



CITY TRAIL LOPPET

10 MILE HIGH INTENSITY TRAINING PLAN



		MONDAY	TUESDAY (ALWAYS INCLUDE A GOOD WARM UP & COOL DOWN)	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MARCH 10	WEEK 1	REST OR CROSS TRAIN	6X 800M, 90 SEC RECOVERY	3 MILES EASY	1 MILE EASY, 4 MILES @ TEMPO, 1 MILE EASY	REST	6 MILES EASY	3 MILES EASY
MARCH 17	WEEK 2	REST OR CROSS TRAIN	6X 400M, 90 SEC RECOVERY 2:30MIN RECOVERY BETWEEN SETS 6X 400M, 90 SEC RECOVERY	3 MILES EASY	1 MILE EASY, 2 MILES @ TEMPO, 1 MILE EASY, 2 MILES @ TEMPO, 1 MILE EASY	REST	6 MILES BUILDING TO A STRONG PACE	3 MILES EASY
MARCH 24	WEEK 3	REST OR CROSS TRAIN	2X 1600M 2X 800M, 2 MIN RECOVERY	3 MILES EASY	1 MILE EASY, 5 MILES @ TEMPO, 1 MILE EASY	REST	6 MILES BUILDING TO A STRONG PACE	3 MILES EASY
MARCH 31	WEEK 4	REST OR CROSS TRAIN	4X 1200M, 2 MIN RECOVERY	3 MILES EASY	1 MILE EASY, 6 MILES @ TEMPO, 1 MILE EASY	REST	8 MILES BUILDING TO A STRONG PACE	3 MILES EASY
APR 7	WEEK 5	REST OR CROSS TRAIN	1X 1000M, 1X 2000M, 2X 1000M, ALL 400M RECOVERY	4 MILES EASY	1 MILE EASY, 5 MILES @ TEMPO, 1 MILE EASY	REST	10 MILES BUILDING TO TARGET RACE PACE	4 MILES EASY
APR 14	WEEK 6	REST OR CROSS TRAIN	3X 1600M, 400M RECOVERY	4 MILES EASY	6 MILES EASY	REST	8 MILES BUILDING TO TARGET RACE PACE	4 MILES EASY
APR 21	WEEK 7	REST OR CROSS TRAIN	10X 400M, 400M RECOVERY	6 MILES EASY	1 MILE EASY, 5 MILES @ TEMPO, 1 MILE EASY	REST	12 MILES BUILDING TO TARGET RACE PACE	6 MILES EASY
APR 28	WEEK 8	REST OR CROSS TRAIN	2X 1200M, 2 MIN RECOVERY + 4X 800M, 2 MIN RECOVERY	6 MILES EASY	1 MILE EASY, 5 MILES @ TEMPO, 1 MILE EASY	REST	8 MILES BUILDING TO TARGET RACE PACE	6 MILES EASY
MAY 5	WEEK 9	REST OR CROSS TRAIN	5X 1000M, 400M RECOVERY	5 MILES EASY	2 MILES EASY, 3 MILES @ TEMPO, 1 MILE EASY	REST	6 MILES BUILDING TO TARGET RACE PACE	5 MILES EASY
RACE WEEK!	WEEK 10	REST	6X 400M, 400M RECOVERY	3 MILES EASY	6 MILES EASY, 10 SHORT SPRINTS	REST	3 MILES EASY	10!

TRAINING TIPS

- This training plan is meant for people who have some base mileage already logged - always listen to your body and rest when needed while following high intensity plans
- Tempo pace is moderate to hard running pace just below your race pace. Try to do your tempo runs on trails. If you like hills, replace one of the Tuesday interval workouts with a hill workout.
- Make sure you dedicate time after high intensity workouts to stretch and use a foam roller if you have one
- Theo Loopers is a free trail running group that meets weekly, 8am Saturday at The Trailhead
- Make an effort to do some injury prevention strength exercises - core & glute attention is key!