



### Whale trail 35km Training Plan - 15 Weeks

	Easy run	Speed	Strength	Longer Intervals	Rest Day	Long Run	Easy Run		
Weeks to go	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total (hrs)	
14 April – 20 April <b>15</b>	35min Easy run	10min WU. 8x400m. 60sec recovery in between. 10min CD	40min Strength	55min Easy + 10 strides	Rest	<b>1h30 Trail Run</b> - push the ups and downs.	30min Easy run	<b>4h20</b>	Build
21 April – 27 April <b>14</b>	40min Easy run	15min WU. 4x1km hard, 2min recovery run in between. 10 min CD	45min Strength	60min easy + 10 strides	Rest	<b>1h45 Trail Run</b> - push the downhill.	35min Easy run	<b>5h00</b>	Build
28 April – 4 May <b>13</b>	35min Easy run	10min WU. 10x300m. 100m recovery running in between. 10min CD.	45min Strength	15min WU. 14x20sec hills. Easy jog down between reps. 10min CD (If you have access to sand dunes or technical uphill this is ideal)	Rest	<b>1h30 Trail Run</b> - push the ups and downs.	30min Easy run	<b>4h25</b>	Build
5 May – 11 May <b>12</b>	35min Easy run	10min WU. 12x200m. 45sec recovery ( <b>60sec recovery</b> ) 10min CD	45min Strength	15min WU. 14x20sec hills. Easy jog down between reps. 10min CD (If you have access to sand dunes or technical uphill this is ideal)	Rest	<b>1h45 Trail Run</b> - push the downhill.	35min Easy run	<b>4h45</b>	Recover

Get in touch with us for a personal coaching over here: [alpasfit.com](http://alpasfit.com). We love the Whale and helping you get there even more!

