



# TRAINING PLAN FOR ECOTRAIL 29K (11 WEEKS, INTERMEDIATE, 6.5 HOURS AND 5 DAYS PER WEEK)



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

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BASE PERIOD	
PHASE 1: GENERAL TRAINING	
Week 1	Week 2
BUILD!	BUILD!
Mon 13 Jul RC	Mon 20 Jul RC
Tue 14 Jul Hill sprints GS	Tue 21 Jul Hill reps ME
1'00 with 10x 8s hill sprints up a 10-15% slope, 2:52 jog recovery	1'00 with 2x 10' medium effort up a very steep hill, jog down recovery
Wed 15 Jul Easy run GE	Wed 22 Jul Easy run GE
1'00 at easy pace on trail if possible. Vary pace a bit if you can	1'00 at easy pace on trail if possible. Vary pace a bit if you can
Thu 16 Jul Intervals RS	Thu 23 Jul Intervals RS
1'00 with 10-12' of 30s HARD, 30s easy	1'00 with 20' of 1' HARD, 1' easy
Fri 17 Jul RC	Fri 24 Jul RC
Sat 18 Jul Out & Back RE	Sat 25 Jul Strides GS
1'00 with 20' OUT and 20' BACK at medium effort (20' easy wu/cd)	1'00 with 10x 15s strides every 3' (10' wu and cd)
Sun 19 Jul Long run GE	Sun 26 Jul Long run GE
2'00 at easy pace over hills with about 700-800m climb	2'20 at easy pace over faster undulating terrain
<b>Time</b> 6'00	<b>Time</b> 6'20
<b>~ Climb</b> 800m	<b>~ Climb</b> 800m
<b>~km/week</b> 72	<b>~km/week</b> 77

RACE PRACTICE PERIOD		
PHASE 2: RACE-RELATED TRAINING		
Week 3	Week 4	Week 5
BUILD!	Step Back!	BUILD!
Mon 27 Jul RC	Mon 3 Aug RC	Mon 10 Aug RC
Tue 28 Jul Hill reps ME	Tue 4 Aug Hill sprints GS	Tue 11 Aug Hill circuits RS
1'10 with 3x 10' hill sprints up a 10-15% slope, 2:50 jog recovery	0'45 with 8x 10s hill sprints up a 10-15% slope, 2:50 jog recovery	1'00 with 2 circuits of ~3' steady uphill, ~2' flat jog, ~2' FAST down, ~3' flat jog
KEY!		
Wed 29 Jul Easy run GE	Wed 5 Aug Easy run GE	Wed 12 Aug Easy run GE
1'00 at easy pace on trail if possible. Vary pace a bit if you can	1'00 at easy pace on trail if possible. Vary pace a bit if you can	1'05 at easy pace on trail if possible. Vary pace a bit if you can
Thu 30 Jul Intervals RS	Thu 6 Aug Alternations RS	Thu 13 Aug Intervals RE
1'00 with 5x 3' at HARD effort, 3' easy	0'45 with 5x (alternating 3' acceleration to MAX speed, 1' medium)	1'00 with 2x 12' at medium effort with 3' easy
Fri 31 Jul RC	Fri 7 Aug RC	Fri 14 Aug RC
Sat 1 Aug Out & Back RE	Sat 8 Aug Up & Down RE	Sat 15 Aug Out & Back RE
1'10 with 30' OUT and 30' BACK at medium effort (10' easy wu/cd)	1'00 with 25' UP medium effort, ~20' DOWN fast relaxed	1'00 with 30' OUT and 30' BACK at medium effort
Sun 2 Aug Long run GE	Sun 9 Aug Long easy run GE	Sun 16 Aug Long run GE
2'30 very easy pace (run / hike over hilly terrain with at least 600m climb)	1'30 at easy pace (on road or trail)	3'00 very easy pace (run / hike over hilly terrain with at least 900m climb)
<b>Time</b> 6'50	<b>Time</b> 5'00	<b>Time</b> 7'05
<b>~ Climb</b> 900m	<b>~ Climb</b> 400m	<b>~ Climb</b> 1000m
<b>~km/week</b> 83	<b>~km/week</b> 61	<b>~km/week</b> 86

