


Buffalo Stampede - Training Program - 100km Intermediate

Date	Weeks	MON	km	TUE	km	WED	km	THU	km	FRI	km	SAT	km	SUN	km	TOTAL KM
<b>JANUARY</b>																
<b>Build - General Base</b>																
2-Jan	12	Easy paced run - flat terrain	8	Rest		Easy paced run, including 8 x 30sec hard, 90sec easy. Can be undulating	10	Rest		Easy paced run - flat to mildly undulating	8	Rest		Long Run, easy paced on hills with 400m+	22	48
<b>Build - General Base</b>																
9-Jan	11	Rest		Easy pace	8	Warm up, 7 x 2mins @ 80%, 1min walk or slow recovery jog between. Cool down	10	Rest		Easy paced run - flat to mildly undulating	8	Rest		Long Run, easy paced on hills with 400m+	26	52
<b>Build - General Base</b>																
16-Jan	10	Rest		Easy pace	8	10min warm up. 4 x 5mins @ 75%, 3mins recovery jog between. 10min cool down.	14	Rest		Easy paced run - Undulating	8	Rest		Long Run, easy paced on hills with 600m+	28	58
<b>Absorption Week</b>																
23-Jan	9	Rest		Recovery jog	6	Undulating terrain. Do all of the downhills fast but controlled. Flats and ups easy.	14	Rest		Easy paced run - Undulating	6	Rest		Long Run, easy paced on hills with 600m+	28	54
<b>Specific. Very important to keep the long runs at a nice and easy intensity and just focus on getting some good time on feet/strength building. The key is improving the economy of moving through the hills. Nutrition and hydration strategies should be practised in all long runs.</b>																
30-Jan	8	Rest		Easy pace	8	Warm up. 20mins @ 70% over an undulating course. Focus on form more than speed. Cool down.	14	Rest		Easy paced run - Include hills ~100-200m gain	8	Recovery jog	4	Long Run with some more hills, try to get 800m+ elevation gain.	30	64

Buffalo Stampede - Training Program - 100km Intermediate

Date	Weeks	MON	km	TUE	km	WED	km	THU	km	FRI	km	SAT	km	SUN	km	TOTAL KM
<b>FEBRUARY</b>																
<b>Specific - Getting into key long runs of more distance.</b>																
6-Feb	7	Rest		Easy pace	8	Warm up. 10 x 1min hill reps, easy jog back to start recovery, cool down.  Focus on form and being smooth during efforts.	16	Rest		Easy paced run. Include 8 x 30sec surges (~80% max pace), 60sec easy.	10	Recovery jog	4	Nice and easy paced long run with some more hills, try to get 1000m+ elevation gain.	32	70
<b>Specific - Nice and easy start to the week to recover</b>																
13-Feb	6	Rest		Easy pace	4	Hilly run, nice and easy pace with some good climbs. Practise hiking on steep gradients.	12	Rest		Easy paced run, light hills	8	Rest or light cross train (bike, swim, gym)		Easy pace, Over Hills, aim for 1000m+ elevation gain. Hiking is good practise!	36	60
<b>Specific - If long run can be done on a course replica or the course itself, that's excellent. Be sure that all gear and nutrition is sorted by this point in your build.</b>																
20-Feb	5	Rest		Easy pace	8	Warm up, 8x3mins steep uphill hiking (75% effort), easy jog back to start recovery. Cool down.	16	Rest		Easy paced run hills, include steep hiking if possible	10	Recovery jog	4	Nice and easy paced long run with some more hills, try to get 1000m+ elevation gain.	36	74
<b>Specific - Biggest week of training for the block. Proper sleep, fuelling and hydration is key to getting through this successfully.</b>																
27-Feb	4	Rest		Recovery jog, nice and slow	8	6 x 90sec (down)hill reps. Easy pace up, then fast back to bottom (90sec downhill). Up can be slow jog or hike. Cool down.	16	Rest		Easy paced run - Include ~200-400m elevation gain	10	Recovery jog	4	Easy pace, Over Hills, aim for 1000m+ elevation gain.  Recovery is really important from this week!	40	78

Buffalo Stampede - Training Program - 100km Intermediate

Date	Weeks	MON	km	TUE	km	WED	km	THU	km	FRI	km	SAT	km	SUN	km	TOTAL KM
<b>MARCH</b>																
<b>Wind Down - Keeping the motor running but bringing back freshness towards the race.</b>																
6-Mar	3	Rest		Recovery jog	5	Easy pace run on light hills	12	Rest		Easy paced undulating run with 8 x 15sec fast, 45sec easy	10	Recovery jog	4	Easy pace, over hills. Try to include steep hiking sections.	30	61
<b>Taper - Really taking the foot off the gas to build back energy and freshen up. No amount of sleep is too much!</b>																
13-Mar	2	Rest		Recovery jog	6	Warm up, 20mins uphill tempo (80%, comfortably hard) Cool down. If no access to a hill this long, breakdown to 2 x 10min or 4 x 5min with jog back recoveries.	14	Rest		Easy paced run - include 300m+ elevation gain	8	Rest		Easy pace on hills. Try to get a good mix of hiking and running, but at low intensity.	26	54
<b>Taper - Getting jittery now!</b>																
20-Mar	1	Rest		Recovery jog	6	Warm up. 5 x 2min hill reps, hard on the up focusing on form, easy jog back recovery	12	Rest		Easy paced run - flat to mildy undulating	6	Rest		Easy pace - lightly undulating run	14	38
<b>RACE WEEK!</b>																
27-Mar	0	Rest		Easy run with 6 x 15sec steady (70-80%), 45sec jog.	8	Easy jog on flat to mildy undulating terrain	6	Rest		Shake out jog	3		100	A very well earned day of eating, drinking and sleeping.		117

Prepared by Blake Hose on behalf of SingleTrack Events.

Easy pace: These runs should be conversational in nature.

If you're breathing too hard to talk in at least half sentences - then you're going too fast.

You are going to be working at a low aerobic level for a long time in the event, so doing proper easy runs is key to building a good base.

Recovery Jogs: These should be really slow, to a point you can talk in full sentences. They're all about getting in some volume whilst actively recovering.