



FIND YOUR FEET

BE WILDER · PLAY WILDER · PERFORM WILDER

RUN TASMANINA STAGERACE

TRAINING PACKAGE
BY HANNY ALLSTON

INTRO

The success is in starting

CONSIDERATIONS

Read carefully before
you start

TRAINING IDEAS

The foundation of excellence is customisation

TRAINING PLANNER

Time to grow, play &
perform wilder





FROM THE AUTHOR

It is my absolute pleasure to welcome you to Tasmania, particularly its southern regions which was where I grew up and where I learnt the art of loving trail running. Most of the trails that you are going to enjoy over these 4 days were places that I used to run on – for joy, recovery, training and even competing as I prepared for international competitions. What I love about the Rapid Ascent events are the cleverly crafted routes, relaxed event atmosphere, camaraderie with other athletes, and an opportunity to run through parts of a landscape you might not otherwise have the opportunity to visit. Therefore, I believe your success and enjoyment on my home trails here in Tasmania are consistency of your preparation, knowledge of how to stay fuelled and hydrated in our quickly changing Tasmanian environments, and also in the mental approach over the 4 days.

The focus of this training planner is to help you to find your feet, using your Rapid Ascent Tasmania 4-day goal as a foundation for personal growth and wilder adventures.

I cannot emphasise strongly enough that **this training plan is a guide**. I hope that you see it as an opportunity to learn the skills of preparing for trail running goals whilst incorporating exercise into a lifestyle. Therefore, I believe it is absolutely essential for you to use this training planner in combination with the extensive knowledge located in my newly released [Trail Running Guidebook](#). This Guidebook explains in detail the theories behind my training resources, and provides insights on a wide range of important topics such as recovery, common injuries, nutrition & hydration, and psychology. All of these topics will be imperative to understand prior to race day!

I have learnt from my own elite running career and fifteen years of coaching endurance runners, that in order to thrive in your chosen goal it is essential that you are willing to sit firmly in the driver's seat; to listen to your body and fully respect the demands of your personal lifestyle.

(Continue on next page)

I call this – **growing wilder**. It is essential to ask yourself the question, ‘Who am I when I am not running?’ If you are struggling to answer this question then there is a strong risk that your running goals will feel unsustainable over the longer term.

Next, it is critical that this goal is fun! Make sure that you incorporate the activities, locations, trails and friendships that you love. I dare you to – **play wilder**. Only then will you feel ready to – **perform wilder**.

As you will see in this training planner, there are plenty of opportunities to select carefully from a breadth of sessions on offer. This is to ensure that you do not place too many stresses on your body thereby risking injury, illness and disengagement from the goal. Feel free to modify any sessions to ensure that you are getting the rest and recuperation that you require to maintain your enjoyment in the goal and your physical health.

After all, we are all unique human beings and our bodies are certainly not machines!

Finally, I have learnt through hard lessons that racing success does not make you a better or more successful person. Rather, the journey to your chosen performance goal and the ‘self’ you build along the way are better measures of personal attainment, as is your excitement for the ‘what next?’ You are about to start on a successful journey that can lead you into a long-term lifestyle incorporating great health, happiness and wilder adventures.

I am excited! Are you?

Hanny
ALLSTON



CONSIDERATIONS:

HOW TO PERSONALISE THIS TRAINING PLAN TO YOUR OWN NEEDS

1. READ: 'THE TRAIL RUNNING GUIDEBOOK' by Hanny Allston

2. Enter dates into the Training Planner

3. Enter any events that you wish to race - highlight these so they are obvious

4. Plan for recovery after events - for every 10km you race at maximal intensity you will require 1 week of recovery. If you are unsure of how your events fit into your greater goal then you may need to arrange an additional [Performance Consultation](#) with me.

RECOVERY/MISSION WEEK

5. Begin by planning the development of your long 'missions'. These are the days you practice everything from carrying your mandatory gear to fuelling/hydration. Go somewhere new. Aim to run most of the time, but practice some walking too. If you don't have a fuelling/hydration strategy you may need to read my Trail Running Guidebook and maybe also arrange an additional [Performance Consultation](#) with me.

6. Think about whether you need to include night trail running practice.

7. Leave the rest of your Recovery/Mission weeks relatively free & flexible. It should only include light strength training (upper body & rehab), jogging and other cross-training activities that leave you feeling fully refreshed after the previous training weeks. Ideally you will have 4-5 days of full rest & recovery prior to missions. Try to include extra sleep & rest during this period to optimize your recovery.

