

SkyMarathon 42k Beginner

Training Program



Date	Weeks	MON	km	TUE	km	WED	km	THU	km	FRI	km	SAT	km	SUN	km	total km	Notes
JANUARY																	
Build - General Base																	
1 Jan	11	Easy paced run - flat terrain	6	Rest		Easy paced run - flat + 6 x 15sec strides	8	Rest		4km very easy, then push for the final 2km at ~80% effort.	6	Rest		Long Run, easy paced on hills with 200-400m+	14	34	It begins! Not too much intensity to start with, but this will build and training will become increasingly specific.
Build - General Base																	
8 Jan	10	Rest		Recovery Jog	6	15min Warm up, 4 x 2mins @ 80%, 1min jog between, 4 x 1min 85%, 1min jog between.	8	Rest		Easy paced run - flat to mildy undulating	6	Rest		Long Run, easy paced on hills with 400m+	16	36	Shorter, faster reps like Wednesday, whilst hard, should always be under control and not all-out running. It is important that jogs between efforts are very easy.
Build - General Base																	
15 Jan	9	Rest		Recovery Jog	6	15min warm up. 3 x 6mins @ 75%, 3mins recovery jog between.	10	Rest		Easy paced run - flat to mildy undulating	7	Rest		Long Run, easy paced on hills with 400m+	18	41	Wednesdays session is targeted at threshold paced running, which should be comfortably hard. If you're fading and struggling to maintain, then you're doing them too hard.
Maintain - Absorption Week																	
22 Jan	8	Rest		Recovery Jog	5	Rest		2 x 10-12mins @ uptempo (70-75%) on undulating terrain, 4mins easy jog between	10	Easy paced run - flat to mildy undulating	6	Rest		Long Run, easy paced on hills with 400-600m+	20	41	This weeks workout is longer but should be very controlled. Uptempo is a steady effort, not hard.

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JANUARY																	
Specific - Sessions will be more aimed towards the specific demands of the course from now until taper																	
29 Jan	7	Rest		Recovery Jog	6	3 x 2mins, then 3 x 3mins hill reps, jog back recoveries between each try to do them on a moderate-steep gradient	10	Rest		Easy paced run - Include hills ~100-200m gain	8	Recovery jog - include 4 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.	22	50	Aim for your best hill reps to be the last few of the set! And try to find some nice sustained hills for Sunday's long run.
FEBRUARY																	
Specific Block																	
5 Feb	6	Rest		Recovery Jog	6	15mins warm up, 2 x 6mins @ 80%, 2mins jog b/w, then 2 x 3mins @ 80%, 90sec jog b/w	10	Rest		Easy paced run - Include hills ~100-200m gain	8	Recovery jog - include 4 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.	24	52	Sessions with starting with longer efforts and becoming shorter can be tricky to pace, Focus on the shorter reps being faster, but under control. Try to work the Sunday downhill a bit too.
Specific Block																	
12 Feb	5	Rest		Recovery jog	6	Rest		15mins warm up, 3 x 1mins, 3 x 4mins steep uphill hiking, easy jog back to start recovery.	12	Recovery paced run, light hills	6	Rest or light cross train (bike, swim, gym)		Easy pace, Over Hills, aim for 750m+ elevation gain. Hiking is good practise!	26	50	Easy start to week - really focus on rest and recovery
Specific Block																	
19 Feb	4	Rest		Recovery Jog	6	15mins warm up, 5mins @ 80% on flat, 2mins jog, 2 x 8mins @ 80% uphill, jog back between, 5mins @ 80% on flat.	12	Rest		Easy paced run hills, include steep hiking if possible	8	Recovery jog - include 4 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 750m+ elevation gain.	26	56	Wednesday is a solid session! The aim is to get everything working hard, before hitting some solid climbing. Then on fatigued legs, needing to run faster again. This is the biggest week of training, so sleep, nutrition and rest are vital.

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FEBRUARY																	
Specific Block - Winding Down																	
26 Feb	3	Rest		Recovery jog	6	30mins @ 70% on hilly terrain. Aim to keep effort consistent. Don't overwork the climbs and make sure you run the descents with gusto.	12	Rest		Easy paced run - Include ~200-400m elevation gain	8	Recovery jog - include 4 x 15sec strides (run throughs to 90% max pace) at the end. Full recovery between.	4	"Easy pace, Over Hills, aim for 800m+ elevation gain. Hiking is good practise! Recovery is really important from this week!"	28	58	Overall volume from here on will be reducing, whilst still maintaining good intensity. You will ideally be becoming gradually fresher towards race day!
MARCH																	
Early Taper																	
5 Mar	2	Rest		Recovery jog	5	4 x 5mins hard (80%) uphill hiking reps. Easy jog back to start recovery	10	Rest		Easy paced run - include 300m+ elevation gain	8	Recovery jog - include 4 x 15sec strides (run throughs to 90% max pace) at the end. Full recovery between.	4	Easy pace, over hills. Try to include steep hiking sections.	22	49	A couple of days with some hard hiking focus. These will be less taxing than more fast running sessions and is specific to this course.
Taper																	
12 Mar	1	Rest		Recovery jog	5	6 x (2min solid-hard uphill (90sec rest at top), fast back to bottom (60sec rest, then go again)	10	Rest		Easy paced run - include 300m+ elevation gain	7	Rest		Easy pace on some hills. Short steep pinches but nothing too big.	18	40	Taper - Important to keep intensities nice and low and stay on top of rest and energy levels.
Race Week																	
19 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	BUFFALO Stampede	42	64	Put all that hard work to good use!!