

MAVERICK RACE TRAINING PLAN:
X SERIES MARATHON TO ULTRA



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest & core/ stretching	45 min run keeping the effort easy	60 min easy run or x training (swim/ biking/gym classes/ climbing etc)	75 min run including 2 x 10mins at threshold effort (2-3 word effort pace) (90 sec recovery)	Rest & core/ stretching	Long run 90 mins on trails if possible	40-45 min easy run
2		45 min easy run & 4 x 50 metre of strides when nearly home	60 min easy run or x training	Hills: continuous hills; 60min run with 3 x 6mins(90 sec recovery). Find a hill and loop up & down for the blocks of time. Push on the up AND the down		Long run 1hr 45 mins on trails if possible	40-45 min easy run
3		45 min easy run	60 min easy run	Pyramid: 80 min run with threshold effort for 1min/ 2min/3min/4min/5min/4 min/3min/2min/ 1min(60 sec recovery)		Long run 2-2hrs 30mins on trails making sure you fuel the whole way - start practising for race day	50-60 min easy run
4		45 min easy run & 4 x 50 metres of strides when nearly home	60 min easy run or x training	Hills: 80 min run with 4mins threshold effort & then 8 x 1min hard up hill & finish with 4mins threshold effort		Long run 2hrs 30mins-3hrs on trails. Up the pace for the last 15 mins but keep it controlled.	60 min easy run
5		60 min easy run	60-70 min easy run	60 min run with 8 x 2 min threshold effort (90 sec recovery)		Long run 3-4 hours very easy on trails. Eat, drink and practise on technical ground while tired	Rest
6		60 min easy run & 4 x 50 metres of strides when nearly home	60-75 min easy run	80 min run on a hilly route. If feeling good throw in a few short, fast efforts		Long run 3 hours on trails	40 min easy run
7		60 min easy run	45 min run or x train	60 min run with 6 x 1min hard		Long run 90 mins on trails if possible	Optional 30 min easy run or x train
8		60 mins easy running & stretching	40-50 mins very easy running & stretching	30-40 min very easy run		Rest & prepare for the race	Race Day