

Buffalo Stampede - Training Program - 20km Beginner

Date	Weeks	MON	KMS	TUE	KMS	WED	KMS	THU	KMS	FRI	KMS	SAT	KMS	SUN	KMS	TOTAL KM
JANUARY																
Build - General Base																
2-Jan	12	Easy paced run - flat terrain	4	Rest		Easy paced run - flat	4	Rest		Easy paced run - flat to mildly undulating	5	Rest		Easy paced jog, some small hills	6	14
9-Jan	11	Very slow and easy recovery run	4	Rest		10min Warm up, 5 x 2mins @ 80%, 2min walk or slow recovery jog between. 10min Cool down.	5	Rest		Easy paced run - flat to mildly undulating	5			Easy paced jog, some small hills	6	20
Build - General Base																
16-Jan	10	Rest		Very easy recovery run	5	10min warm up. 2 x 5mins @ 70%, 3mins recovery jog between. 10min cool down.	6	Rest or Cross train (easy bike ride, swim, gym)		Easy paced run - flat to mildly undulating	5	Rest		Easy paced jog, some small hills	7	23
Absorption Week																
23-Jan	9	Very slow and easy recovery run	4	Rest		15min warm up. 8 x 30sec hill reps @ 80-85%, slow jog back to start recovery. Cool down.	5	Rest		Easy paced run - flat to mildly undulating	5	Rest		Easy run, with some hills	8	22
Specific - Sessions will be more aimed towards the specific demands of the course from now until taper.																
30-Jan	8	Very slow and easy recovery run	5	Rest		10mins Warm up. 10mins @ 70% over an undulating course. Focus on form more than speed.	6	Rest		Easy paced run - flat to mildly undulating	6	Rest		Long Run with some more hills, try to get 300m+ elevation gain.	10	27
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	Very slow and easy recovery run	4	Rest		6 x 1min hard (85%), 1min easy (flat terrain). Focus on getting faster through the reps.	6	Rest		Easy paced run - flat to mildly undulating	6	Rest		Nice and easy paced long run with some more hills, try to get 300m+ elevation gain.	10	26
Specific - A good bit of hiking practise on Wednesday. This is important to learn given the steep climbs on course!																
13-Feb	6	Very slow and easy recovery run	5	Rest		10min warm up, 4x3mins steep uphill hiking, easy jog back to start recovery. 10mins cool down	7	Rest		Easy paced run - flat to mildly undulating	5	Rest		Nice and easy paced long run with some more hills, try to get 400m+ elevation gain.	12	29

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20-Feb	Specific - Nice and easy start to the week to recover and absorb. Then get into a quality hilly long run on Sunday.															
	5	Rest		Easy recovery jog	4	Rest or light cross training		Easy paced jog, lightly undulating	7	Rest		Easy paced jog	5	Easy pace, Over Hills, aim for 400m+ elevation gain. Hiking is good practise!	12	28
27-Feb	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															
	4	Very slow and easy recovery run	5	Rest		3 x 2min uphill reps @ 70%, jog back to start recovery, then 3 x 2mins downhill reps @ 70%, easy jog/walk back to start recovery.	7	Rest		Easy paced run - flat to mildly undulating	8			Easy pace, Over Hills, aim for 500-600m+ elevation gain. Hiking is good practise!	14	34
MARCH																
6-Mar	Wind Down - Absorbing the training whilst keeping the motor running and freshening up															
	3	Rest		Easy pace run on flat - light undulating	5	Rest		Easy paced run - flat to mildly undulating	5	Rest		Recovery jog	4	Easy pace, over hills. Try to include steep hiking sections.	12	26
13-Mar	Taper - Important to keep intensities nice and low and stay on top of rest and energy levels.															
	2	Very slow and easy recovery run	4	Rest		3 x (60sec, 30sec, 15sec) hill reps. Easy jog back to start recovery between each rep. Steep is good for course specificity.	5	Rest		Easy paced run - flat to mildly undulating	5	Rest		Easy pace on some hills. Short steep pinches but nothing too big.	10	24
20-Mar	Taper															
	1	Rest		Easy pace run on flat - light undulating	6	Rest		Easy paced run - flat to mildly undulating	8	Rest		Easy trail walk, 60mins		Easy pace - lightly undulating run	8	22
27-Mar	RACE WEEK!															
	0	Very slow and easy recovery run	4	Rest		Easy jog	6	Rest		Shake out jog	3		20			33
Prepared by Blake Hose on behalf of SingleTrack Events.																