



## BrynKinalt Running Festival (off road) 5th July 5k,10k and 20k

*"most runners over estimate what they can do in the short term but under estimate what they can do long term"*

*Gary House.*

This training programme is what I think will put you in a good position to be able to actually train specifically for a trail event lasting between 1 or 2 hours with a challenge at the end or you can replace this with your race distance 10/20km

By working with time and effort rather than distance and pace you can learn lots more about yourself , how your body works and performs but also most importantly take some of the pressure off.

The goal with this 12 week plan is too keep things simple, achievable but also challenging enough to let you look back and give you the confidence that you really can train for your race .

Good luck.

During the first four weeks long runs are increase in time but keeping some intensity for quality while lots of hill sprints and strides are sprinkled in to improve strength and power. Weeks 5-9 starts to introduce some anaerobic intervals to improve lactate clearance with the volume and intensity of the long runs increasing to help build your endurance.

You finish with a bit of a taper so that you can tackle a 60' challenge that will set a benchmark for the rest of your training in future or Brynkinalt itself.

Think of this plan as the meat (or quorn) of your week, it's the quality that you are free to add to if you have time.

The rules are simple, if you can only do three sessions per week then that's OK but if you can do more than four then stick to recovery or cross training with no limitations

The sessions can be done in any order each week giving you full flexibility to get this done.

Here are some extra points you might want to consider...

- The plan assumes you are not starting completely from scratch and are injury free
- If you do pick up an injury don't train through it before speaking to a good run specific physio
- There are no limitations on recovery runs as long you stick to the description.
- Strength training, start now if you haven't already with 2 x 20 – 30 minute sessions making a huge difference – here is a link for my FREE basic strength tests/exercises  
<https://www.therunstrongclub.com/the-run-strong-club/>
- Cross training – Ideally this would be activities that still allow you to recover both mentally or physically and are especially useful if you are prone to injury.
- Remember the quote at the top, don't go all in and break yourself early when you have enough time to build up to this challenge but on the flip side don't leave it too late!

\*Sessions are explained underneath you plan

Week 1	
Session 1:	WU + (2' Steady / 4' Easy x 3) + CD
Session 2:	45' Easy + Strides
Session 3	45' Easy + 4 Hill Sprints
Session 4	60' Easy

Week 2	
Session 1	WU + (2' Steady + 2' Easy x 6)
Session 2	45' Easy + Strides
Session 3	WU + 6' Steady + 6' Easy x 3 + CD
Session 4	60' Easy

Week 3	
Session 1	WU + (4' Steady + 4' Easy x 3) + CD
Session 2	50' Easy + Strides
Session 3	45' Easy + 4 x Hill Sprints
Session 4	70' Easy

Week 4	
Session 1	WU + (4' Steady + 4' Easy x 3) + CD
Session 2	50' Easy + Strides
Session 3	45' Easy + 6 x Hill Sprints
Session 4	WU + 6' Steady + 6' Easy x 4 + CD

Week 5	
Session 1	WU + (8' Steady + 2' Easy x 3) + 6 x Hill Sprints + CD
Session 2	55' Hilly Fartlek
Session 3	55' Moderate
Session 4	75' Easy

Week 6	
Session 1	WU + 5 x 4' Progressive + CD
Session 2	50' Easy + Strides
Session 3	45' Easy + 6 x Hill Sprints
Session 4	80' Easy

Week 7	
Session 1	WU + 3 x 3' Uphill Tempo (3' Easy) + CD
Session 2	55' Hilly Fartlek
Session 3	60' Steady
Session 4	80' Easy + Strides

Week 8	
Session 1	45' Easy + 6 x Hill Sprints
Session 2	WU + 3 x 3' Uphill Tempo (3' Easy) + CD
Session 3	50' Easy + Strides
Session 4	1hr 45' Easy

Week 9	
Session 1	45' Recovery
Session 2	WU + 4 x 3' Uphill Tempo (3' Easy) + CD
Session 3	45' Progressive
Session 4	90' Steady

