



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)	
11 May - 18 May 11	40min easy run	15min WU. 10x400m. 60sec recovery 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	2 Hour Trail Run + 600m climbing	40min Easy run	5h10	Build
19 May - 25 May 10	35min Easy run	10min WU. 5x200m. 4x300m. 3x200m. 65sec recovery run between reps. 10min CD	45min Strength	10min WU. 5x3min hard, 90sec recovery between. 10min CD	Rest	1h45 Beach Run	35min Easy run	4h35	Build
26 May - 1 June 9	40min Easy run	15min WU. 12x300m. 100m recovery running in between. 10min CD	45min Strength	15min WU. 14x20sec hills. Easy jog down between reps. 10min CD	Rest	2 Hour Trail Run + 500m climbing	35min Easy run	5h05	Build
2 June - 8 June 8	40min Easy run + book a sports massage	15min WU. 12x200m. 60sec recovery. 10min CD	45min Strength	15min WU. 6x3min hard, 90sec recovery between. 10min CD	Rest	2h15 on trail with 600m climbing. Run with your race day gear, test your nutrition! (Try and do the climb in the first half of the run and small climbs for the rest of the distance).	40min Easy run	5h25	Recover

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

