



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)	
9 June - 15 June 7	45min Easy run (beach run if possible)	15min WU (600, 500, 400) x2 1min recovery running between 15min CD	30min Strength	15min WU 8x200m hills Easy jog down 15min CD	Rest	21km Beach run	45min Easy run	5h45	Build The cut-off means you still need to be able to move at a reasonable pace between climbing sections! Runnable long runs and speed sessions will assist you in building that speed.
16 June - 22 June 6	45min Easy run (beach run if possible)	15min WU. 5x200m, 4x300m, 3x200m 60sec recovery run between reps 15min CD	45min Strength	15min WU 2min hard, 80sec easy: 5 reps 15min CD	Rest	3h On Trail / ±24k Long run with 700m 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).	45min Easy run - on jeep track or flat trail route. Recovery run.	5h45	Build Trail running is after all, an uphill sport! Don't neglect the climbing element of your training. Whale of Trail starts with a big climb and descent, after which small climbs on the beach follow.
23 June - 29 June 5	45min Easy run & get a sports massage after the weekend's training	15min WU 12x400m 60sec recovery in between 15min CD	45min Strength	15min WU 5x20sec + 14x10sec hills Easy jog down between reps 15min CD	Rest	Race Day Simulation Run: +27km with 800 meters of climbing. Try and do the climbing in the first 10km of the run.	45min Easy run - recovery run.	7h00	Build
30 June - 6 July 4	Rest/recover/cross training - anything off your feet	15min WU 16x200m 60sec recovery in between 15min CD	20min Strength	20min WU 20 reps of 25sec hard (8/10 effort) 60 sec recovery (5/10 effort) 15min CD	Rest	2.5 Hour or ±20k Long run with 600m climb. Try and do the vert in the first 10km of the run (same as race day). Run with your race day gear and nutrition.	45min Easy run & get a sports massage after the weekend's training.	4h45	Recovery Feet up where you can. Support your immune system and enjoy the week with shorter sessions and the rest days. Prioritize getting a sports massage.

Get in touch with us for a personal coaching over here: alpasfit.com. We love helping you to Whale and beyond!