8. Don't forget to fill in your Reflections sheets to track the progress of your Missions .

INTENSITY WEEKS 1 & 2

9. Try to work into the structure of Easy 🟢 Moderate 🟡 Hard days of training. Reserve the Hard days for higher intensity and longer running. Please note, during these weeks, long runs should not become 'missions' and should be kept as 'do'able runs before breakfast', or of a length no greater than around 2.5hrs.

10. Aim to make your Hard days 'Hard' and your Easy days 'Easy'. That is, be careful not to overload the Rest/Easy days. Remember, Easy days should be preparing the body to train. Moderate days are lower intensity, volume building days. Hard days are for strategic exertion.

11. In Moderate Weeks, the cumulative training should feel tough'ish but achievable.

12. In Hard Weeks, the cumulative training should feel challenging but not reaching a place where you are risking niggles, injuries or excessive fatigue.

For ideas of what constitutes Easy, Moderate & Hard days see the table on the Training Ideas sheet of this document

(Continue on next page)

CONSIDERATIONS:

HOW TO PERSONALISE THIS TRAINING PLAN TO YOUR OWN NEEDS

TAPERING

15. You need to allow a at least 7 days for the final taper. For the two weeks before this you will need to begin freshening up by including Sharpening Sessions & decreasing the duration of your Long Runs. If you feel apprehensive about the taper week provided in this plan, you may need to read my Trail Running Guidebook and maybe also arrange an additional [Performance Consultation](#) with me.

16. Plan when you need to start focusing in on your pre-race Nutrition & Hydration. If you are unsure of how to optimally refuel and rehydrate in the final week before your event, you may need to read my Trail Running Guidebook and maybe also arrange an additional [Performance Consultation](#) with me.

17. Remember to factor in Allied Health services such as massage into the taper period. You should not have a heavy massage closer than 4 days out from your race to avoid Delayed Onset Muscle Soreness.

OTHER CONSIDERATIONS

18. Plan your training using durations not distances. This will give you a greater accuracy of your training as it will allow you to include strength & cross-training in your overall weekly volumes.

19. Do not just measure your training in volumes, you also have to account for quality of training & intensity of training in your calculations. I.e. a really hard week will not just be a bigger volume week. In fact, it may be a low volume week but with tougher quality training sessions or races.

20. If the 3-week cycle doesn't fit in completely to your plan, you may need to include an additional Moderate Week where you build back into full training off the back of a race or heavy training period.



FIND YOUR FEET
BE WILDER · PLAY WILDER · PERFORM WILDER

TRAIL RUNNING TOURS

Since 2014, we've at **Find Your Feet Tours** run through ancient forests in Tasmania, scrambled to 3000m peaks in the Dolomites, and laughed our way through wobbly green food in Japan. With over 570 guests, 63 tours, and memories that last a lifetime, Find Your Feet Trail Running Tours are so much more than a holiday.

Led by expert guides, our small-group tours are all about exploring wild places at a pace that suits you. Whether you're new to trails or an ultra-seasoned mountain goat - we've got a tour to match your stride!

WWW.FINDYOURFEETTOURS.COM.AU

TRAINING IDEAS:

Use this guide to help you to personalise your training planner. Feel free to substitute any of the training sessions outlined in this program with your own activities. For example, if I have suggested jogging on an Easy Day, you may like to swap this for swimming if this is something that you really enjoy? For more detailed information on this concept, please refer to my Trail Running Guidebook. You may also need to arrange an additional [Performance Consultation](#) with me.

REST DAYS	EASY DAYS	MODERATE DAYS	HARD DAYS
<i>No formal planned training</i>	<i>Low volume, low intensity days that best prepare your body to train</i>	<i>Low intensity, volume or 'time-in- the-legs' days</i>	<i>High intensity or high volume training days</i>

EXAMPLE SESSIONS

Allied Health sessions ie. Massage	Jogging	Two easy runs in one day	Long Runs - should still be run at a 'talking pace'
Gentle walking	Walking	One longer run (up to 75% of your weekend long run)	Hill Interval Sessions - longer reps
Gardening or house activities	Easy cross- training	Strength Training - harder sessions	Hilly Loops - hills run hard
Beach or pool activities	Yoga/Pilates	Cross-training - not too hard though	Hill Time-trials
	Active transport (ie. cycle commuting)		Fartlek training - longer reps, less recovery
	Kids sports activities		Time-trials
	Social sports activities		Races

WHAT ELSE DO YOU ENJOY?

