



Preparing for your race

MAVERICK RACE
6 WEEK TRAINING PLAN

Warm up.

It's important that you warm up prior to every workout. This can be done with a slower run on the way to where you're going to complete the workout. Depending on the length of the workout this should be 1-2km.

Increasing endurance

Hill reps

It's a good idea to include hill reps for a couple of reasons. Firstly, running uphill improves your running form without the need to perform running drills. This will make you more efficient. It will push you more onto your forefoot and make you drive your knees using your arms too for momentum.

Secondly – once you're improving up hill, running on the flat becomes so much easier. There's a reason that people don't like running hills... because its harder! You'll learn to love the hills once you start seeing the benefit it has on the flat.

Make sure with any hill session you recover before going again, but don't let this exceed 2/3 minutes otherwise you'll negate the benefit.

Pyramids

These sessions are not very nice at all. It's important to work hard on your efforts, but don't go too hard at the start. You want to be able to hold your effort pace from the first round through to the longest effort and back down. If you go too hard you'll hit the wall and your later longer efforts will be very difficult and your recovery pace and work pace will be similar which you want to avoid. You really need to be able to see when you're working and when you're recovering

Repeats

As the programme progresses these will get harder. Initially your work rate will be lower than your recovery, but this will flip around. The idea is that as your max efforts get longer and closer together, you'll be able to hold an effort pace for longer until you can hold it continually for 5km.

Tempo runs

This is your chance every week to just run! Try not to go too hard on these sessions as these do need to act as a recovery day before your proper rest day. It will have been a hard week of workout runs so this should help combat any DOMS before resting and going again.

Prior to starting:

5k Benchmark run.

This needs to be as close to 5km as possible and don't hold back. The purpose of this is to track progress from the start of the programme to the end to see your improvement.

Week 1

Week 1

Tuesday Thursday Saturday

1 mile run.

Best effort. This is so you know your average pace over the mile to use during your best effort on the intervals. I would run for a mile or so to warm up and again after to cool down, but it really needs to be a minimum effort so you don't affect your 1 mile time. Log it and remember the pace you ran at.

Week 1

Tuesday Thursday Saturday

Hill reps.

Find a nice challenging hill preferably around 1-2km from home and use this as a nice gentle warm up. The hill needs to be runnable so not too steep and long enough that it takes you around 40/60 seconds to get to the top.

Once at the hill, you'll need to hit it hard and focus on form. When running up hill you need to drive high knees, use your arms and shorten your stride. Try and keep on the forefoot and keep cadence high. Max effort to the top or if it's too long push for around 40/60 seconds before turning around.

Take your time to recover back down. If you're still gassed at the bottom – recover for another 30 seconds or so before going again. Ideally you should be looking at a 2/3 minute recovery period. Repeat this 5 times, then a nice gentle pace back home.

Week 1

Tuesday Thursday Saturday

Tempo run.

You don't want to sandbag this, but don't run at max pace either. You should just be able hold a conversation. Just enjoy a steady pace, but start and finish at the same pace. Terrain wise, you can go road or trail, but avoid too many hills. (40 minutes in Duration, or aim for 7/8km approx.)

Week 2

Week 2

Tuesday Thursday Saturday

200m Intervals.

After your warm up you're going to look at doing some 200m intervals. If you don't have a watch you can use lampposts providing the spacing on them is roughly the same and you know roughly how far apart they are. As a gauge 100m should take you around 11/12 seconds at max effort. The idea with intervals is to progressively extend your effort and reduce your active recovery time.

Today you're going to do 200m max effort, but at a pace you know you can sustain for the full 200m, then recover for 400m. Make sure your heart rate is back down before you hit it again. Repeat 10 times.

Don't hold back in the first ones knowing you have to repeat as you need to see how your effort tails off.

Week 2

Tuesday Thursday Saturday

Hill Reps.

Same as the first hill session although you can use a different hill if you want to mix things up. Again it'll be 40-60 seconds of effort with up to a 2/3 minute recovery but repeating 10 times.

Week 2

Tuesday Thursday Saturday

Longer Tempo run.

Again this can be trail or road at a conversational pace.
If you're feeling good throw in a few hills. Look to complete 7/8km
or 40 minutes in duration.

Week 3

Week 3

Tuesday Thursday Saturday

Pyramid session.

