

# APRIL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
Easy run/walk 45 mins RPE 3-4		Easy run/walk 45 mins RPE 3-4	Easy run/walk 40 mins RPE 3-4		Long run/hike - similar terrain to event if possible - 90 mins	
20	21	22	23	24	25	26
Easy run/walk 50 mins RPE 3-4		Easy run/walk 45 mins RPE 3-4	Easy run/walk 45 mins RPE 3-4		Long run/hike - similar terrain to event if possible - 120 mins	
27	28	29	30			
Easy run/walk 50 mins RPE 3-4		Easy run/walk 45 mins RPE 3-4	Easy run/walk 45 mins RPE 3-4			

# MAY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
					Long run/hike – similar terrain to event if possible – 2.5 hours	
4	5	6	7	8	9	10
Easier week - allow the body to adapt to training and recover	Easy run/walk 50 mins RPE 3-4		Easy run/walk 50 mins RPE 3-4		Long run/hike – similar terrain to event if possible – 2 hours	
11	12	13	14	15	16	17
Easy run/walk 50 mins RPE 3-4		Easy run/walk 45 mins RPE 3-4	Harder effort Intervals 45 mins – pushing the pace for a set amount of time and allowing the body to recover inbetween		Long run/hike – similar terrain to event if possible – 2.5 hours	
18	19	20	21	22	23	24
Easy run/walk 60 mins RPE 3-4		Easy run/walk 50 mins RPE 3-4	Harder effort Intervals- 50 mins – pushing the pace for a set amount of time and allowing the body to recover inbetween		Long run/hike – similar terrain to event if possible – 3 hours	
25	26	27	28	29	30	31
Easy run/walk 60 mins RPE 3-4		Easy run/walk 50 mins RPE 3-4	Harder effort Intervals- 60 mins – pushing the pace for a set amount of time and allowing the body to recover inbetween		Long run/hike – similar terrain to event if possible – 4 hours	

# JUNE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
<b>Easier week</b> - Easy run/walk 50 mins RPE 3-4		Easy run/walk 50 mins RPE 3-4	Easy run/walk 60 mins RPE 3-4		Long run/hike - similar terrain to event if possible - 3 hours	Optional recovery hike/jog 30-45 mins
8	9	10	11	12	13	14
Easy run/walk 60 mins RPE 3-4		Easy run/walk 50 mins RPE 3-4	Shorter Hill reps - 40 mins 30-60 sec harder uphill effort - downhill recovery		Long run/hike - similar terrain to event if possible - 5 hours	Optional recovery hike/jog 30-45 mins
15	16	17	18	19	20	21
Easy run/walk 60 mins RPE 3-4		Easy run/walk 50 mins RPE 3-4	long Hill reps - 50 mins 2-4mins harder uphill effort x8 - downhill recovery		Long run/hike - similar terrain to event if possible - 5 hours	Optional recovery hike/jog 45-60 mins
22	23	24	25	26	27	28
Easy run/walk 60 mins RPE 3-4		Easy run/walk 50 mins RPE 3-4	Shorter Hill reps - 45 mins 30-60 sec harder uphill effort x 10- downhill recovery		Long run/hike - similar terrain to event if possible - 4 hours	Optional recovery hike/jog 60-75 mins
29	30					
<b>Taper</b>	<b>Easy run/hike - 45 mins</b>					

# JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		Easyrun/walk 45 mins		Easy run/walk 30 mins		RACE DAY
6	6	6	6	6	6	6
Recovery	Recovery	Recovery	Recovery	Recovery	Recovery	Recovery
13	13	13	13	13	13	13
Recovery	Recovery	Recovery	Recovery	Recovery	Recovery	Recovery
20	21	22	23	24	25	26
27	27	27	27	27	27	27