



42K - 12 WEEK XTERRA TRAIL RUNNING PLAN

Weeks 1-6

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	WEEKLY TRAINING EFFORT
WEEK 1	RUN - 45 min	Core Training / Yoga 20 min - link	REST	RUN - 1 hr	REST	WALK/RUN - 1 hr 15 min	REST	1
	45 min - Easy run			1 hr - Easy run		1h 15 min - Alternate running and walking, off-road and hilly. Effort should be a bit harder - Z2		
WEEK 2	RUN - 1 hr	RUN - 50 min	REST	RUN - 1 hr	REST	WALK/RUN - 50 min	RUN - 1 hr 30 min	2
	1 hr - Easy, flat run	50 min - Easy run with stairs		1 hr total: 10 min easy jog + 40 min of 10 alternating sets of (1 min run slow Z1 + 1 min walk fast Z3 + 1 min run fast Z4 + 1 min easy walk) + 10 min easy run - should include hills		50 min - Walk/run with some steep hills/stairs	1 hr 30 min - Run on a flat course	
WEEK 3	RUN - 10 min	RUN - 45 min	REST	RUN - 1 hr 10 min	15 min Core Training at home 30 sec exercise / 30 sec rest: Yoga, Planks , and/or Kettle Bell	RUN - 30 min	WALK - 1 hr 45 min	3
		45 min - Run slow		Run 1hr 10 min with: 40 min easy + 15 sets of (15 sec sprint + 45 sec easy) + 15 min easy		30 min - Run on a flat, easy course	1 hr 45 min - Walk with some steep hills/stairs. Jog easy down the hills	
WEEK 4	REST	RUN - 1 hr	REST	RUN - 30 min	RUN - 50 min	RUN - 1 hr 45 min	REST	1
		1 hr - Easy run		Run: 30 min easy + 10 sets of (30 sec at Z4 + walk 1 min easy) + 15 min easy. If possible, complete off road with easy climbs	50 min - Easy run on a flat course	1 hr 45 min on hilly loop. Alternate walking on steep climbs and easy jog down hills or on flat ground		
WEEK 5	RUN - 1 hr	30 min Core Training / Yoga - link	REST	RUN - 45 min	RUN - 40 min	WALK/RUN - 2 hr	REST	2
	1 hr - Easy run with hills			Run: 45 min easy but with some climbs and descents + 8 sets of (1 min Z5 + 1 min walk easy) + 15 min easy	40 min - Run flat easy	2 hr - Walk/run at an easy pace, with lots of hills if possible		
WEEK 6	30 min - Core Training / Yoga - link	RUN - 1 hr	REST	RUN - 30 min	RUN - 1 hr	WALK - 2 hr 15 min	RUN - 1 hr	3
		1 hr - Run easy on a flat course		Run: 30 min easy + 10 sets of (walk 1 min as fast as possible + run 30 sec same speed + walk easy 2 min - uphill if possible) + 10 min easy	1 hr - Run very easy on a flat course	2 hr 15 min - Walk fast with some hills/stairs	Run 1 hr easy with some climbs and descents + 8 sets of (2 min at Z3 + rest 1 min) + run easy 10 min. Entire set on a flat course	

*NOTE: Level 1 = EASY: Easier than usual for you. Level 2 = AVERAGE: The effort you normally maintain during exercise. Level 3 = HARD: More effort than usual, you take risks, maybe sleep less.



42K - 12 WEEK XTERRA TRAIL RUNNING PLAN

Weeks 7-12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	WEEKLY TRAINING EFFORT*
WEEK 7	REST	RUN - 1 hr 1 hr - Run easy on an off-road course	REST	RUN - 40 min 40 min - Run an easy pace on a flat course	WALK - 1 hr 15 min 1 hr 15 min - Walk up hills at easy pace and jog down at easy pace	REST	RUN - 30 min Run: 30 min easy + 50 min Z1 + 10 min easy - utilize hills	1
WEEK 8	REST	RUN - 1 hr 15 min 1 hr 15 min - Run off-road on a very hilly course	REST	WALK/RUN - 30 min Run 30 min easy + 3 sets of (6 x 30 sec fast/30 sec easy - 2 uphill and 1 downhill) walking 3 min in between sets + run 20 min cool down	RUN - 1 hr 45 min 1 hr 45 min - Run very easy on a flat course	30 min Core Training / Yoga: Strength Training , Pre-race Training , Yoga Strength , Yoga Stability - or rest day, if needed	WALK/RUN - 2 hr 30 min 2 hr 30 min - Walk/run with lots of climbing/stairs- easy uphill Z1 - faster on down hills in Z2	2
WEEK 9	RUN - 1 hr 1h - Run easy on a flat course	RUN - 1 hr 10 min 1 hr 10 min - Run easy with some climbing - walk if you need to, staying in Z1	REST	RUN - 30 min Run 30 min easy + 15 min at Z2 + 10 sets of (1 min Z4 on hills + rest 1 min walking down) + 5 min at Z2 + 10 min easy	RUN - 45 min 45 min - Run easy on flat road	WALK - 3 hr 3 hr - Alternate walking/running on a technical and hilly loop	RUN - 20 min Run 20 min easy + 20 min at Z2 + 10 sets of (6 min Z3 / rest 1 min walk - do the set on easy climbs/descent) + 30 min run easy	3
WEEK 10	RUN - 45 min 45 min- Run easy on an off road but flat course	RUN - 2 hr 2 hr - Run easy with a mix of flat and hilly zones	REST	RUN - 1 hr Run off road: 1hr easy + 10 sets of (3 min at Zone Z3 up and down hills / rest 1 min) + 10 min easy	RUN - 1 hr 1 hr - Run easy on a flat course	REST	RUN - 2 hr Run 2 hr easy + 50 min Z2 off road + 40 min easy	3
WEEK 11	REST	RUN - 1 hr 30 min 1h 30 min - Run off road	REST	RUN - 45 min Run easy 45 min + 2 sets of (10 x 20 sec fast/40 sec easy - rest 3 min in between sets - alternate flat and climbs) + 10 min cool down	RUN - 1 hr 30 min 1 hr 30 min - Run easy on a flat course	REST	RUN - 1 hr 15 min Run 1 hr 15 min easy + 1h 15 min in Z2 + 30 min easy - hilly trail as close as possible to your event course	2
WEEK 12	REST	RUN - 50 min 50 min - Run easy on a hilly course	REST	RUN - 30 min Run 30 min + 10 min easy + 3 sets of (3 min at Z3, rest 2 min easy in between) + 7 min easy	REST	RUN - 20 min 20 min - Run very easy with 4 sets of (30 sec fast / 30 sec) easy in the middle	42K Race Day! You will manage this race between Z2 and Z3 (Z3 for steep climb, flat and down at Z2)	1

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