

EcoTrail Wicklow 80K Training Plan (24 Weeks)

Here is a generic 24-week training plan for the 80 km EcoTrail Wicklow, built using the Running Coach Ireland methodology.

It assumes:

- You train 6 days/week, starting from a 5–6 hour weekly load
- You're comfortable with 2.5-hour long runs
- You'll build to 8–10 hour peak weeks
- Training evolves from Fundamental → General → Related → Specific → Competitive → Transition
- All efforts are based on RPE, not pace or HR

Overall Periodisation Structure

Phase	Weeks	Weekly Hours (approx.)	Focus Areas
Fundamental	1–3	5–6	Re-establish rhythm, rebuild consistency
General	4–9	6–7	Base endurance, basic leg speed, hilly aerobic
Related	10–14	7–8	Extended long runs, moderate terrain specificity
Specific	15–19	8–10	Race terrain, back-to-backs, fatigue resistance
Competitive	20–23	6–8 (taper)	Sharpening, micro-dose stimulus, tapering
Transition	24	<3	Active recovery, reflection, next goal setup

Overview:

- **Goal:** Prepare for EcoTrail Wicklow 80 km
 - **Assumes:** 6 runs/week, 5–6 hours starting volume, 2.5h long run capacity
 - Builds 8–10 hour peak weeksto:
 - **Intensity:** Based on RPE (feel), not pace or HR
 - **Terrain:** Mixed trail, technical, hill strength essential
 - **Periodisation:** Fundamental > General > Related > Specific > Competitive > Transition
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WEEKLY TEMPLATE PLAN (Weeks 1–24)

Each week below follows a logical structure:

- Mon: Rest or Reboot
- Tue–Fri: Key quality sessions & support runs
- Sat–Sun: Long or back-to-back trail efforts
- Step-back weeks every 2–4 weeks

Intensity is guided by RPE and terrain-specific effort.

Each week also includes milestone guidance to help you track readiness and identify if you're prepared to jump in mid-plan.

Week 1 – "Ease In" Volume: ~5.5h

Focus: Re-establish rhythm, reinforce habit

Milestone: Comfortable with 2.5h long run, regular running habit

Day	Session	Details
Mon	Rest	Full rest
Tue	Endure Run	60 min easy (flat trails), 4 x 15s strides
Wed	Hills & Drills	45 min hilly aerobic (Zone 1/2) + drills (skip, bound)
Thu	Recovery Jog	30–40 min soft surface jog
Fri	Aerobic Prime	3 x 10 min (RPE 3) on flat path, 2 min jog rec
Sat	Easy Trail	75 min undulating trail run (Zone 1)
Sun	Long Run	2.5h moderate terrain (RPE 2–3)

Week 2 – "Foundations + Vertical" Volume: ~6h

Focus: Leg durability + aerobic consistency

Milestone: Settling into weekly rhythm, consistent 3h/week base

Day	Session	Details
Mon	Rest	Full rest
Tue	Hill Circuits	60 min w/ 6 x 1 min hill surges @ RPE 5, jog down
Wed	Endure	70 min steady aerobic (Zone 1–2)
Thu	Reboot + Mobility	30 min jog + mobility circuit (glutes, ankles)
Fri	Tempo Intro	2 x 15 min steady effort (Zone 3), 3 min jog rec
Sat	Easy Run	60 min flat recovery (Zone 1)
Sun	Long Trail	3h mix of runnable trail + 15 min tempo finish

Week 3 – "Step-Back Week" Volume: ~4.5h

Focus: Refresh and consolidate

Milestone: Low fatigue, motivated to build

Day	Session	Details
Mon	Rest	Full rest
Tue	Strides Day	45 min aerobic w/ 5 x 20s strides
Wed	Trail Jog	50 min recovery, low vert
Thu	Short Aerobic	30 min jog + mobility drills
Fri	Light Progression	40 min progressing from RPE 2 to 4
Sat	OFF or Walk	Optional easy hike
Sun	Long Run	2h easy forest trail jog

Week 4 – "Build and Steepen" Volume: ~7h

Focus: Strength + vertical adaptation

Milestone: Ready for steep ME-style effort, improving stride strength

Day	Session	Details
Mon	Rest	Full rest
Tue	ME Hill Repeats	5 x 3 min @ 20–25% hill hike effort (Zone 4), walk down
Wed	Endure	75 min steady trail run
Thu	Drills + Jog	45 min jog + drills (skip/bound/strides)
Fri	Tempo Terrain	3 x 10 min uphill/downhill alternation @ RPE 4–5
Sat	Easy Trail	90 min Zone 1 with poles
Sun	Long Run	3.5h on Wicklow-style terrain, carry full race pack

