

MAVERICK RACE TRAINING PLAN:
FIRST MAVERICK RACE



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest & core/ stretching	Run or run/walk for 30 mins	Rest or x train (swim/bike/gym class/walking)	30 min run with 5 x 30 seconds at a harder effort. Controlled effort & not a sprint!	Rest & core/ stretching	Long run 40 mins	Rest
2		Run or run/walk for 30 mins	Rest or x train	Hills: find a hill & run up for 20 seconds, then jog easy down. Do this 5 times.		Long run 45 mins	
3		Run 30 mins all easy	Rest or x train	Out & Back: run out for 15 mins very easy then turn around and try to run home faster		Long run 50 mins	
4		Run 40 mins all easy	Rest or x train	Hills: find a 40 min route with some hills and within your run find 4 climbs and push for as long as you can up. Make sure you recover fully in between!		Long run 60 mins	
5		Run 40 mins all easy	Rest or x train	30 mins with 3 x 2 mins at a harder but controlled effort		Long run 60-70 mins	
6		Run 45 mins all easy	Rest or x train	PYRAMID: within a 40min run add 5min, 4min, 3min, 2min, 1min efforts getting faster as the intervals get shorter		Long run 75-80 mins	
7		Run 45 mins all easy	Rest or x train	30 min run with 5 x 1 min fast, recover fully in between		Long run 45-60 mins	
8		20 mins easy running & light core & mobility work	Rest	20 mins very easy running & stretching		Rest	