

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

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| RACE-PRACTICE PERIOD  |  |   |   |   | COMPETITION!  |  |
|---|--|---|---|---|---|--|
| PHASE 3: RACE-SPECIFIC TRAINING   |  |   |   |   | TAPER AND RACE  |  |
| Week 1  | Week 2   | Week 3  | Week 4  | Week 5  | Week 6  | Week 7   |
| <b>BUILD!</b>   | <b>BUILD!</b>  | <b>step back!</b>   | <b>BUILD!</b>   | <b>BUILD!</b>   | <b>Step back!</b>   | <b>Sharpen!</b>  |
| Mon 10 Aug<br>RC  | Mon 17 Aug<br>RC   | Mon 24 Aug<br>RC<br>A walk is recommended   | Mon 31 Aug<br>RC<br>A walk is recommended   | Mon 7 Sep<br>RC<br>A walk is recommended!   | Mon 14 Sep<br>RC  | Mon 21 Sep<br>GS<br>0'30 with 6x 6s relaxed strides, 2:54 jog  |
| Tue 11 Aug<br>Easy run GE<br>0'45 at easy pace  | Tue 18 Aug<br>Strides GS<br>1'00 very easy pace with 8-10x 10s relaxed strides, 1:50 jog                       | Tue 25 Aug<br>Easy run GE<br>1'00 at easy pace (ideally on trail)   | Tue 1 Sep<br>Strides GS<br>1'00 very easy pace with 6-8x 10s relaxed strides, 1:50 jog                                      | Tue 8 Sep<br>Easy run GE<br>1'00 at easy pace   | Tue 15 Sep<br>Easy run GE<br>1'00 at easy pace (on trail if possible)   | Tue 22 Sep<br>Time Trial SS<br>0'30 with 10' at marathon effort on trails                                    |
| Wed 12 Aug<br>Alternations RS<br>1'00 of 5x 1' HARD effort with 3' medium effort recovery (20' wu, 20' cd)          | Wed 19 Aug<br>Hill reps SS<br>1'15 with 2x 8-10' steady grind up a steep slope, jog down recovery              | Wed 26 Aug<br>Hill reps RS<br>1'00 with 5x 3' at medium to hard uphill effort, ~2-3' jog down recovery<br><b>KEY!</b> | Wed 2 Sep<br>Out & Back SS<br>1'00 at medium effort (a bit faster than marathon pace), run faster BACK than OUT             | Wed 9 Sep<br>Hill reps SS<br>1'20 with 2-3x 10' steady grind up a steep slope, jog down recovery<br><b>KEY!</b> | Wed 16 Sep<br>Hill sprints GS<br>0'45 at easy pace with 8-10x 8s relaxed hill sprints, 2:52 jog between each        | Wed 23 Sep<br>Recovery run RC<br>0'40 at very easy pace (you should feel better finishing than starting out) |
| Thu 13 Aug<br>Easy run GE<br>0'45 at easy pace  | Thu 20 Aug<br>Easy run GE<br>1'00 at easy pace (ideally on trail)  | Thu 27 Aug<br>Easy run GE<br>1'00 at easy pace (ideally on trail)   | Thu 3 Sep<br>Easy run GE<br>1'10 at easy pace (ideally on trail)  | Thu 10 Sep<br>Easy run GE<br>1'00 at easy pace  | Thu 17 Sep<br>Easy run GE<br>0'45 at easy pace (on trail if possible)   | Thu 24 Sep<br>Strides GS<br>0'30 easy run with 2-4x 30s FAST, 3' jog recovery                                |
| Fri 14 Aug<br>RC  | Fri 21 Aug<br>RC   | Fri 28 Aug<br>RC  | Fri 4 Sep<br>RC   | Fri 11 Sep<br>RC  | Fri 18 Sep<br>RC  | Fri 25 Sep<br>RC<br>extra rest day   |
| Sat 15 Aug<br>Long run SE<br>2'45 to 3'00 easy run over hills (back to back long runs this weekend). Hike as needed | Sat 22 Aug<br>Fartlek GE<br>1'00 at varied paces on trail - but overall easy                                   | Sat 29 Aug<br>Strides GS<br>1'00 with 10x 15s relaxed strides, 2:45 jog between each                                  | Sat 5 Sep<br>Easy run GE<br>0'45 at easy pace (ideally on trail)  | Sat 12 Sep<br>Up & Down RP<br>1'00 with 35' medium uphill effort, 20-25' fast relaxed DOWN<br><b>KEY!</b>       | Sat 19 Sep<br>Out & Back RP<br>1'00 with 40' steady (~10% slower than marathon pace). 2nd half faster<br>Last work! | Sat 26 Sep<br>RACE DAY RP<br>5'30 to 7'30 for the 45 km with 1600m climb                                     |
| Sun 16 Aug<br>Long run GE<br>2'00 to 2'30 very easy over hills or on flat (hike 20-25%)                             | Sun 23 Aug<br>Long run SE<br>3'00 to 4'00 at easy hill run / hike (aim for 27-29k with 1000m climb, hike ~20%) | Sun 30 Aug<br>Long run SS<br>1'30 at easy pace over flat trails or road   | Sun 6 Sep<br>Long run SE<br>4'00 to 5'00 easy hill run / hike (aim for 32-45k with 1200m climb, hike 20-30%)<br><b>KEY!</b> | Sun 13 Sep<br>Long run RP<br>2'15 at easy pace on flat fast trails  | Sun 20 Sep<br>Long easy run GE<br>1'30 at very easy pace (no pushing - race ahead!)                                 | Sun 27 Sep<br>RC<br>go for a walk if possible  |
| <b>Time</b> 7'15  | 7'15   | 5'30  | 7'55  | 6'35  | 5'00  | 7'40   |
| <b>~km/week</b> 82  | 82   | 62  | 90  | 75  | 57  | 88   |

↑ = 'build fitness'   
 → = 'maintain fitness'   
 ↓ = 'rest and recover'   
 Slower than race pace   
 Close to race pace   
 Faster than race pace  
 GE = General Endurance, RE = (Race)-Related Endurance, SE = (Race-Specific)-Endurance, RC = Recovery, MX = Mixed paces   
 GS = General Speed, RS = (Race)-Related Speed  
 wu = warm-up, cd = cooldown   
 1' = 1 min, 1s = 1 second, 1:50 = 1m50s   
 SS = (Race)-Specific Speed, RP = Race Pace, PW = Power, ME = Muscular Endurance