REST DAYS	EASY DAYS	MODERATE DAYS	HARD DAYS

WEEK 1	DAY	4 DAYS IN TASMANIA			
		Intensity	Activity	Distance	Duration
	Moderate Week		Aerobic: Moderate		
Podcast Episode #17 Psychological Foundations of	Mon	Rest			
	Tue	Easy	Active recovery activities such as easy jogging or cross training		0:30
	Wed	Moderate	Mid-week longer run at talking pace. Can be on trail or can be run somewhere close to home		0:50
	Thu	Hard	Tempo Run: Warm up then attempt 3x10min tempo run at HR> 75% maximum. Take 2-5min jog recovery between each Finish with a short c'down		1:00
	Fri	Rest			
	Sat	Moderate	Semi-long run on smoother, flatter surfaces		1:15
	Sun	Hard	Long Run along hilly tracks and trails		1:45
	Comments or Considerations?		This week the training starts for your 4 days in Tasmania goal! A crucial part of preparing for this event is to practice on rougher terrain and hills. Try adding either or both into each week of your training if possible. I also strongly encourage you to pace yourself. Consistency is the key when it comes to preparing for multi day endurance events. Respect the recovery as much as the hard training!		
	Notes:				

WEEK 2	DAY	4 DAYS IN TASMANIA			
		Intensity	Activity	Distance	Duration
	Hard Week		Aerobic: Hard		
	Mon	Rest			
Podcast Episode #56 Finding Purpose with Dr Patricia Bowmer	Tue	Easy	Active recovery activities such as easy jogging or crosstraining		0:40
	Wed	Moderate	Mid-week longer run at talking pace. Can be on trail or can be run somewhere close to home		0:50
	Thu	Hard	Hilly Tempo: 15min w/up; 15-20min strong uphill run or over rolling hills; 15min cool down		1:00
	Fri	Easy	Choose from easy jogging or crosstraining activities		0:30
	Sat	Moderate	Hilly Run aiming to run all the hills comfortably and work the downhill's a little stronger (to simulate race day)		1:00
	Sun	Hard	Long Run: add some hills and trails in if you can. Run this at a talking pace.		1:50
	Comments or Considerations?		The 4 days in Tasmania is full of hills and requires four days of back to back running. Therefore, if possible try to incorporate lots of hills in your training. We are also using Saturdays & Sundays to get used to completing back to back solid sessions. If you don't have many hills, then aim to complete a 15-20min tempo over rolling hills during the Thursday session.		
	Notes:				

WEEK 3	DAY	4 DAYS IN TASMANIA			
		Intensity	Activity	Distance	Duration
	Recovery/Mission		Easy/Mission 1		
	Mon	Rest			
Podcast Episode # 19 Base Training with Hanny Alston	Tue	Easy	Active Recovery. Choose from an easy jog, swim or walk		0:45
	Wed	Easy/Rest	Easy jog to stretch out the legs		0:40
	Thu	Easy/Rest	Mid-week longer run		1:10
	Fri	Rest			
	Sat	Mission	Long Mission: Run as close to race conditions as possible but at an easier pace. Walk around 20% to reduce risk of injury and simulate race day.		2:00
	Sun	Mission	Short 30min run or 90min walk to see how you pull up after the mission yesterday		0:45
	Comments or Considerations?		This weekend's Mission/s are a critical step in your preparations for the 4 days in Tasmania. Over 2-3hrs you can learn a lot about your body. Make sure you document the run (and if possible, complete it under warmer weather conditions ie. in the middle of the day). Also document how the body felt when you went out training the Sunday as this will be a good indicator of how well you looked after yourself during & after Saturday's long effort.		
	Notes:				