Week 5 – "Recovery & Absorption" Volume: ~5.5h

Focus: Allow body to adapt, step back

Milestone: Feeling fresh again midweek

Day	Session	Details
Mon	Rest	Full rest
Tue	Light Progression	40 min from RPE 2 to 4
Wed	Aerobic Refresh	50 min jog
Thu	OFF or Reboot	Light yoga or walk
Fri	Fartlek	10 x 1 min on/1 min off @ RPE 5
Sat	Easy Run	60 min aerobic jog
Sun	Long Run	2.5h easy on varied terrain

Week 6 – "Big Weekend #1" Volume: ~8h

Focus: First full back-to-back

Milestone: Handle two long days, test nutrition and recovery

Day	Session	Details
Mon	Rest	Full rest
Tue	Hill Power	6 x 90s uphill surges (RPE 6–7) w/ jog down recovery
Wed	Easy Jog	60 min recovery jog
Thu	Steady Aerobic	60 min with terrain variation (Zone 2)
Fri	OFF or Mobility	Short 20–30 min walk + foam roll
Sat	Long Trail	3h moderate terrain, hiking segments included
Sun	Long Run	2.5h steady with gear/nutrition rehearsal

Week 7 – “Recovery & Regroup” Volume: ~5.5h

Focus: Mental and physical regeneration

Milestone: Minimal residual fatigue from previous week

Day	Session	Details
Mon	Rest	Full rest
Tue	Aerobic Maintenance	45 min relaxed + 4 x 20s strides
Wed	Trail Jog	60 min easy singletrack
Thu	Reboot	Walk or mobility work
Fri	Tempo Fartlek	6 x 3 min @ RPE 5, 90s jog
Sat	Easy Trail	60 min aerobic cruise
Sun	Long Run	2h easy, soft trails only

Week 8 – “Muscle & Motion” Volume: ~8h

Focus: Strength + specificity

Milestone: Ready for harder hill efforts and 3.5h runs

Day	Session	Details
Mon	Rest	Full rest
Tue	ME Repeats	6 x 3 min steep hike @ 20–25%, full recovery
Wed	Easy Jog	60 min recovery
Thu	Endure Run	75 min steady state (RPE 3)
Fri	Hill Tempo	2 x 15 min uphill at RPE 4–5, downhill recovery
Sat	Easy Run	90 min terrain jog
Sun	Long Run	3.5h with poles, carry full kit, practice nutrition

Week 9 – “Step Back & Refresh” Volume: ~5.5h

Focus: Taper from peak effort

Milestone: Signs of strength retention with low volume

Day	Session	Details
Mon	Rest	Full rest
Tue	Short Fartlek	10 x 1 min @ RPE 4–5 w/ 1 min jog
Wed	Easy Trail	45 min gentle undulating trail jog
Thu	Reboot	Walk or swim day
Fri	Jog & Strides	40 min aerobic + 4 x 20s strides
Sat	OFF or Easy	45–60 min flat jog
Sun	Long Run	2.5h aerobic (Zone 1–2)

Week 13 – “Hill Efficiency Week”

Volume: ~7h

Focus: Hill rhythm, economy, recovery

Day	Session	Details
Mon	Rest	Full rest
Tue	Hill Sprints	10 x 8s uphill @ max effort (full walk down)
Wed	Easy Run	60 min aerobic jog
Thu	Aerobic Prime	3 x 12 min steady climbing (RPE 3), jog down
Fri	OFF or easy walk	Optional 20–30 min reboot
Sat	Easy Trail	90 min undulating terrain
Sun	Long Run	3h with final 30 min sustained uphill push (RPE 4)

Week 14 – “Big Weekend #2”

Volume: ~9.5h

Focus: Back-to-back with technical terrain

Day	Session	Details
Mon	Rest	Full rest
Tue	ME Circuit	5 x 5 min hike-run-hike alternations on steep slope
Wed	Recovery Jog	50 min, flat surface
Thu	Steady Run	75 min aerobic, focus on posture
Fri	OFF or 20 min shakeout	Easy movement only
Sat	Long Trail	4h technical route with fueling and poles
Sun	Back-to-Back	3h on soft, runnable trails

Week 15 – “Recovery & Refresh”

Volume: ~6h

Day	Session	Details
Mon	Rest	Full rest
Tue	Short Fartlek	8 x 2 min @ RPE 5, 2 min jog
Wed	Trail Jog	45 min smooth path
Thu	Endure Run	60 min steady (RPE 3)
Fri	OFF	Full recovery
Sat	Easy Run	75 min
Sun	Long Run	2.5h aerobic with some hiking sections

Week 16 – “Key Simulation #2”

Volume: ~10h

Focus: Ultra-specific terrain and duration

Day	Session	Details
Mon	Rest	Full rest
Tue	Hill Repeats	4 x 5 min uphill tempo (RPE 5), jog down
Wed	Easy Trail	60 min recovery
Thu	Terrain Tempo	3 x 15 min on rolling terrain @ RPE 4–5
Fri	OFF	Full rest
Sat	Long Trail	4.5h race nutrition, elevation match to course
Sun	Long Run	3.5h tired legs run, mostly hiking terrain

