

Buffalo Stampede - Training Program - 20km Intermediate

Date	Weeks	MON	km	TUE	km	WED	km	THU	km	FRI	km	SAT	km	SUN	km	TOTAL KM
JANUARY																
Build - General Base																
2-Jan	12	Easy paced run - flat terrain	6	Rest		Easy paced run - flat	6	Rest		Easy paced run - flat to mildly undulating	6	Rest		Easy paced jog, include some hills	8	26
Build - General Base																
9-Jan	11	Rest		Recovery Jog	6	10min Warm up, 6 x 2mins @ 80%, 1min walk or slow recovery jog between. 10min Cool down.	7	Rest		Easy paced run - flat to mildly undulating	6	Rest		Easy paced jog, some small hills	10	29
Build - General Base																
16-Jan	10	Rest		Recovery Jog	6	10min warm up. 2 x 5mins @ 70%, 3mins recovery jog between. 10min cool down.	8	Rest		Easy paced run - flat to mildly undulating	7	Rest		Easy paced jog, some small hills	10	31
Absorption Week																
23-Jan	9	Rest		Easy run, but include 8 x 15sec fast, 45sec easy.	5	Easy run, but include 8 x 15sec fast, 45sec easy.	7	Rest		Easy paced run - flat to mildly undulating	6	Rest		Easy run, flat or with some hills	12	30
Specific - Sessions will be more aimed towards the specific demands of the course from now until taper.																
30-Jan	8	Rest		Recovery Jog	6	10mins Warm up. 10mins @ 70% over an undulating course. Focus on form more than speed.	8	Rest		Easy paced run - Include hills ~100-200m gain	7	Recovery jog	4	Long Run with some more hills, try to get 350m+ elevation gain.	12	37
FEBRUARY																
Specific - Some faster work on Wednesday. These types of sessions are really important for improving economy and translate to hills well.																
6-Feb	7	Rest		Recovery Jog	6	Warm up 10-15min. 8 x 1min hard (85%), 1min easy, flat terrain. Focus on getting faster through the reps.	8	Rest		Easy paced run - Include hills ~100-200m gain	7	Recovery jog	4	Nice and easy paced long run with some more hills, try to get 400m+ elevation gain.	14	39
Specific - A good bit of hiking practise on Wednesday. This is important to learn given the steep climbs on course!																

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13-Feb	6	Rest		Recovery Jog	6	10min warm up, 6x3mins steep uphill hiking, easy jog back to start recovery, 10mins cool down	8	Rest		Easy paced run on flat	8	Recovery jog	4	Nice and easy paced long run with some more hills, try to get 500m+ elevation gain.	14	40
Specific - Nice and easy start to the week to recover and absorb. Then get into a quality hilly long run on Sunday.																
20-Feb	5	Rest		Recovery jog	4	Easy paced run, including 6 x 15sec strides (run throughs to 90% max pace), with 60sec recovery between each	10	Rest		Easy paced run, light hills	6	Rest or light cross train (bike, swim, gym)		Easy pace, Over Hills, aim for 600m+ elevation gain. Hiking is good practise!	16	36
Specific - Biggest week of training. Sleep, hydration and nutrition is key! The mix of downhill and uphill reps will help to condition the quads for changes in elevation																
27-Feb	4	Rest		Recovery jog	6	8 x 90sec hill reps. Easy pace up, then fast back to bottom (90sec downhill). Up can be slow jog or walk.	10	Rest		Easy paced run - include ~200-400m elevation gain	8	Recovery jog	4	Easy pace, Over Hills, aim for 600-800m+ elevation gain. Hiking is good practise!	16	44
MARCH																
Wind Down - Absorbing the training whilst keeping the motor running and freshening up																
	3	Rest		3 x 5mins @ 75%, 2mins recovery jog between.	6	3 x 5mins @ 75%, 2mins recovery jog between.	7	Rest		Easy paced run - include 100-200m elevation gain	7	Recovery jog	4	Easy pace, over hills. Try to include steep hiking sections.	14	38
Taper - Important to keep intensities nice and low and stay on top of rest and energy levels.																
13-Mar	2	Rest		Recovery jog	5	4 x (60sec, 30sec, 15sec) hill reps. Easy jog back to start recovery between each rep. Steep is good for course specificity.	10	Rest		Easy paced run - include 100-200m elevation gain	7	Rest		Easy pace on some hills. Short steep pinches but nothing too big.	12	34
Taper																
20-Mar	1	Rest		Recovery jog	6	15min warm up. 8 x 1min hill reps, hard on the up focusing on form, easy jog back recovery	8	Rest		Easy paced run - flat to mildly undulating	6	Rest		Easy pace - lightly undulating run	10	30
RACE WEEK!																
27-Mar	0	Rest		Easy run with 6 x 15sec steady (70-80%), 45sec jog.	6	Easy jog on flat	6	rest		Shakeout jog	4		20			36

Prepared by Blake Hose on behalf of SingleTrack Events.