WEEK 4	DAY	4 DAYS IN TASMANIA				
		Intensity	Activity	Distance	Duration	
	Moderate Week		Aerobic: Moderate			
	Mon	Rest				
	Tue	Easy	Active recovery activities such as easy jogging or cross training		0:40	
	Wed	Moderate	Mid-week longer run at talking pace. Can be on trail or can be run somewhere close to home		1:00	
	Thu	Hard	Aerobic Endurance: 15min w/up; 3x 1km efforts with 1min jog recovery in between; 10min c/down		0:50	
	Fri	Rest				
	Sat	Moderate	5km Tempo Run - try to be able to replicate this as we are going to come back to it later in the program. Aim for a Park Run or enjoyable environment.		1:00	
	Sun	Hard	Only if you pull up ok - Long Run on trail at talking pace		1:45	
		Comments or Considerations?		Focus of this week is consistency and getting a baseline of your fitness through the 5km Tempo Run. The Sunday run should only be undertaken if you pull up well from Saturday. Rest or cut it short if required.		
		Notes:				

WEEK 5	DAY	4 DAYS IN TASMANIA			
		Intensity	Activity	Distance	Duration
	Hard Week		Aerobic: Hard		
Podcast Episode #21 Sports Nutrition & Hydration	Mon	Rest			
	Tue	Easy	Active recovery activities such as easy jogging or crosstraining		0:40
	Wed	Moderate	Mid-week longer run at talking pace. Can be on trail or can be run somewhere close to home		1:00
	Thu	Hard	Tempo Run: 15min w/up; 25min solid tempo run (should still be able to hold a conversation though); 10min c'down		0:50
	Thu	Rest			
	Sat	Moderate	Hill Intervals: 15min w/up; 3x5min strong uphill runs with jog back recoveries; short cool down		1:00
	Sun	Hard	Long Run: add some hills and trails in if you can. Run this at a talking pace but work the downhill's stronger.		1:45
Comments or Considerations?		This week is simply a progression on last week. If you are struggling to cope with the load of increased hill training, then cut back on some of the volume and the number of repetitions. It is important to work within your limits to avoid injury and overtraining.			
Notes:					

WEEK 6	DAY	4 DAYS IN TASMANIA			
		Intensity	Activity	Distance	Duration
	Recovery/Mission		Easy/Mission 2		
	Mon	Rest			
	Tue	Easy	Active Recovery: Choose from an easy jog, swim or walk		0:45
	Wed	Easy/Rest	Easy jog to stretch out the legs		0:30
	Thu	Rest			
	Fri	Easy/Rest	Relaxed aerobic run		0:45
	Sat	Mission	Long Mission: Run as close to race conditions as possible but at an easier pace. Walk around 20% to reduce risk of injury and simulate race day.		2:20
	Sun	Rest	Optional easy 1hr walk or 30min jog to see how you feel.		1:00
Comments or Considerations?		This weekend we are increasing the number of back to back days. Make sure you take the advice to include plenty of walking in the 2:20hr mission. This is designed to help you physically and mentally prepare for the joys of walking on race day, and also to minimize the risk of injury. It is critical that you do not embark back on full training next week until you are fully recovered from these missions.			
Notes:					

WEEK 7	DAY	4 DAYS IN TASMANIA			
		Intensity	Activity	Distance	Duration
	Moderate Week		Hills: Moderate		
	Mon	Rest			
Podcast Episode #25 Hill Training & Running Technique	Tue	Easy	Active recovery activities such as easy jogging or crosstraining		0:40
	Wed	Moderate	Mid-week longer run at talking pace. Can be on trail or can be run somewhere close to home		1:10
	Thu	Hard	Hills Tempo: 15min w/up; 20mins done as running any hill you find hard then cruising at talking effort till the next hill; 10min easy jog or walk c' down		0:45
	Fri	Rest			
	Sat	Moderate	Hill Intervals: 15min w/up; 4x5min strong (not hard) uphill runs with jog back recoveries; short cool down		1:00
	Sun	Hard	Long Run: add some hills and trails in if you can. Run this at a talking pace but work the downhill's stronger.		2:00
	Comments or Considerations?		This week we really start to focus on hills. It is actually hard to injure yourself on hills so long as you are careful on the descents. Try to stay tall and strong on each effort. Focus on running with a high cadence (>180 steps/minute). If you are too fatigued by Sunday, go for a walk instead of a run. This week also sets the standard benchmark for all future Moderate and Hard week long runs. They will now be capped at 2hrs, with the missions instead growing in length.		
	Notes:				

