

2 VALLEYS TRAIL

DISTANCE - 20KM

TRAINING PLAN

12 WEEKS

TARGETED TOWARDS NEW TRAIL RUNNERS OR LONG DISTANCE ROAD RUNNERS
LOOKING FOR A NEW CHALLENGE.

TRAINING PLAN WRITTEN BY PAUL WILSON, A UESCA ULTRARUNNING COACH

SUMMITULTRA.CO.UK

2 VALLEYS TRAIL

WEEK 1

MON	TUE	WED	THURS	FRI	SAT	SUN
Easy run 30 min	REST	Intervals 6 x 30s 20 min warm up 30s fast 30s easy x6 20 min cool down	REST	Easy run 30 min	Trail run 45 min	Rest or Crosstrain (walk or Bike)

WEEK 2

MON	TUE	WED	THURS	FRI	SAT	SUN
Easy run 30 min	REST	Intervals - 10 x 30s 20 min warm up Fast 30s Easy 30s x 10 20 min cool down	REST	Easy run 40 min	Trail run 50 min	Rest or Crosstrain (walk or Bike)

WEEK 3

MON	TUE	WED	THURS	FRI	SAT	SUN
Easy run 40 min	REST	Hill reps 20 min warm up 10 x 30s Hard up hill 30s easy down 20 min cool down	REST	Easy run 40 min	Trail run 1 hour	Rest or Crosstrain (walk or Bike)

WEEK 4

MON	TUE	WED	THURS	FRI	SAT	SUN
Easy run 40 min	REST	Hill pyramid 20 min warm up 15s fast 15s easy 30s fast 30s easy 45s fast 45s easy 1 min fast 1 min easy 1 min fast 1 min easy 45s fast 45s easy 30s fast 30s easy 15s fast 15s easy 20 min cool down	REST	Easy run 50 min	Trail run 1 hour 30 min	Rest or Crosstrain (walk or Bike)

2 VALLEYS TRAIL

WEEK 5

MON	TUE	WED	THURS	FRI	SAT	SUN
Easy run 40 min	REST	Hill pyramid 20 min warm up 15s fast 15s easy 30s fast 30s easy 45s fast 45s easy 1 min fast 1 min easy 1 min fast 1min easy 45 s fast 45s easy 30s fast 30s easy 15s fast 15s easy 20 min cool down	REST	Easy run 50 min	Trail run 1 hour 30 min	Rest or Crosstrain (walk or Bike)

WEEK 6

MON	TUE	WED	THURS	FRI	SAT	SUN
Easy run 40 min	REST	Tempo run 20 min warm up 2 min steady effort 2 min easy x 5 20 min cool down	REST	Easy run 1 hour	Trail run 1 hour 40 min	Rest or Crosstrain (walk or Bike)

WEEK 7

MON	TUE	WED	THURS	FRI	SAT	SUN
Easy run 50 min	REST	Tempo run 20 min warm up 2 min steady effort 2 min easy x 6 20 min cool down	REST	Easy run 1 hour	Trail run 1 hour 50 min	Rest or Crosstrain (walk or Bike)

WEEK 8

MON	TUE	WED	THURS	FRI	SAT	SUN
Easy run 30 min	REST	Easy run 30 min	REST	Easy run 40 min	Trail run 1 hour	Rest or Crosstrain (walk or Bike)

2 VALLEYS TRAIL

WEEK 9

MON	TUE	WED	THURS	FRI	SAT	SUN
Easy run 50 min	REST	Hill reps 20 mins warm up Uphill 1 min 20 secs Easy 1 min 20 secs x 6 20 min cool down	REST	Easy run 50 min	Trail run 2 hour	Rest or Crosstrain (walk or Bike)

WEEK 10

MON	TUE	WED	THURS	FRI	SAT	SUN
Easy run 50 min	REST	Tempo run 20 min warm up 5 mins steady effort 5 mins easy x 3 10 min cool down	REST	Easy run 1 hour 10 min	Trail run 2 hour	Rest or Crosstrain (walk or Bike)

WEEK 11

MON	TUE	WED	THURS	FRI	SAT	SUN
Easy run 50 min	REST	Tempo run 20 min warm up 1 min 30 sec uphill 2 min easy x 8 20 min cool down	REST	Easy run 50 min	Trail run 1 hour	Rest or Crosstrain (walk or Bike)

WEEK 12

MON	TUE	WED	THURS	FRI	SAT	SUN
Intervals 6x30s 20 min warm up 30s fast 30s easy x6 20 min cool down	Easy run 40 min	REST	REST	Shakeout Easy run 20 min Wear your race kit and bag, make sure you're comfortable	2 VALLEYS TRAIL EVENT DAY	