RACE PRACTICE PERIOD			
PHASE 3: RACE-SPECIFIC TRAINING			
Week 6	Week 7	Week 8	Week 9
Step back!	BUILD!	BUILD!	BUILD!
Mon 17 Aug RC	Mon 24 Aug RC	Mon 31 Aug RC	Mon 7 Sep RC
Tue 18 Aug Hill sprints GS	Tue 25 Aug Hill reps RS	Tue 1 Sep Hill circuits RS	Tue 8 Sep Hill reps RS
0'45 with 10x 15s uphill HARD, 3' jog down recovery	1'00 with 10' of alternating 1' HARD uphill, 1' downhill	1'00 with 3 circuits of ~3' steady uphill, ~2' flat jog, ~2' FAST down, ~3' flat jog	1'00 with 5x 3' uphill at medium effort, 90s downhill jog
KEY!			KEY!
Wed 19 Aug Recovery run RC	Wed 26 Aug Recovery run RC	Wed 2 Sep Recovery run RC	Wed 9 Sep Recovery run RC
0'45 at very easy pace (you should feel better finishing than starting out)	0'45 at very easy pace (you should feel better finishing than starting out)	1'00 at very easy pace (you should feel better finishing than starting out)	1'00 at very easy pace (you should feel better finishing than starting out)
Thu 20 Aug Easy run GE	Thu 27 Aug Fartlek SS	Thu 3 Sep Intervals SS	Thu 10 Sep Alternations SE
1'00 at easy pace (ideally on trail)	1'00 with 4x 5' fast relaxed, 2' easy	1'10 with 3x 10' medium effort, 2' easy	1'00 with 5x 5' medium, 1' HARD
Fri 21 Aug RC	Fri 28 Aug RC	Fri 4 Sep Recovery run RC	Fri 11 Sep Recovery run RC
		0'30 at very easy pace (extra training day this week)	0'30 at very easy pace (extra training day this week)
Sat 22 Aug Up & Down RE	Sat 29 Aug Time trial SS	Sat 5 Sep Easy run GE	Sat 12 Sep Strides GS
1'00 with 30' UP medium effort, ~25' DOWN fast relaxed	1'00 with 20' at medium-hard effort	1'30 at easy pace (on undulating trail - part of a 'back to back' long runs weekend)	1'00 with 6x 15s relaxed strides, 3' easy
KEY!			KEY!
Sun 23 Aug Easy run GE	Sun 30 Aug Long run SE	Sun 6 Sep Long run SE	Sun 13 Sep Long run SE
1'45 at easy pace (on a flat course)	3'30 very easy pace (run with some hiking over hilly terrain with at least 1000m climb)	2'15 easy hills with (goal: 22-24 km, 800m climb)	2'45 at easy effort on hills (goal: 27-29 km with 1100m climb)
<b>Time</b> 5'15	<b>Time</b> 7'15	<b>Time</b> 7'25	<b>Time</b> 7'15
<b>~ Climb</b> 400m	<b>~ Climb</b> 1100m	<b>~ Climb</b> 1000m	<b>~ Climb</b> 1200m
<b>~km/week</b> 64	<b>~km/week</b> 89	<b>~km/week</b> 91	<b>~km/week</b> 90

COMPETITION!	
TAPER AND RACE	
Week 10	Week 11
Step back!	Sharpen!
Mon 14 Sep RC	Mon 21 Sep RC
Tue 15 Sep Easy run GE	Tue 22 Sep Time Trial RP
0'45 at easy pace (on trail if possible)	0'30 with 10' at marathon effort on trails
Wed 16 Sep Recovery run RC	Wed 23 Sep Recovery run RC
1'00 at very easy pace (you should feel better finishing than starting out)	0'30 at very easy pace (you should feel better finishing than starting out)
Thu 17 Sep Hill sprints GS	Thu 24 Sep Strides GS
0'45 easy run with 4x 10s uphill FAST, 2:50 jog recovery	0'30 easy run with 2-4x 30s FAST, 3' jog recovery
Fri 18 Sep RC	Fri 25 Sep RC
Sat 19 Sep Easy run MX	Sat 26 Sep RACE DAY RP
0'45 with 20' at varied paces and efforts	3'00 for 29 km (2.5 to 3.5 hours)
KEY!	KEY!
Sun 20 Sep Long easy run GE	Sun 27 Sep RC
1'20 at very easy pace (no pushing - race ahead!)	
<b>Time</b> 4'35	<b>Time</b> 4'30
<b>~ Climb</b> 300m	<b>~ Climb</b> 1200m
<b>~km/week</b> 57	<b>~km/week</b> 56

Slower than race pace
Close to race pace
Faster than race pace

wu = warm-up, cd = cooldown      1' = 1 min, 1s = 1 second, 1:50 = 1m50s

↑ = 'build fitness'     
 → = 'maintain fitness'     
 ↓ = 'rest and recover'

GE = General Endurance, RE = (Race)-Related Endurance, SE = (Race)-Specific-Endurance, RC = Recovery, MX = Mixed paces

GS = General Speed, RS = (Race)-Related Speed, SS = (Race)-Specific Speed, RP = Race Pace, PW = Power, ME = Muscular Endurance

KEY! = A key workout. Prioritise

LAST WORK! = Your work's done now!