

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

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RACE-PRACTICE PERIOD				
PHASE 3: RACE-SPECIFIC TRAINING				
Week 1	Week 2	Week 3	Week 4	Week 5
BUILD!	BUILD!	step back!	BUILD!	BUILD!
<b>Mon 10 Aug</b> <b>Easy run</b> GE 0'30 at easy pace (flat terrain) →	<b>Mon 17 Aug</b> <b>Recovery run</b> RC 0'30 at very easy pace (you should feel better by the end than starting out) ↓	<b>Mon 24 Aug</b> <b>Recovery run</b> RC 0'30 at very easy pace (or walk if you feel you need it) ↓	<b>Mon 31 Aug</b> <b>Recovery run</b> RC 0'20 at very easy pace (just stretching the legs) ↓	<b>Mon 7 Sep</b> <b>Recovery run</b> RC 0'40 at very easy pace ↓
<b>Tue 11 Aug</b> <b>Easy run</b> GE 1'00 at easy pace →	<b>Tue 18 Aug</b> <b>Strides</b> GS 0'45 very easy pace with 6-8x 10s relaxed strides, 1:50 jog →	<b>Tue 25 Aug</b> <b>Easy run</b> GE 1'00 at easy pace (ideally on trail) →	<b>Tue 1 Sep</b> <b>Strides</b> GS 1'00 very easy pace with 10x 20s relaxed flat strides, 1:40 jog →	<b>Tue 8 Sep</b> <b>Hill reps</b> SS 1'30 with 4x 10' steady grind up a steep slope, 5' jog down recovery KEY! ↑
<b>Wed 12 Aug</b> <b>Intervals</b> RS 1'30 with 2x 30' steady 5' jog between each (10' wu, 10' cd) KEY! ↑	<b>Wed 19 Aug</b> <b>Hill reps</b> SS 1'00 with 3x 10' steady grind up a steep slope, 5' jog down recovery ↑	<b>Wed 26 Aug</b> <b>Hill reps</b> GS 1'00 with 6x 3' uphill at hard effort, 90s downhill relaxed fast →	<b>Wed 2 Sep</b> <b>Intervals</b> SS 1'30 with 2x 20' at medium effort, 5' jog (20' wu, 20' cd) ↑	<b>Wed 9 Sep</b> <b>Recovery run</b> RC 1'10 at very easy pace →
<b>Thu 13 Aug</b> <b>Easy run</b> GE 1'00 at easy pace →	<b>Thu 20 Aug</b> <b>Easy run</b> GE 0'45 at easy pace (ideally on trail) →	<b>Thu 27 Aug</b> <b>Easy run</b> GE 1'00 at easy pace (ideally on trail) →	<b>Thu 3 Sep</b> <b>Easy run</b> GE 1'00 at easy pace (ideally on trail) →	<b>Thu 10 Sep</b> <b>Easy run</b> GE 1'30 at easy pace (insert some medium effort if fresh) ↑
<b>Fri 14 Aug</b> RC ↓	<b>Fri 21 Aug</b> RC ↓	<b>Fri 28 Aug</b> <b>Easy run</b> GE 0'30 at easy pace →	<b>Fri 4 Sep</b> <b>Easy run</b> GE 0'25 at easy pace →	<b>Fri 11 Sep</b> <b>Easy run</b> GE 0'40 at easy pace →
<b>Sat 15 Aug</b> <b>Long run</b> SE 3'00 at easy effort over tough hills with some medium effort on climbs ↑	<b>Sat 22 Aug</b> <b>Hill sprints</b> GS 0'45 at easy pace with 8x 8s relaxed hill sprints, 2:52 jog between each →	<b>Sat 29 Aug</b> <b>Fartlek</b> GS 0'45 with 10x 6s fast accelerations, 2:54 easy run between each →	<b>Sat 5 Sep</b> <b>Hill sprints</b> GS 0'45 at easy pace with 10x 6s relaxed hill sprints, 2:54 jog between each →	<b>Sat 12 Sep</b> <b>Time trial</b> SS 1'00 at marathon effort (finish strong) ↑
<b>Sun 16 Aug</b> <b>Long run</b> GE 2'00 at easy pace over undulating terrain ↑	<b>Sun 23 Aug</b> <b>Long run</b> SE 6'00 easy run / hike (slower than race pace, walk 20-25%) ↑	<b>Sun 30 Aug</b> <b>Progression run</b> SS 1'45 at easy pace with steady acceleration from marathon to 5k effort over last 20' ↑	<b>Sun 6 Sep</b> <b>Long run</b> SE 5'30 to 6'00 at near 80k race effort (aim for min 50 km with 2000m climb) KEY! ↑	<b>Sun 13 Sep</b> <b>Long run</b> RP 3'30 at your race pace on trails and hills (walk some as you would in the race) ↑
<b>Time</b> 9'00 <b>~km/week</b> 102	<b>Time</b> 9'45 <b>~km/week</b> 110	<b>Time</b> 6'30 <b>~km/week</b> 74	<b>Time</b> 10'30 <b>~km/week</b> 120	<b>Time</b> 10'00 <b>~km/week</b> 114

COMPETITION!	
TAPER AND RACE	
Week 6	Week 7
Step back!	Sharpen!
<b>Mon 14 Sep</b> <b>Recovery run</b> RC extra rest day ↓	<b>Mon 21 Sep</b> <b>Strides</b> GS 0'30 with 6x 6s relaxed strides, 2:54 jog →
<b>Tue 15 Sep</b> <b>Easy run</b> GE 0'45 at easy pace (on trail if possible) →	<b>Tue 22 Sep</b> <b>Time Trial</b> SS 0'30 with 10' at marathon effort on trails →
<b>Wed 16 Sep</b> <b>Fartlek</b> MX 1'00 with 3x (4' easy, 3' medium, 2' hard), 3' jog between sets. (12' wu, 12' cd) →	<b>Wed 23 Sep</b> <b>Easy run</b> GE 0'40 at very easy pace (you should feel better finishing than starting out) →
<b>Thu 17 Sep</b> <b>Easy run</b> GE 1'00 at easy pace →	<b>Thu 24 Sep</b> <b>Strides</b> GS 0'30 easy run with 2-4x 30s FAST, 3' jog recovery →
<b>Fri 18 Sep</b> <b>Hill sprints</b> GS 0'30 at easy pace with 6x 8s relaxed hill sprints, 2:52 jog between each →	<b>Fri 25 Sep</b> RC extra rest day ↓
<b>Sat 19 Sep</b> <b>Alternations</b> SS 1'00 with 6x (1' at 5 to 10k effort, 4' at 1/2 marathon effort) Last work! ↑	<b>Sat 26 Sep</b> <b>RACE DAY</b> RP 9'30 for 80 km (sub-10 hours) ↑
<b>Sun 20 Sep</b> <b>Long run</b> GE 1'30 at very easy pace (no pushing - race ahead!) →	<b>Sun 27 Sep</b> RC go for a walk if possible ↓
<b>Time</b> 5'45 <b>~km/week</b> 66	<b>Time</b> 11'40 <b>~km/week</b> 134

↑ = '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