


Buffalo Stampede - Training Program -- 42km Intermediate

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	6	Rest		Easy paced run - flat	8	Rest		Easy paced run - flat to mildy undulating	8	Rest		Long Run, easy paced on hills with 200-400m+	18	40
Build - General Base																
9-Jan	11	Rest		Recovery Jog on flat	6	15min Warm up, 6 x 2mins @ 85%, 1min walk or slow recovery jog between. 10min Cool down	10	Rest		Easy paced run - flat to mildy undulating	8	Rest		Long Run, easy paced on hills with 400m+	20	44
Build - General Base																
16-Jan	10	Rest		Recovery Jog on flat	6	15min warm up. 2 x 8mins @ 75%, 3mins recovery jog between. Cool down.	10	Rest		Easy paced run - flat to mildy undulating	8	Rest		Long Run, easy paced on hills with 400m+	22	46
Absorption Week																
23-Jan	9	Rest		Recovery Jog on flat	6	15min Warm up. 12 x 30sec hill reps, easy jog back to start recovery. Focus on form and adnd being smooth. Cool down.	10	Rest		Easy paced run - flat to mildy undulating	8	Rest		Long Run, easy paced on hills with 400-600m+	22	46
Specific - Sessions will be more aimed towards the specfic demands of the course from now until taper.																
30-Jan	8	Rest		Recovery Jog on flat - very lightly undulating	6	15mins Warm up then 20mins @ 75% over an undulating course. Focus on form and control more than speed.	12	Rest		Easy paced run - Include hills ~100-200m gain	10	Recovery jog - include 4-6 x 15sec strides (run throughs to 90% max pace) at the end. Full recovery between.	4	Long Run with some more hills, try to get 600m+ elevation gain.	25	57

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FEBRUARY																
Specific - Try to find some speed whilst being smooth on the Sunday long run downhills																
6-Feb	7	Rest		Recovery Jog on flat - very lightly undulating	6	Warm up 15min. 10 x 1min hard (85-90%), 1min easy, flat terrain. Focus on getting faster through the reps.	12	Rest		Easy paced run - Include hills ~100-200m gain	10	Recovery jog - include 4-6 x 15sec strides (run throughs to 90% max pace) at the end. Full recovery between.	4	Nice and easy paced long run with some more hills, try to get 600m+ elevation gain. Try to focus on running the downhills smoothly.	28	60
Specific - A good bit of hiking practise on Wednesday. This is important to learn given the steep climbs on course!																
13-Feb	6	Rest		Recovery Jog on flat - very lightly undulating	4	10min uphill tempo @ 75-80%, 3min recovery, 10min downhill tempo @ 70%. Focus on form and being smooth during run throughs.	10	Rest		Easy paced run, light hills	8	Rest or light cross train (bike, swim, gym)		Easy pace, Over Hills, aim for 800m+ elevation gain. Hiking is good practise!	30	52
Specific - A good bit of hiking practise on Wednesday. This is important to learn given the steep climbs on course!																
20-Feb	5	Rest		Recovery Jog on flat - very lightly undulating	6	10min warm up, 6x3mins steep uphill hiking, easy jog back to start recovery. 10mins cool down	14	Rest		Easy paced run hills, include steep hiking if possible	10	Recovery jog - include 4-6 x 15sec strides (run throughs to 90% max pace) at the end. Full recovery between.	4	Nice and easy paced long run with some more hills, try to get 800m+ elevation gain.	30	64
Specific - Biggest week of training. Sleep, hydration and nutrition is key! The downhill reps will help to condition the quads for descending. Important as the race begins by descending!																
27-Feb	4	Rest		Recovery Jog on flat - very lightly undulating	8	8 x 90sec hill reps. Easy pace up, then fast back to bottom (90sec downhill). Up can be slow jog or hike.	14	Rest		Easy paced run - Include ~200-400m elevation gain	12	Recovery jog - include 4-6 x 15sec strides (run throughs to 90% max pace) at the end. Full recovery between.	4	Easy pace, Over Hills, aim for 1000m+ elevation gain. Hiking is good practise! Recovery is really important!	32	70

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MARCH																
Wind Down - Absorbing the training whilst keeping the motor running and freshening up																
6-Mar	3	Rest		Recovery Jog on flat - very lightly undulating	5	Easy run on undulating terrain, include 10 x (30sec steady, 60sec easy)	10	Rest		Easy paced run/hike - include 300m+ elevation gain	8	Rest		Easy pace, over hills. Try to include steep hiking sections.	26	49
Taper - Important to keep intensities nice and low and stay on top of rest and energy levels.																
13-Mar	2	Rest		Recovery jog on flat	5	2 x 10mins uphill reps @ 85% with 3mins recovery between. Steep terrain is good to practise hard hiking.	10	Rest		Easy paced run - can be flat or some small hills	7	Rest		Easy pace on some hills. Short steep pinches but nothing too big.	22	44
Taper																
20-Mar	1	Rest		Recovery jog on flat	6	15min warm up. 10 x 1min hill reps, hard on the up focusing on form, easy jog back recovery	8	Rest		Easy paced run - flat to mildy undulating	6	Rest		Easy pace - lightly undulating run	14	34
RACE WEEK!																
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		Easy recovery jog	5	Rest or easy shake out jog	3		42	64

Prepared by Blake Hose on behalf of SingleTrack Events.