Week 10 Session 1	45' Recovery
Session 2	WU + 4 x 3' Uphill Tempo (3' Easy) + CD
Session 3	50' Progressive
Session 4	1hr 45' Easy

Week 11 Session 1	45' Recovery
Session 2	WU + 4 x 4' Progressive + CD
Session 3	45' Fartlek
Session 4	45' Easy + Strides

Week 12 Session 1	30' Easy + 4 x Hill Sprints
Session 2	30' Easy
Session 3	30' Easy
Session 4	<b>60' Distance Challenge</b>

### **RPE: RATE OF PERCIEVED EXERTION**

All sessions are based on time and effort rather than distance and pace, you will find a score out of 10 for each session to give you an idea of effort level with 10 being maximum effort.

**WARM UP:** start with some very easy running and ideally some dynamic running drills towards the end for anything other than easy or recovery runs. No set time on this to give you flexibility to add some more training time on to your sessions. RPE 1-2

**COOL DOWN:** Once your session is done it's a good idea to finish with at least 15 minutes of easy running or even a walk before finishing. RPE 1-2

**EASY:** These runs are important for building a strong aerobic base or simply recover from previous sessions. With no real target in mind for the session you can relax and enjoy them, at no point should you feel like these are adding extra stress to the more intense sessions. RPE 1-4

**RECOVERY:** The same as easy runs but this time more strict on the effort being very low for the whole duration and you can even use walking in a good recovery session. The goal is not to stress the body in anyway. RPE 1-2

**FARTLEK:** These run aim to teach the body to run faster without complete recovery. At first there may be a big difference in your fast / slow efforts but over time you can aim to bring these closer together showing that your muscles have improved the ability to clear lactate. You have control over how quick and how long your efforts are in these sessions. RPE mixed

**STRIDES:** These are short, fast effort that should always be relaxed and performed with good form. They should last around 30s in total building gradually to top speed before holding that for 5s and gradually slowing RPE up to 10

**STEADY:** Steady running should be kept at an even effort the whole time, again using effort rather than pace due to the change in terrain, improvement in fitness etc.

You could take you easy / recovery running pace and aim for around 1 minute quicker per mile as a general guide on good even terrain though.

This is still quality running and improves your cardio capacity (your ability to get oxygen to muscles) The error most runners make with these runs is making them too fast, don't be a hero. RPE 5-6

**PROGRESSIVE:** Progressive runs teach you to feel your effort against pace and know when its OK to increase it. In terms of your body they increase oxygen uptake quickly in the muscle fibres, accelerating first the slow twitch then fast at the end of the rep or run. In this plan we are just introducing you to the concept but in future training these can last between 45-60 mins. RPE 5-8

**TEMPO** Run on terrain with good footing because the goal of the workout is to maintain a steady intensity of effort for a prolonged period of time.

A tempo run is performed at an intensity that produces an elevated yet steady state of blood lactate accumulation - the body is clearing lactic acid as fast as it is being produced.

As a result there is relatively low muscle stress, even though you're running at a good intensity

Tempo running won't make you faster, but it will make you slower to fatigue when running fast.

Lactate Threshold intensity is approximately equal to the pace you can maintain between a 10km and maybe half marathon. RPE 8

**HILL SPRINTS:** These are a strength and power exercise including areas such as calves, glutes and hamstrings. They are also a great way to improve running form but you must use caution with the first few reps. Choose a hill that you can run up explosively for between 8-15s and **recover for 2 minutes each time**. Remember this is a strength exercise not endurance. RPE 10

Get in touch if you would like more personal coaching / mentoring and don't forget to take my FREE runners strength test below

<https://www.therunstrongclub.com/the-run-strong-club/>

Gary

IG: garyhouse\_

[www.therunstrongclub.com](http://www.therunstrongclub.com)

gary@therunstrongclub.com