



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)	
7 July - 13 July 3	50min Easy run	25min WU 2:20min hard, 80sec easy: 5 reps 25min CD	45 min Strength endurance training or do a 45min weighted hike with a backpack - 7% to 15% of your body weight	25min WU 20x10sec hills Easy jog down 25min CD	Rest	3h Long run Try to do the second half on sand or at least do the last hour on sand after doing the first 2h on flat but undiluted terrain.	40min Easy run - on trail, jeep track, or preferably the beach.	6h50	Build & distance focus
14 July - 20 July 2	30 min Easy run - last sports massage (no later than 4 days before the event!)	WU 15 - 20 minutes. Find a long hill in the mountains (one that will at least take you more than ten minutes to reach the top). Uphill intervals: 1min, 2min, 4min, 8 min, 4min, 1min. At the end of each interval jog down to the bottom of the hill at a pace so that you feel ready for the next one. CD 15 min: jogging & transition into walk.	20min Strength & 40min recovery run	25min WU 12x200m, 100m recovery run 25min CD	Rest	1h30 Long run: after 60 minutes of easy running do 15 minutes of 30 seconds on, 30 seconds off up a hill or, do the whole run on sand. Use the last 15 minutes for easy running recovery.	10min WU walk Do 3km at tempo pace (around 20 to 30s/km slower than your 5k race pace) 10min CD	6h00	Taper
21 July - 27 July Race week!	Rest	10min WU 8x200m 130m recovery run in between 10min CD	30min Easy run no strength!	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 4/5 x 20 second hill strides.	26th of July Race Day!	Rest		Taper & Race

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

