

SkyRun 20k Beginner

Training Program



Date	Weeks	MON	km	TUE	km	WED	km	THU	km	FRI	km	SAT	km	SUN	km	total km	Notes
JANUARY																	
General Base Running																	
1 Jan	11	Easy paced run - flat terrain	5	Rest		Easy paced run - flat to lightly undulating. Do 6 x 15sec strides at the end. Refer to training information form for details.	6	Rest		Easy paced run - flat to lightly undulating	6	Rest		Easy paced jog, including a few more hills than previous runs in the week	8	26	Build - General Base
8 Jan	10	Very slow and easy recovery run + 6 x 15sec strides (refer to info doc or video for description)	5	Rest		Progression. Start with the first 3km nice and easy, then gradually build your pace over the final 3km, finish at around 75% of your max effort.	6	Rest		Easy paced run - flat to mildly undulating	6			Easy paced jog, some small hills	10	27	An introduction to a little more intensity on Wednesday. This should be a very controlled effort and not 'hard'.
15 Jan	9	Rest		Very easy recovery run + 6 x 10sec strides at the end	5	Warm up 15mins. Then 3 x 1min on (80-85%), 1min off (slow jog), followed by 4 x 2mins on (80%), 2mins off (slow jog)	6	Rest		Easy paced run - undulating	6	Rest		Try to add in some more hills this week, but keep the effort nice and easy.	10	27	Flatter, fast running shouldn't be overlooked for trail runners - it helps create a very helpful training stimulus to improve your running economy.
Begin more specific training for the course																	
22 Jan	8	Rest		Very easy flat run, active recovery	5	Easy walk, spin on the bike, or nothing!		15mins Warm up. 15mins @ 70% over an undulating course. Focus on form and control more than speed.	8	Recovery run	4	Rest		Easy run on trails. Try to find some variable terrain with steeper hiking sections. Practise eating and drinking.	12	29	Start week nice and easy with some recovery days to help absorb your hard work! Sessions will become more specific for the Buffalo course.

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JANUARY																	
29 Jan	7	Very slow and easy recovery run + 6 x 10sec strides	5	Rest		Woo Hills. 4 x 2mins uphill reps (80%) on a moderate gradient, with easy jogs to start as recovery, then 4 x 2mins downhill reps (solid pace, but controlled), with easy jog/walk back to start as recovery	8	Rest		Easy paced run - flat to mildy undulating	6	Rest		Long Run with some more hills, try to get 300m+ elevation gain.	12	31	The uphill and downhill sessions work very well to condition your legs for the undulating nature of the course
FEBRUARY																	
5 Feb	6	Very slow and easy recovery run + 6 x 10sec strides	4	Rest		4 x 5mins @ ~80% (comfortably hard), on flat, 2mins very easy jog between. Focus on getting faster through the reps and maintaining control.	6	Rest		Easy paced run - flat to mildy undulating	6	Rest		Nice and easy paced long run with some more hills, try to get 300m+ elevation gain.	14	30	Some faster threshold work on Wednesday. These types of sessions are really important for improving economy and translate to hills well.
12 Feb	5	Very slow and easy recovery run + 6 x 10sec strides	5	Rest		15min warm up, 5x3mins steep uphill hiking, easy jog back to start recovery. 10mins cool down	7	Rest		Easy paced run - flat to mildy undulating	5	Rest		Nice and easy paced long run with some more hills, try to get 400m+ elevation gain.	14	31	Specific - A good bit of hiking practise on Wednesday. This is important to learn given the steep climbs on course!
19 Feb	4	Rest		Easy recovery jog	5	Rest or light cross training		15 warm up. 30mins of steady uptempo on an undulating course - this should be ~70% effort, try to include some good ups and downs but maintain a steady effort.	10	Rest		Easy paced jog	5	Easy pace, Over Hills, aim for 400m+ elevation gain. Hiking is good practise!	16	36	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

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FEBRUARY																	
26 Feb	3	Very slow and easy recovery run + 6 x 10sec strides	5	Rest		15mins Warm up. 5mins of tempo @ 75% on flat, 1mins jog, 8mins of hard uphill tempo (or 2x4mins if you don't have a long hill)	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	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
MARCH																	
5 Mar	2	Rest		Easy pace run on flat + 6 x 15sec strides.	5	Rest		Easy paced run - flat to mildly undulating. Include 10 x 30sec solid, 60sec slow jog between	8	Rest		Recovery jog	4	Easy pace, over hills. Try to include steep hiking sections.	12	29	Easier week after lots of hard work!
Taper																	
12 Mar	1	Very slow and easy recovery run	4	Rest		5 x (90sec hard uphill (90sec rest at top), fast back to bottom (60sec rest, then go again)	5	Rest		Easy paced run - flat to mildly undulating	5	Rest		Easy pace on some hills. Short pinches but nothing too sustained.	10	24	Taper - Important to keep intensities nice and low and stay on top of rest and energy levels.
Race Week																	
19 Mar	0	Rest		Easy pace run on flat - light undulating + 6 x 15sec hill strides	8	Rest		Easy paced run - flat to mildly undulating	5	Light walk or rest		BUFFALO Stampede	20			33	BUFFALO Stampede