Your first pyramid session of the programme! So you're going to work in 400m blocks. First 400m at recovery pace – but make sure this is slow. Then you'll break into 400m effort. Your recovery will always be 400m but your effort will increase by 400m each round before working back down again:

400m - Effort
400m - Recovery
800m - Effort
400m - Recovery
800m - Effort
400m - Recovery
400m - Effort
400m - Recovery

Week 3

Tuesday **Thursday** Saturday

400m Intervals.

This is the same as the first session but you'll be swapping the effort and recovery distances around. So, after warming up run 400m max effort with a 200m recovery each time for 10 rounds. If you have access to a running track this can be done here for ease of tracking the repeats.

Week 3

Tuesday Thursday Saturday

Longer Tempo run.

Again a 40 minute or 7/8km tempo run, but you need to hit some hills around half way in to the run. The hills need to be hit with some gusto – really empty the tank by the time you reach the top and DON'T STOP for a breather before continuing your run. If your running with someone race them to the top, but the rest of the run should be at a conversational pace again.

Week 4

Week 4

Tuesday Thursday Saturday

500m Intervals.

A more balanced interval session here where your max effort will match your recovery. Its really important that you really do go all out on your effort pace and pull it right back in on your recovery before going again. Repeat this 5 times.

Week 4

Tuesday Thursday Saturday

Hill repeats.

The hill sessions are what they are and can't be too varied. So it's the same again I'm afraid – but this time repeat 15 times!

Week 4

Tuesday Thursday Saturday

Longer Tempo run.

That time of the week again, but you should be feeling the benefit of all the hard work you've put into this now. You can now start to push the length of these runs up 10-12km or 60 minutes, but maintain the pace you have for the last few weeks.

Week 5

Week 5

Tuesday Thursday Saturday

Pyramids.

Your second Pyramid session will again be in 400m blocks, but you'll go to 1200m this time. Remember you need to go all out with an effort pace that you can hold for 1200m twice in the middle of the workout!

400m - Effort
400m - Recovery
800m - Effort
400m - Recovery
1200m - Effort
400m - Recovery
1200m - Effort
400m - Recovery
800m - Effort
400m - Recovery
400m - Effort
400m - Recovery

Week 5

Tuesday Thursday Saturday

Hill repeats.

Your final hill session and it's going to suck! You'll be performing 20 rounds of the hill in the same format as all other hill reps.

Week 5

Tuesday Thursday Saturday

Longer Tempo run.

Your final longer run of the 6 week plan. Again it can be 10-12km or 60 minutes but go searching for those hills! You don't to race up them this time, but try and focus on your form and don't let your cadence drop from running on the flat. Keep on your forefoot, shorten stride length and drive high knees and arms.

Week 6

Week 6

Tuesday Thursday Saturday

Pyramids.

The last pyramid session of the programme now and you're going to work in 200m blocks. By now you should feel that you can hold an effort pace for longer so we're going to test that theory with shorter recovery periods.

- 200m - Effort
- 200m - Recovery
- 400m - Effort
- 200m - Recovery
- 600m - Effort
- 200m - Recovery
- 800m - Effort
- 200m - Recovery
- 1000m - Effort
- 200m - Recovery
- 800m - Effort
- 200m - Recovery
- 600m - Effort
- 200m - Recovery
- 400m - Effort
- 200m - Recovery
- 200m - Effort
- 200m - Recovery

Week 6

Tuesday Thursday Saturday

100m Intervals.

Your final session before you re-test and we're really focussing on shortening recovery time now. This is a nice short sharp session where you'll perform 100m, with a 100m recovery for 20 rounds.

Week 6

Tuesday Thursday Saturday

Re-test 5km time!

This is going to hurt, but you have to give it everything. Try where possible to replicate the conditions of the first run (route, weather, shoes etc). Good luck!!

the
outdoorsTM
awaits 

The logo features the text "the outdoors" in a large, white, serif font. The word "the" is smaller and positioned above "outdoors". A small "TM" trademark symbol is located to the right of "outdoors". Below "outdoors" is the word "awaits" in the same serif font. To the right of "awaits" is a white-bordered logo for "Maverick RACE". The logo is a rounded rectangle containing the word "Maverick" in a cursive script font, with "EST. 2013" in small capital letters above it and "RACE" in a sans-serif font below it.

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