WEEK 8	DAY	4 DAYS IN TASMANIA			
		Intensity	Activity	Distance	Duration
	Hard Week		Aerobic: Hard		
	Mon	Rest			
	Tue	Easy	Active recovery activities such as easy jogging or cross training		0:40
	Wed	Moderate	Mid-week longer run at talking pace. Can be on trail or can be run somewhere close to home		1:15
	Thu	Hard	Hills Tempo: 15min w/up; 20mins done as running any hill you find hard then cruising at talking effort till the next hill; 10min easy jog or walk c'down		0:45
	Fri	Rest			
	Sat	Moderate	Aerobic, talking-pace hilly run: Up to 1hr15mins		1:15
	Sun	Hard	Long Run: add some hills and trails in if you can. Run this at a talking pace.		2:00
	Comments or Considerations?		A second solid week of hill training. This week really make sure your easy days are easy enough do you are recovery quicker from the hard days of training. Again, feel free to walk the Sunday run if you are carrying too much fatigue. The secret to reaching optimal performance is to listen to the body, avoid injury and train long-term with great consistency.		
	Notes:				

WEEK 9	DAY	4 DAYS IN TASMANIA			
		Intensity	Activity	Distance	Duration
	Recovery/Mission		Easy/Mission 3		
	Mon	Rest			
Podcast Episode #28 Mission + Adventure Psychology.	Tue	Easy	Active Recovery: Choose from an easy jog, swim or walk		0:45
	Wed	Easy/Rest	Easy jog to stretch out the legs		0:30
	Thu	Rest			
	Fri	Hard	Long Run along hilly tracks and trails. Shorten if you need to.		1:30
	Sat	Mission	Long Mission: Run as close to race conditions as possible but at an easier pace. Walk around 20% to reduce risk of injury and simulate race day.		2:40
	Sun	Easy	Easy 30min jog to test your recovery capabilities		0:30
	Comments or Considerations?		This week is really solid. It is imperative to take on board any lessons you have had in previous missions as otherwise you will not be able to complete these back to back runs. It is also important to include some walking to reduce risk of injury. If in doubt, rest on Sunday instead of the easy 30min run.		
	Notes:				

WEEK 10	DAY	4 DAYS IN TASMANIA			
		Intensity	Activity	Distance	Duration
Moderate Week		Hills: Moderate			
Mon	Rest				
Tue	Easy	Active recovery activities such as easy jogging or crosstraining		0:30	
Wed	Easy	Easy walk, jog or rest as we are still recovering from last weekend.		1:20	
Thu	Hard	Hill Intervals: Warm up then attempt 2x[3min/2min/1min stronger uphill with jog back recoveries]. Cool down for 5-10mins afterwards		1:00	
Fri	Easy	Choose from easy jogging or crosstraining activities		0:30	
Sat	Moderate	Hilly Run aiming to run all the hills comfortably and work the downhill's a little stronger (to simulate race day)		1:00	
Sun	Hard	Long Run: add some longer uphills and trails in if you can. Run this at a talking pace but work the downhill's stronger.		2:00	
Comments or Considerations?		Back into training this week. Take your time to build back to normal routines if you are still recovering from the Mission and back-to-back runs last weekend. The main focus of this week is the Hill Intervals on Thursday and then the back-to-back longer runs on the weekend. However, if you are struggling with the volume then just focus on one solid long run on Sunday. It is critical not to overtrain at this point in your preparations.			
Notes:					

WEEK 11	DAY	4 DAYS IN TASMANIA			
		Intensity	Activity	Distance	Duration
	Hard Week		Hills: Hard		
	Mon	Rest			
	Tue	Easy	Active recovery activities such as easy jogging or crosstraining		0:30
	Wed	Moderate	Mid-week longer run at talking pace. Can be on trail or can be run somewhere close to home		1:30
	Thu	Hard	Hill Intervals: Warm up then attempt 5-6x13min hard uphill with jog back recoveries!. Cool down for 5-10mins afterwards		1:00
	Fri	Easy	Choose from easy jogging or crosstraining activities		0:30
	Sat	Moderate	Hilly Tempo: 15min w/up; 20min strong uphill run; jog back from cool down		0:50
	Sun	Hard	Long Run: add some hills and trails in if you can. Run this at a talking pace but work the downhill's stronger.		2:00
	Comments or Considerations?		This week is simply a progression on last week. If you are struggling to cope with the load of increased hill training, then cut back on some of the volume and the number of repetitions. It is important to work within your limits to avoid injury and overtraining. You also need to be in a great place going into next week as it will be the longest one-day mission that you will do in training for the 4 days in Tasmania.		
	Notes:				

