

Ten week Training Schedule for a 30km Off Road Race

By Martin Lukes



WAKATU NELSON STRIDERS

"We'll get you in the long run"

Experienced runners You should be able to be able to run for 2 hours comfortably and be doing 5 hours a week before starting this schedule.

Week 1	Time	Type	Comment
M	30	Jog	Easy relaxed jog on grass
T	1:00	Steady	Run at puffy stage on flat
W	2:00	Off road	Steady pace; aim to finish fresh and happy. W
T	30	Jog	Easy relaxed jog on grass
F	0	Rest or light strideouts	
S	1:30	Steady	Run at medium effort on flat.
S	2:00	Hills	Choose a place that is enjoyable to run
Total	7:30		
Note:	Aim is to build a base level of fitness. Concentrate on feeling comfortable.		

Week 2	Time	Type	Comment
M	30	Jog	Easy relaxed jog on grass
T	1:00	Steady	
W	2:00	Off road	
T	30	Jog	Easy relaxed jog on grass
F	0	Rest or light strideouts	
S	1:30	Steady	
S	2:30	Hills	
Total	8:00		
Note:	Don't worry about speed at the moment!		

Week 3	Time	Type	Comment
M	30	Jog	Easy relaxed jog on grass
T	1:30	Steady	
W	2:00	Off road	
T	30	Jog	Easy relaxed jog on grass
F	0	Rest or light strideouts on grass	
S	1:30	Steady	
S	2:45	Hills	
Total	8:45		
Note:	Aim to finish long runs comfortably		

Week 4	Time	Type	Comment
M	30	Jog	Easy relaxed jog on grass
T	1:30	Steady	
W	2:00	Off road	
T	30	Light strideouts or fartlek	
F	30	Jog	Easy relaxed jog on grass
S	1:30	Steady	
S	3:00	Hills	
Total	9:30		
Note:	Drink lots on the long runs.		

Week 5	Time	Type	Comment
M	30	Jog	Easy relaxed jog on grass
T	1:30	Steady	
W	2:00	Off road	
T	30	Light strideouts or fartlek	
F	30	Jog	Easy relaxed jog on grass
S	1:30	Steady	
S	3:30	Hills	
Total	10:00		
Note:	Base build up now complete		

Week 6	Time	Type	Comment
M	30	Jog	Easy relaxed jog on grass
T	1:00	Speedwork	5x 1km reps at 5K racepac 5 x 200 strideouts
T	1:30	Off road	
T	30	Light fartlek	
F	30	Jog	Easy relaxed jog on grass
S	1:30	Fartlek	
S	2:30	Hills	
Total	9:00		
Note:	Take it easy on the first few speedwork sessions Ease off if you get any niggles		

Week 7	Time	Type	Comment
M	30	Jog	Easy relaxed jog on grass
T	1:00	Speedwork	5x 1km reps + 200 strideout
W	1:30	Off road	
T	30	Strideouts	On grass
F	30	Jog	Easy relaxed jog on grass
S	1:00	fartlek	
S	2:30	Hills	
Total:	7:30		
Note:	Concentrate on smooth fast running for the 200's.		

Week 8	Time	Type	Comment
M	30	Jog	Easy relaxed jog on grass
T	1:00	Speedwork	5x 1km reps + 200 strideout:
W	1:30	Off road	
T	30	Jog	
F	0	Rest	Rest
S	1:00	Easy fartlek	
S	2:00	Hills	
Total:	6:30		
Note:	Ease off and rest if any niggles.		

Week 9	Time	Type	Comment
M	30	Jog	Easy relaxed jog on grass
T	1:00	Steady Offroad	
W	1:30	Hills	
T	30	Speedwork	10 x 100m
F	0	Rest	
S	1:00	fartlek	
S	1:00	Steady Offroad	
Total	5:30		

Week 10	Time	Type	Comment
M	30	Fartlek	Medium effort
T	30	Strideouts	
W	30	Jog	
T	30	Strideouts	
F	0		0 Rest or very light strideouts
S		Racepace	Race
S	0	Rest or Jog	
Total			
Note:	Sleep lots in last week!		