

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

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## RACE-PRACTICE PERIOD

### PHASE 3: RACE-SPECIFIC TRAINING

Week 1	Week 2	Week 3	Week 4	Week 5
<b>BUILD!</b>	<b>BUILD!</b>	<b>step back!</b>	<b>BUILD!</b>	<b>BUILD!</b>
<b>Mon 10 Aug</b> Easy run <span>GE</span> 0'30 at very easy pace (flat terrain)	<b>Mon 17 Aug</b> <span>RC</span>	<b>Mon 24 Aug</b> <span>RC</span> A walk is recommended	<b>Mon 31 Aug</b> <span>RC</span> A walk is recommended	<b>Mon 7 Sep</b> <span>RC</span> A walk is recommended!
<b>Tue 11 Aug</b> Easy run <span>GE</span> 0'45 at easy pace	<b>Tue 18 Aug</b> Strides <span>GS</span> 0'45 very easy pace with 6-8x 10s relaxed strides, 1:50 jog	<b>Tue 25 Aug</b> Easy run <span>GE</span> 1'00 at easy pace (ideally on trail)	<b>Tue 1 Sep</b> Strides <span>GS</span> 0'45 very easy pace with 6-8x 10s relaxed strides, 1:50 jog	<b>Tue 8 Sep</b> Easy run <span>GE</span> 1'00 at easy pace
<b>Wed 12 Aug</b> Fartlek <span>RS</span> 1'00 with 6x 6' at relaxed FAST effort, 3' jog	<b>Wed 19 Aug</b> Hill reps <span>SS</span> 1'00 with 3x 10' steady grind up a steep slope, 5' jog down recovery	<b>Wed 26 Aug</b> Hill reps <span>RS</span> 1'00 with 10x 3' uphill at moderate hard effort, 90s downhill relaxed fast	<b>Wed 2 Sep</b> Out & Back <span>SS</span> 1'00 at medium effort (a bit faster than marathon pace), run faster BACK than OUT	<b>Wed 9 Sep</b> Hill reps <span>SS</span> 1'30 with 4x 10' steady grind up a steep slope, 5' jog down recovery
<b>Thu 13 Aug</b> Easy run <span>GE</span> 0'45 at easy pace	<b>Thu 20 Aug</b> Easy run <span>GE</span> 1'00 at easy pace (ideally on trail)	<b>Thu 27 Aug</b> Easy run <span>GE</span> 1'00 at easy pace (ideally on trail)	<b>Thu 3 Sep</b> Easy run <span>GE</span> 0'45 at easy pace (ideally on trail)	<b>Thu 10 Sep</b> Easy run <span>GE</span> 1'00 at easy pace
<b>Fri 14 Aug</b> <span>RC</span>	<b>Fri 21 Aug</b> <span>RC</span>	<b>Fri 28 Aug</b> Recovery run <span>RC</span> 0'30 at very easy pace pace (you should feel better finishing than starting out)	<b>Fri 4 Sep</b> <span>RC</span> extra rest day	<b>Fri 11 Sep</b> Recovery run <span>RC</span> 0'40 at very easy pace pace (you should feel better finishing than starting out)
<b>Sat 15 Aug</b> Long run <span>SE</span> 3'00 at very easy pace over hills (back to back long runs this weekend)	<b>Sat 22 Aug</b> Hill sprints <span>GS</span> 0'45 at easy pace with 8x 8s relaxed hill sprints, 2:52 jog between each	<b>Sat 29 Aug</b> Strides <span>GS</span> 1'00 with 10x 15s relaxed strides, 2:45 jog between each	<b>Sat 5 Sep</b> Easy run <span>GE</span> 0'45 at easy pace (ideally on trail)	<b>Sat 12 Sep</b> Fartlek <span>GE</span> 1'00 at easy pace with 20' at varied efforts (as you please)
<b>Sun 16 Aug</b> Long run <span>GE</span> 2'00 to 2'30'' very easy over hills or on flat	<b>Sun 23 Aug</b> Long run <span>SE</span> 5'00 to 6'00 run / hike (slower than race pace, walk at least 25%)	<b>Sun 30 Aug</b> Long run <span>SS</span> 1'45 at easy pace with 2x 10' medium effort with 3' min easy in the middle of run	<b>Sun 6 Sep</b> Long run <span>SE</span> 7'00 to 8'00 run/hike (slower than race pace, walk 20-25%)	<b>Sun 13 Sep</b> Long run <span>RP</span> 2'30 at easy pace on flat fast trails
<b>Time</b> 8'00	<b>Time</b> 8'30	<b>Time</b> 6'15	<b>Time</b> 10'15	<b>Time</b> 7'40
<b>~km/week</b> 90	<b>~km/week</b> 96	<b>~km/week</b> 71	<b>~km/week</b> 117	<b>~km/week</b> 88

## COMPETITION!

### TAPER AND RACE

Week 6	Week 7
<b>Step back!</b>	<b>Sharpen!</b>
<b>Mon 14 Sep</b> <span>RC</span> extra rest day	<b>Mon 21 Sep</b> Strides <span>GS</span> 0'30 with 6x 6s relaxed strides, 2:54 jog
<b>Tue 15 Sep</b> Easy run <span>GE</span> 0'45 at easy pace (on trail if possible)	<b>Tue 22 Sep</b> Time Trial <span>SS</span> 0'30 with 10' at marathon effort on trails
<b>Wed 16 Sep</b> Recovery run <span>RC</span> 1'00 at very easy pace (you should feel better finishing than starting out)	<b>Wed 23 Sep</b> Recovery run <span>RC</span> 0'40 at very easy pace (you should feel better finishing than starting out)
<b>Thu 17 Sep</b> Easy run <span>GE</span> 1'00 at easy pace	<b>Thu 24 Sep</b> Strides <span>GS</span> 0'30 easy run with 2-4x 30s FAST, 3' jog recovery
<b>Fri 18 Sep</b> Hill sprints <span>GS</span> 0'30 at easy pace with 6x 8s relaxed hill sprints, 2:52 jog between each	<b>Fri 25 Sep</b> <span>RC</span> extra rest day
<b>Sat 19 Sep</b> Time Trial <span>RP</span> 1'00 with 40' at marathon effort over trails	<b>Sat 26 Sep</b> RACE DAY <span>RP</span> 12'00 for 80 km (10-11 hours with 2600m climb)
<b>Sun 20 Sep</b> Long easy run <span>GE</span> 1'30 at very easy pace (no pushing - race ahead!)	<b>Sun 27 Sep</b> <span>RC</span> go for a walk if possible
<b>Time</b> 5'45	<b>Time</b> 14'10
<b>~km/week</b> 66	<b>~km/week</b> 163

↑ = '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