



Utepils Trail Loppet 5K Training Plan

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aug 5	Week 1	Rest	Run 1 min Walk 1 min Repeat x10	Rest	Run 2 mins Walk 4 mins Repeat x5	Rest or cross train (bike, swim, paddle, rollerski)	Rest	Run 2 mins Hike 4 mins Repeat x5
Aug 12	Week 2	Rest	Run 3 mins Walk 3mins Repeat x4	Rest	Run 3 mins Walk 3 mins Repeat x4	Rest or cross train (bike, swim, paddle, rollerski)	Rest	Run 5 mins Hike 3 mins Repeat x3
Aug 19	Week 3	Rest	Run 7 mins Walk 7 mins Repeat x3	Rest	Run 8 mins Walk 2 mins Repeat x3	Rest or cross train (bike, swim, paddle, rollerski)	Rest	Run 8 mins Hike 2 mins Repeat x3
Aug 26	Week 4	Rest	Run 8 mins, Walk 2 mins Repeat x3	Rest	Run 10 mins Walk 2 mins Repeat x2 Run 5 mins	Rest or cross train (bike, swim, paddle, rollerski)	Rest	Run 8 mins Hike 2 mins Repeat x3
Sept 2	Week 5	Rest	Run 9 mins Walk 1 min Repeat x3	Rest	Run 12 mins Walk 2 mins Repeat x 2 Run 5 mins	Rest or cross train (bike, swim, paddle, rollerski)	Rest	Run 8 mins Hike 2 mins Repeat x3
Race Week!	Week 6	Rest	Run 15 mins Walk 1 min Repeat x2	Rest	Run 8 mins Walk 2 mins Repeat x3	Rest or cross train (bike, swim, paddle, rollerski)	Rest	3.!!

Optional Training Tips:

- Do a hill workout every other week, like 10 hills x 1 minute.
- Incorporate injury prevention strength training and stretching.
- Run on trails at least once a week.
- Consider joining free trail running training groups like PRG on Tuesday nights and Theo Loopers on Saturday mornings.

Replace Sunday hike with cross-training for variety.

**Race Day:
Sunday, September 15**