Week 17 – “Step-Back and Recover”

Volume: ~6h

Day	Session	Details
Mon	Rest	Full rest
Tue	Short Hills	6 x 1 min uphill strides
Wed	Easy Jog	50 min aerobic jog
Thu	Reboot	Mobility session only
Fri	Aerobic Run	60 min, no watch, relaxed effort
Sat	Easy Trail	60–75 min soft terrain
Sun	Long Run	2.5h aerobic with 20 min strong finish

Week 18 – “Big Weekend #3”

Volume: ~10h

Focus: Peak volume, terrain and mental test

Day	Session	Details
Mon	Rest	Full rest
Tue	ME Blended	6 x 4 min climb @ RPE 5, steady downhill return
Wed	Jog & Mobility	45 min + foam roll
Thu	Steady Hills	90 min moderate climb/descent effort
Fri	OFF	Rest and prepare
Sat	Long Trail	5h technical terrain, full race test (gear + fuel)
Sun	Long Run	3h back-to-back, include 30 min climb mid-run

Week 19 – “Absorb the Load”

Volume: ~5.5h

Day	Session	Details
Mon	Rest	Full rest
Tue	Light Fartlek	6 x 2 min on/2 min off
Wed	Trail Jog	60 min
Thu	Recovery	Walk, swim or cycle only
Fri	Endure Jog	45 min Zone 1–2
Sat	Easy Trail	60–75 min soft terrain
Sun	Long Run	2h relaxed cruise only

Week 20 – “Final Load”

Volume: ~8.5h

Focus: Last big session

Day	Session	Details
Mon	Rest	Full rest
Tue	Hill Sprints	8 x 10s max uphill
Wed	Tempo Aerobic	3 x 12 min @ RPE 4, varied terrain
Thu	Reboot	30 min jog + light drills
Fri	OFF	Rest
Sat	Long Run	3.5h moderate pace
Sun	Long Run	2.5h sustained pace on race terrain if possible

Week 21 – “Taper Week 1”

Volume: ~6h

Day	Session	Details
Mon	Rest	Full rest
Tue	Jog + Strides	45 min + 4 x 20s strides
Wed	Trail Jog	60 min
Thu	Easy Run	40 min
Fri	OFF	Rest
Sat	Easy Trail	60–75 min
Sun	Long Run	2.5h at RPE 2

Week 22 – “Taper Week 2”

Volume: ~4h

Day	Session	Details
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Mon	Rest	Full rest
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Tue	Aerobic Jog	40 min flat
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Wed	Short Hills	5 x 30s smooth uphill
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Thu	Easy Jog	30 min
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Fri	OFF	Total rest
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Sat	30 min jog	Short shakeout
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Sun	OFF	Full rest or optional short walk
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Week 23 – Race Week

Volume: 2–3h + Race

Day	Session	Details
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Mon	Rest	Total rest
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Tue	Jog + Strides	30 min + 3 strides
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Wed	OFF	Travel or rest
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Thu	Easy Jog	20–30 min
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Fri	OFF	Rest & gear prep
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Sat	RACE DAY	EcoTrail Wicklow 80K
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Sun	OFF	Full rest
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Week 24 – Transition Week

Volume: ~2–3h

Day	Session	Details
Mon	Rest	Full rest
Tue	Walk or swim	Optional 30 min
Wed	Jog	30 min shuffle
Thu	Walk or hike	Easy hike
Fri	OFF	Rest
Sat	Easy Jog	30 min if desired
Sun	Reflection	Debrief, journal, sleep in

Plan complete. Happy trails!

Crafted by Running Coach Ireland using timeless and modern principles for sustainable ultra success.

Coaching Notes

- Weekly structure can flex based on terrain access and life context
 - RPE governs all training—aim for 2–4 on most runs, blend 5–6 selectively
 - Every 4th week: reduce volume by ~30% (step-back week)
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Jumping Into the Plan: Milestones Check

If you're starting with <24 weeks to race day, match your starting point to these key criteria:

If You Have...	Jump to Week
Can run 2.5h long runs weekly	Week 1–3
Can run 3h+ and do 3 quality runs/week	Week 4–9
Have completed 3h+ long run + 1 B2B	Week 10–14
Have done 4h+ long run + 2 B2B weekends	Week 15–19
Taper-ready with gear/nutrition practiced	Week 20

If entering late, avoid back-loading missed volume. Prioritise long runs, terrain specificity, and consistency. Always allow a 3-week taper minimum. **Note:**

Tips for Success:

- Run to feel: RPE is your best ultra tool
- Fuel from hour 1 on long runs (every 20–40 min)
- Keep a training journal
- Listen to fatigue: rest days are investments

Happy Trails!

Plan by Running Coach Ireland. Designed for adaptation and sustainability.