

TRAIL WEEKEND TRAINING PLAN

We want all Running Adventures trail weekend attendees to have the best and most unforgettable time. Our weekends aren't about who is the fittest, fastest or most experienced, but about sharing awesome trails in the company of like minded people.

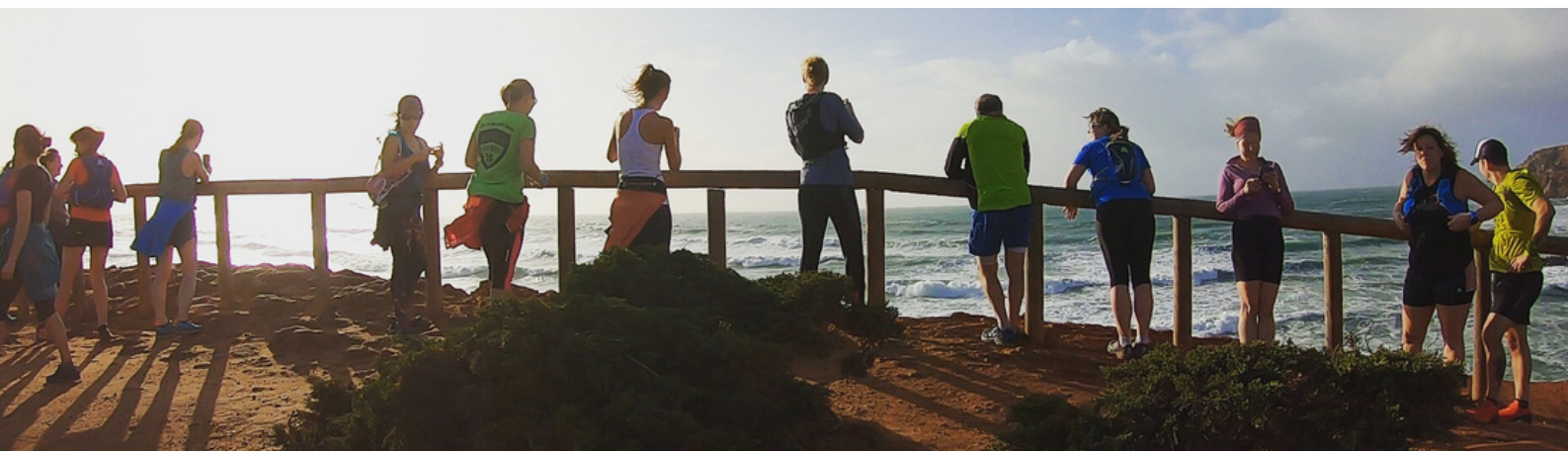
Having said that, the fitter you are, the more you will enjoy the trip. Please read on for a complimentary training plan to guide your prep for your upcoming weekend. It should at the very least, give you an idea of where you should be with your running for the weekend.

If you have any questions or concerns, please do not hesitate to [get in touch](#).

Matt @ Running Adventures.

FOLLOWING THE PLAN

- **The plan is in MILES!**
- **Amend the plan to suit YOU. Plan your time carefully, around other commitments, so you reduce the chance of missing sessions.**
- **Get onto trails as much as you can, especially for the long runs.**
- **For the 'Hilly run' and the 'Tempo run'... make sure you do at least 5 minutes of slow running before the session starts, to warm up, and 5 minutes at the end to cool down.**
- **For the 'Tempo run', run the distance stated at 80-90% effort level, this run should be hard!**
- **For the 'Hilly run'... think carefully about where you can go, feel free to do 'reps' up and down the same hill if it's easier for you, it all counts.**
- **Tick off each run as you go, it's very satisfying!**



Week Commencing	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Weekly Miles
Week 1		Hilly run	Comfortable pace	Tempo run		Easy pace (on trails)		
Distance Target		4	4	4		6		18
Other activity			Core session					
Distance Run								0
Pace								
Week 2		Hilly run	Comfortable pace	Tempo run		Easy pace (on trails)		
Distance Target		4	4	4		8		20
Other activity			Core session					
Distance Run								0
Pace								
Week 3		Hilly run	Comfortable pace	Tempo run		Easy pace (on trails)		
Distance Target		4	5	4		10		23
Other activity			Core session					
Distance Run								0
Pace								
Week 4		Hilly run	Comfortable pace	Tempo run		Easy pace (on trails)		
Distance Target		4	5	4		12		25
Other activity			Core session					
Distance Run								0
Pace								
Week 5		Hilly run	Comfortable pace	Tempo run		Easy pace (on trails)		
Distance Target		5	6	5		14		30
Other activity			Core session					
Distance Run								0
Pace								
Week 6		Hilly run		Tempo run		Easy pace (on trails)		
Distance Target		5		5		16		26
Other activity			Core session					
Distance Run								0
Pace								
Week 7 - RESTING		Easy pace		Easy pace		Easy pace (on trails)		
Distance Target		4		4		6		14
Other activity								
Distance Run								0
Pace								
Week 8		Hilly run	Comfortable pace	Tempo run		Easy pace (on trails)		
Distance Target		5	6	5		18		34
Other activity			Core session					
Distance Run								0
Pace								
Week 9		Hilly run	Comfortable pace	Tempo run		Easy pace (on trails)		
Distance Target		5	6	6		20		37
Other activity			Core session					
Distance Run								0
Pace								
Week 10		Hilly run	Comfortable pace	Tempo run		Easy pace (on trails)		
Distance Target		5	6	6		22		39
Other activity			Core session					
Distance Run								0
Pace								
Week 11		Comfortable pace		Comfortable pace		Easy pace (on trails)		
Distance Target		6		6		6		18
Other activity								
Distance Run								0
Pace								
Week 12		Easy pace						
Distance Target		4						4
Other activity								
Distance Run								0
Pace								

