

MAVERICK RACE TRAINING PLAN:
MIDDLE TO LONG



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest & core/ stretching	45 min run keeping the effort easy	45-60 min easy run or x training (swim/ biking/gym classes/ climbing etc)	60 min run including 2 x 8mins at threshold effort (2-3 word effort pace) (90 sec recovery)	Rest & core/ stretching	Long run 75 mins on trails if possible	30 min easy run
2		45 min easy run	45-60 min easy run or x training (swim/ biking/gym classes/ climbing etc)	Hills: continuous hills; 60min run with 3 x 5mins(90 sec recovery). Find a hill and loop up & down for the blocks of time. Push on the up AND the down		Long run 90 mins on trails if possible	40 min easy run
3		45 min easy run	60 min easy run or x training	Pyramid: 70 min run with threshold effort for 1min /2min/3min/4min/5min /4min/3min/2min/ 1min (60 sec recovery)		Long run 90 mins on trails if possible with the last 15 mins at a faster pace	40 min easy run
4		45 min easy run	60 min easy run or x training	Hills: 60-70min run with 3 x 90 sec then 3 x 60 sec hill sprint (60 sec rec)		Long run 100 mins to 2 hours on trails	40 min easy run
5		50 min easy run	60-70 min easy run	60 min run with 4 x 4min threshold effort (90 sec recovery)		Long run 2 hours including 5 x 2mins marathon pace effort (60 sec recovery)	30-40 min easy run
6		50 min easy run	60-75 min easy run	Hills: 70 min run on hilly route. Choose 5 climbs to push up hard for 90-120secs each. Jog in between until fully recovered.		Long run 2hrs 30mins on trails if possible	Optional 30 min easy run or x train
7		45-50 min easy run	Rest or 30 min easy run or easy x train	45 min run with 6 x 1 min hard		Long run 80 mins on trails if possible	Optional 30 min easy run or x train
8		40 mins easy running & light core & mobility work	40-50 mins very easy running & stretching	Rest		Rest & prepare for the race	Race Day