time Trial (SS) — 0'30 with 10' at marathon effort on trails
Wed	Wed 12 Aug — Intervals (RS) — 1'20 with 2x 20' steady 5' jog between each (10' wu, 10' cd) — KEY!	Wed 19 Aug — Hill reps (SS) — 1'10 with 3x 10' steady grind up a steep slope, 5' jog down recovery	Wed 26 Aug — Hill reps (GS) — 1'00 with 6x 3' uphill at hard effort, 90s downhill relaxed fast	Wed 2 Sep — Intervals (SS) — 1'20 with 2x 15' at medium effort, 5' jog (20' wu, 20' cd)	Wed 9 Sep — Recovery run (RC) — 1'10 at very easy pace	Wed 16 Sep — Fartlek (MX) — 1'00 with 3x (4' easy, 3' medium, 2' hard), 3' jog between sets. (12' wu, 12' cd)	Wed 23 Sep — Easy run (GE) — 0'40 at very easy pace (you should feel better finishing than starting out)
Thu	Thu 13 Aug — Easy run (GE) — 0'45 at easy pace	Thu 20 Aug — Easy run (GE) — 1'15 at easy pace (ideally on trail)	Thu 27 Aug — Easy run (GE) — 1'00 at easy pace (ideally on trail)	Thu 3 Sep — Easy run (GE) — 1'00 at easy pace (ideally on trail)	Thu 10 Sep — Easy run (GE) — 1'30 at easy pace (insert some medium effort if fresh)	Thu 17 Sep — Easy run (GE) — 1'00 at easy pace	Thu 24 Sep — Strides (GS) — 0'30 easy run with 2-4x 30s FAST, 3' jog recovery
Fri	Fri 14 Aug — (RC)	Fri 21 Aug — Easy run (GE) — 0'35 at easy pace	Fri 28 Aug — Easy run (GE) — 0'30 at easy pace	Fri 4 Sep — Easy run (GE) — 0'30 at easy pace	Fri 11 Sep — Strides (GS) — 0'30 very easy pace with 6-8x 10s relaxed strides, 1:50 jog	Fri 18 Sep — Hill sprints (GS) — 0'30 at easy pace with 6x 8s relaxed hill sprints, 2:52 jog between each	Fri 25 Sep — (RC) — extra rest day
Sat	Sat 15 Aug — Long run (SE) — 2'40 at easy effort over tough hills with some medium effort on climbs	Sat 22 Aug — Hill sprints (GS) — 1'00 at easy pace with 8x 8s relaxed hill sprints, 2:52 jog between each	Sat 29 Aug — Fartlek (GS) — 0'45 with 10x 6s fast accelerations, 2:54 easy run between each	Sat 5 Sep — Hill sprints (GS) — 1'00 at easy pace with 10x 6s relaxed hill sprints, 2:54 jog between each	Sat 12 Sep — Time trial (SS) — 1'00 at marathon effort (finish strong)	Sat 19 Sep — Alternations (SS) — 1'00 with 6x (1' at 5 to 10k effort, 4' at 1/2 marathon effort) — Last work!	Sat 26 Sep — RACE DAY (RP) — 5'30 or faster for the 45 km with 1600m climb
Sun	Sun 16 Aug — Long run (GE) — 2'00 at easy pace over undulating terrain	Sun 23 Aug — Long run (SE) — 3'00 to 3'30 easy hill run / hike (aim for about 28-32 km with 1000m climb, walk 10-20% if	Sun 30 Aug — Progression run (SS) — 1'45 at easy pace with steady acceleration from marathon to 5k effort over last 20'	Sun 6 Sep — Long run (SE) — 3'30 to 4'00 easy hill run / hike (aim for about 32-35 km with 1200m climb, walk 10-20% if	Sun 13 Sep — Long run (RP) — 2'30 at near race effort on trails and hills (walk some as you would in the race)	Sun 20 Sep — Long run (GE) — 1'30 at very easy pace (no pushing - race ahead!)	Sun 27 Sep — (RC) — go for a walk if possible
Time	8'00	8'35	6'30	9'00	8'50	5'45	7'40
~km/week	103	111	84	117	116	76	101

↑ = 'build fitness'   → = 'maintain fitness'   ↓ = 'rest and recover'

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

GE = General Endurance, RE = (Race)-Related Endurance, SE = (Race-Specific)-Endurance, RC = Recovery, MX = Mixed paces   GS = General Speed, RS = (Race)-Related Speed

wu = warm-up, cd = cooldown   1' = 1 min, 1s = 1 second, 1:50 = 1m50s   SS = (Race)-Specific Speed, RP = Race Pace, PW = Power, ME = Muscular Endurance