



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)	
7 July - 13 July 3	45min Easy run (beach run if possible)	15min WU 2:20min hard, 80sec easy: 5 reps 15min CD	30min Strength + 20min recovery run	20min WU 10x20sec hills, easy jog down 20min CD	Rest	1h30 Beach run	45min easy run - on trail or jeep track	5h20	Maintain & distance focus
14 June - 20 July 2	45min Easy run - last sports massage (no later than 4 days before the event!)	15min WU 800m + 3x400m (200m recovery) + 6x150m (100m recovery) 15min CD	20min Strength + 20min recovery run	20min WU 12x200m, 100m recovery run 20min CD	Rest	1 hour Easy trail run	40min easy run	4h40	Taper
21 July - 27 July Race week!	Rest	10min WU 8x200m, 150m recovery run 10min CD	30min Easy run	Rest + Race Plan Lay out your gear, study the route, minimize any "last minute" arrangements that could cause stress on race day.	25min Easy run with 5 strides	26th of July Race Day!	Rest	Race week	Taper & Race

All the best with racing! Enjoyed your journey? Get in touch with us for personal coaching over here: alpasfit.com.

