

MAVERICK RACE TRAINING PLAN:
SHORT TO MIDDLE



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest & core/ stretching	40 min run keeping the effort easy	Rest or x train (swim/bike/gym class/walking)	45 min run including 4 x 2mins at threshold effort (2-3 word effort pace)(90 sec recovery)	Rest & core/ stretching	Long run 60 mins on trails if possible	30 min easy run
2		40-45 min easy run	Rest or x train	Hills: 3x (20sec, 40sec, 60sec) uphill effort (jog down) within a 45 min run		Long run 70 mins on trails if possible	30 min easy run
3		45 min easy run	Rest or x train	50 min run including 3 x 4mins at threshold effort & 5 x 20 second hard effort after (60 sec recovery)		Long run 75-80 mins on trails if possible	30 min easy run
4		45 min easy run	Rest or x train	Hills: 6 x 1min hill sprints in a 45-50 min run		Long run 80 mins on trails	30 min easy run
5		50 min easy run	Rest or x train	Pyramid: 60 min run with threshold effort for 1min/2min/3min/4min/3min/2min/1min (60 sec recovery)		Long run 90 mins on trails	30 min easy run
6		50 min easy run	Rest or x train	Hills: 60 min run with 2 x 5mins continuous hills (run up AND down a section of hill for 5 mins, effort up & down)		Long run 90-100 mins on trails	Optional 30 min easy run or x train
7		45-50 min easy run	Rest or x train	45 min run with 6 x 1min hard		Long run 60 mins on trails if possible	Optional 30 min easy run or x train
8		40 mins easy running & light core & mobility work	30-40 mins very easy running & stretching	Rest		Rest & prepare for the race	Race Day