



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)	
12 May - 18 May 11	55 min easy run	15min WU. 8x400m. 60sec recovery in between. 15min CD	45min Strength + 2km run warm up (Maximal strength training)	55min easy + 10 strides	Rest	2h00 Trail run - push the downhills.	60min easy run on sand if possible.	6h35	Build
19 May - 25 May 10	50 min easy run	20min WU. 4x1km hard, 2min recovery run in between. 15 min CD	45min Strength (Maximal strength training) + 20 minute easy run	20min WU. 4x20sec + 6x16sec hills. Easy jog down between reps. 15min CD	Rest	2h30 long run on trail. 600m climbing, push the climbs.	60min easy run on sand.	7h10	Build
26 May - 1 June 9	50min easy run	20min WU. 10x300m. 100m recovery running in between. 15min CD.	45min Strength (Maximal strength training) + 30 minute easy run	20min WU. 14x20sec hills. Easy jog down between reps. 20min CD	Rest	3h Trail Run + 700m climbing.	60min easy run on sand.	7h50	Build
2 June - 8 June 8	45min easy run + book a sports massage	20min WU. 12x200m. 45sec recovery. 10min CD	45min Strength (Strength endurance or do a 45min weighted hike with a backpack - 7% to 15% of your body weight)	20min WU. 4x3min hard uphill, walk/jog down to bottom of hill for recovery between. 15min CD	Rest	2h30 Trail Run +600m climbing.	45min easy run on sand.	6h50	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!

