



21K - 12 WEEK XTERRA TRAIL RUNNING PLAN

Weeks 1-6

WEEKLY TRAINING EFFORT*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
WEEK 1	RUN - 30 min	Core Training / Yoga 20 min - link	REST	RUN - 40 min	REST	WALK/RUN - 45 min	REST	1
	30 min - Easy Run			40 min - Easy run		45 min - Alternate running and walking, ideally in off-road hills. Effort should be a little bit harder, Z2.		
WEEK 2	RUN - 45 min	RUN - 40 min	REST	RUN - 40 min	REST	WALK/RUN - 50 min	RUN - 1 hr	2
	45 min - Easy, flat run	40 min - Easy run with stairs		40 min - Alternate 1 min run slow, 1 min walk fast, 1 min run (Z4), 1 min easy walk for 10 rounds.		50 min - Walk/run with some steep hills/stairs.	1h - Run on a flat course.	
WEEK 3	RUN - 10 min	RUN - 45 min	REST	RUN - 40 min	XTERRA Connect Core: Do 5 min XTERRA Connect Yoga . Watch XTERRA Connect Plank and then do 5 x 20sec plank/40sec rest. Finish with XTERRA Connect Strength and Stabilize video .	RUN - 30 min	WALK - 1 hr 15 min	3
	Run 10 min easy + 3 x 6 min at Z3/3 min walk + 10 min easy run	45 min - Run slow.		40 min - 15 min easy + 10 x 15 sec sprint / 45 sec easy + 15 min easy		30 min - Run on a flat, easy course.	1h 15 min - Walk with some steep hills/stairs.	
WEEK 4	REST	RUN - 45 min	REST	RUN - 15 min	REST	RUN - 50 min	REST	1
		45 min - Easy run		Run : 15 min easy + 10 x 30 sec Z4 r walk 1 min + 10 min easy - If possible, complete off road with easy climbs.		50 min - Easy run on a flat course.		
WEEK 5	RUN - 50 min	Core Training / Yoga 25 min - link	REST	RUN - 15 min	REST	WALK/RUN - 1 hr 20 min	REST	2
	50 min - Easy run with hills			Run : 15 min easy + 6 x 1 min Z5 r 1 min + 15 min easy		1h 20 min - Walk/run at an easy pace, lots of hills if possible.		
WEEK 6	30 min - Core Training / Yoga - link	RUN - 45 min	REST	RUN - 15 min	RUN - 1 hr	WALK - 1 hr 30 min	RUN - 20 min	3
		45 min - Run easy on a flat course.		Run : 15 min easy + 6 x (Walk 1 min as fast as possible + run 30 sec same speed + walk easy 2 min - must be in uphill) + 10 min easy	1h - Run very easy on a flat course.	1h 30 min - Walk fast with some hills/stairs.	Run 20 min easy + 8 x 2 min at Z3 r 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.



21K - 12 WEEK XTERRA TRAIL RUNNING PLAN

Weeks 7-12

WEEKLY TRAINING EFFORT*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
WEEK 7	REST	RUN - 40 min 40 min - Run easy on an off-road course.	REST	RUN - 1 hr 1h - Run an easy pace on a flat course.	WALK - 45 min 45 min - Walk at an easy pace with hills.	REST	RUN Run : 10 min easy + 40 min Z1 + 10 min easy - hills	1
WEEK 8	REST	RUN - 45 min 45 min - Run off-road on a very hilly course.	REST	WALK/RUN - 15 min Run 15 min easy + 2 x (6 x 30 sec fast / 30 sec easy - 2 up hill / 1 down hill) walk 3 min in between two sets + run 10 min cool down	RUN - 1 hr 15 min 1h 15 min - Run very easy on a flat course.	Core Training / Yoga 30 min - link or rest day if needed	WALK/RUN - 1 hr 30 min 1h 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 - 40 min 40 min - Run easy with some climbing - walk if you need to manage your breathing.	REST	RUN - 15 min Run 15 min easy + 8 x 1 min Z4 on hills / r 1 min + 10 min easy	RUN - 40 min 40 min - Run easy on flat road.	WALK - 2hr 30 min 2h 30 min - Slowly walk with hills.	RUN - 15 min Run 15 min easy + 10 x 5 min Z3 / r 1 min walk on easy climbs/descent + 15 min run easy	3
WEEK 10	RUN - 45 min 45 min - Run easy off road	RUN - 1 hr 30 min 1h 30 min - Run easy with a mix of flat and hilly zones.	REST	RUN - 15 min Run off road : 15 min easy + 10 x 3 min at Zone Z3 in up and down hills / rest 1 min + 10 min easy	RUN - 1 hr 1h - Run easy on a flat course.	REST	RUN - 30 min Run - 30 min easy + 50 min Z2 off road + 20 min easy	3
WEEK 11	REST	RUN - 1 hr 30 min 1h 30 min - Run off road	REST	RUN - 30 min Run easy 30 min + 2 x (10 x 20 sec fast / 40 sec easy - R 3 min in between sets - alternate flat and climbs) + 10 min cool down	RUN - 45 min 45 min - Run easy on a flat course.	REST	RUN - 40 min Run 40 min - Run easy / 1h in Z2 + 20 min easy	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 x 3 min at Z3, r2 min easy in between + 7 min easy	REST	RUN - 20 min 20 min - Run very easy with 4x 30 sec fast / 30 sec easy in the middle.	21K Race Day! You will manage this race in between Z3 (flat down hills) and Z4 short up hills) - Faster = it would be impossible to finish clean.	1

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