



Whale of Trail 53km - 15 Weeks (Cut off time = 10 hours, 3 aid stations)

| | Easy run | Speed | Strength/Easy Run | 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 15 | 35min easy run | 20min WU. 14 reps of 25sec hard (8/10 effort) 35sec recovery (5/10 effort). 15min CD | 30 min Strength - focus on doing maximal strength work of the glutes, calves, hamstrings and quadriceps. | 40min easy run | Rest | 1h30 Trail Run | 45min easy run | 4h50 | Build |
| 21 April – 27 April 14 | 40min easy run | 20min WU. 10x10sec hills. 40sec recovery between reps. 20min CD | 30min Strength - focus on doing maximal strength work of the glutes, calves, hamstrings and quadriceps. | 45min easy run | Rest | 1h45 Trail Run - If you can do it on sand it will be beneficial. | 50min easy run | 5h00 | Build |
| 28 April – 4 May 13 | 45min easy run | 20min WU. 12x45sec hard (8/10). 45sec recovery in between (5/10). 15min CD | 45min Strength - focus on doing maximal strength work of the glutes, calves, hamstrings and quadriceps. | 50min easy + 10 strides | Rest | 2h15 Trail Run | 50min easy run | 6h00 | Build |
| 5 May – 11 May 12 | 40min easy run + book a sports massage | 20min WU. 10x20sec hills. 40sec recovery between reps. 20min CD | 40min Strength (Strength endurance training) + 2km run warm up | 45min easy + 10 strides | Rest | 1h45 Trail Run - run the last 20 minutes slightly harder. | 40min easy run on sand if possible. | 5h20 | 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!

