

## Intermediate Level Ten Week Training Schedule for a 30km Off Road Race



### **Week 1**

M	30	Jog
T	45	Jog
W	0	Rest or Easy Jog
T	45	Jog
F	0	Rest
S	30	On hills
S	1:15	Run & Walk
Total	3:45	

### **Week 6**

M	40	Jog
T	45	Hills
W	30	Easy Jog
T	45	Off road
F	0	Rest
S	45	Flat, off road
S	2:00	Run - undulating
Total	5:25	

### **Week 2**

M	30	Jog
T	45	On hills
W	0	Rest
T	45	Flat
F	0	Rest or Walk
S	45	On hills
S	1:30	Run & Walk
Total	4:15	

### **Week 7**

M	30	Jog
T	50	Hills
W	40	Easy Jog
T	50	Fartlek
F	0	Rest
S	1:00	Flat, off road
S	2:15	Run - undulating
Total	6:05	

### **Week 3**

M	30	Jog
T	45	Hills
W	0	Rest or Easy 30 Jog
T	50	Flat
F	0	Rest
S	45	Flat, off road
S	1:30	Run - undulating
Total	4:50	

### **Week 8**

M	40	Easy
T	50	Hills
W	60	Flat, off road
T	45	Fartlek
F	0	Rest
S	45-1:00	Flat, off road
S	2:30	Run - undulating
Total	6:20	

### **Week 4**

M	30	Jog
T	45	Hills
W	0	Rest or Easy 30 Jog
T	1:00	Flat, steady pace
F	0	Rest
S	50	Flat, off road
S	1:40	Run - undulating
Total	5:15	

### **Week 9**

M	30	Easy
T	45	Hills
W	40	Off road
T	45	Fartlek
F	0	Rest
S	40	Flat, off road
S	1:30	Run - undulating
Total	5:50	

### **Week 5**

M	0	Rest
T	30	Flat, off road
W	40	Easy jog
T	45	Flat
F	0	Rest
S	45	
S	1:45	Run - undulating
Total	4:25	Easier week

### **Week 10**

M	45	Easy
T	30	Include strideouts
W	30	Easy jog
T	20	Easy jog
F	0	Rest or 15 mins light jog
S	0	Rest or 15 mins light jog
S		RACE DAY