

SkyMarathon 42k Intermediate

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 | 10 | Rest | | 5km Easy then push for 4km at ~80% effort, short cool down. | 10 | Rest | | Long Run, easy paced on hills with 200-400m+ | 20 | 46 | 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 x 10sec strides | 8 | 15min Warm up, 10 x 2mins @ 80-85%, 90sec jog between | 12 | Rest | | Easy paced run - flat to mildy undulating | 10 | Rest | | Long Run, easy paced on hills with 400m+ | 20 | 50 | 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 | 8 | 15min warm up. 4 x 6mins @ 80%, 2.5mins recovery jog between. | 12 | Rest | | Easy paced run - flat to mildy undulating | 12 | Rest | | Long Run, easy paced on hills with 400m+ | 24 | 56 | 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. |
| Build - General Base | | | | | | | | | | | | | | | | | |
| 22 Jan | 8 | Rest | | Recovery Jog 6 x 10sec strides | 8 | Rest | | 2 x 12mins @ uptempo (70-75%) on undulating terrain, 4mins easy jog between, 1 x 5min @ 80% | 14 | Easy paced run - flat to mildy undulating | 10 | Rest | | Long Run, easy paced on hills with 400-600m+ | 28 | 60 | This weeks workout is longer but should be very controlled. Utempo 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 on flat + 6 x 10sec hill strides | 8 | 5 x 2mins, then 4 x 3mins hill reps, jog back recoveries between each try to do them on a moderate-steep gradient | 14 | Rest | | Easy paced run - Include hills ~100-200m gain | 10 | 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 600-800m+ elevation gain. | 28 | 64 | 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 on flat + 6 x 10sec strides | 6 | 15mins warm up, 2 x 8mins @ 80%, 2mins jog b/w, then 3 x 4mins @ 80%, 90sec jog b/w | 16 | Rest | | Easy paced run - Include hills ~100-200m gain | 10 | Recovery jog - include 4 x 15sec strides (run throughs to 90% max pace) at the end. Full recovery between. | 6 | Nice and easy paced long run with some more hills, try to get 800m+ elevation gain. | 30 | 68 | 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 downhills a bit too. |
| Specific block (easy start to week) | | | | | | | | | | | | | | | | | |
| 12 Feb | 5 | Rest | | Recovery jog on flat + 6 x 10sec hill strides | 6 | Rest | | 15mins warm up, 5 x 1mins, 4 x 4mins steep uphill hiking, easy jog back to start recovery. | 14 | Recovery 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 | 58 | Easy start to week - really focus on rest and recovery |
| Specific block | | | | | | | | | | | | | | | | | |
| 19 Feb | 4 | Rest | | Recovery jog on flat + 6 x 10sec strides | 10 | 15mins warm up, 8mins @ 75-80% on flat, 2mins jog, 2 x 8mins @ 80% uphill, jog back between, 8mins @ 80% on flat. | 16 | Rest | | Easy paced run hills, include steep hiking if possible | 10 | Recovery jog - include 4 x 15sec strides (run throughs to 90% max pace) at the end. Full recovery between. | 6 | Nice and easy paced long run with some more hills, try to get 1000m+ elevation gain. | 34 | 76 | 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 on flat + 6 x 10sec hill strides | 8 | 40mins @ 70-75% on hilly terrain. Aim to keep effort consistent. Don't overwork the climbs and make sure you run the descents with gusto. | 14 | Rest | | Easy paced run - Include ~200-400m elevation gain | 10 | Recovery jog - include 4 x 15sec strides (run throughs to 90% max pace) at the end. Full recovery between. | 6 | "Easy pace, Over Hills, aim for 800m+ elevation gain. Hiking is good practise! Recovery is really important from this week!" | 28 | 66 | 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 on flat + 6 x 10sec strides | 8 | 6 x 5mins (80%) uphill hiking/steep running reps. Easy jog back to start recovery | 12 | Rest | | Easy paced run - include 300m+ elevation gain | 10 | Recovery jog - include 4 x 15sec strides (run throughs to 90% max pace) at the end. Full recovery between. | 6 | Easy pace, over hills. Try to include steep hiking sections. | 26 | 62 | 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 on flat | 5 | 10 x (2min fast (but controlled) uphill (60sec rest at top), fast (again, controlled) back to bottom (60sec rest, then go again) | 12 | Rest | | Easy paced run - include 300m+ elevation gain | 10 | Rest | | Easy pace on some hills. Short steep pinches but nothing too big. | 18 | 45 | 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 5mins @ 70-75%, 1min jog into 8 x 30sec steady (70-80%), 60sec jog | 12 | Recovery jog on flat to mildy undulating terrain | 6 | Rest | | Easy recovery jog | 6 | Rest or easy shake out jog + a few light strides | 3 | BUFFALO Stampede | 42 | 69 | Put all that hard work to good use!! |