WEEK 12	DAY	4 DAYS IN TASMANIA				
		Intensity	Activity	Distance	Duration	
	Recovery/Mission		Easy/Mission 4			
	Mon	Rest				
	Tue	Easy	Active Recovery: Choose from an easy jog, swim or walk		0:30	
	Wed	Easy/Rest	Easy jog to stretch out the legs		0:40	
	Thu					
	Fri	Easy	Easy relaxed run		1:00	
	Sat	Mission	Long Mission: Run as close to race conditions as possible but at an easier pace. Walk around 20% to reduce risk of injury and simulate race day.		3:30	
	Sun	Rest				
		Comments or Considerations?				
		This is the longest mission you will complete in your preparations for the 4 days in Tasmania. Make sure you take the advice to include plenty of walking. This is designed to help you physically and mentally prepare for the joys of walking on race day, and also to minimize the risk of injury. It is critical that you do not embark back on full training next week until you are fully recovered from this Saturday's mission.				
		Notes:				

WEEK 13	DAY	4 DAYS IN TASMANIA			
		Intensity	Activity	Distance	Duration
	Moderate Week		Recovery + Taper Trial Week		
	Mon	Rest			
	Tue	Easy	Active Recovery: Choose from an easy jog, swim or walk		0:45
	Wed	Moderate	Easy run		0:50
	Thu	Moderate	Freshening up session: 4x1km at 10km effort with 2.3mins easy jog in between. Include race day w'up & c'down		1:00
	Fri	Easy	Easy swim or walk to stretch the legs		0:40
	Sat	Moderate	Longer run - easy talking pace and not too rough or hills		1:30
	Sun	Hard	Easy run with 10x1min Hard/Easy efforts to get the legs zipping		0:45
Comments or Considerations?		This week starts off really easy (and go easier if you need to!) so that you are fully recovered from the long mission last weekend. We then build into a taper-style week in preparation for your 4 days in Tasmania Trial Week next week. Take notes of what works and what doesn't so that you can make sure you amend this before race day in August.			
Notes:					

WEEK 14	DAY	4 DAYS IN TASMANIA			
		Intensity	Activity	Distance	Duration
4 days in Tasmania TRIAL WEEK!	Hard Week		4 days in Tasmania Trial Week		
	Mon	Rest			
	Tue	Easy	20min jogs including 5x20sec faster efforts with 40sec jog recoveries		0:20
	Wed	Moderate	Long Run: 90mins		1:30
	Thu	Hard	Long Run with 15mins strong walking in the middle		2:00
	Fri	Moderate	Long Run, include hills: 90mins		1:30
	Sat	Hard	Long Mission: Run as close to race conditions as possible but at an easier pace. Walk around 20% to reduce risk of injury and simulate race day.		2:30
	Sun	Rest			
	Comments or Considerations?		This is it guys, the 4 days in Tasmania Trial Week! The idea is to see how you go backing up day-to-day for 4 days in a row. I know you may struggle to fit this in around work & life commitments so just do your best. However, this experience will be invaluable to your feelings of preparedness come race day.		
		Notes:			

WEEK 15	DAY	4 DAYS IN TASMANIA			
		Intensity	Activity	Distance	Duration
	Recovery/TT		Easy/TT		
	Mon	Rest			
	Tue	Easy	Active Recovery: Choose from an easy jog, swim or walk		0:30
	Wed	Easy	Easy jog to stretch out the legs		0:45
	Thu	Moderate	Semi-long run on smoother, flatter surfaces		1:30
	Fri	Easy	20min jogs including 5x20sec faster efforts with 40sec jog recoveries		0:20
	Sat	Hard	5km or similar time-trial or tempo run just to give you some racing practice. Practice your race day breakfast, warm up and cool down too.		1:00
	Sun	Moderate	Optional Long Run if you pull up ok from yesterday's Time Trial		1:30
	Comments or Considerations?		The focus of this week is to identify the feeling of racing. On Saturday's Time Trial it is important to practice your race day breakfasts, gear, warm up routines etc. This is to help you feel prepared for the race in a few weeks. Hopefully you will also see some improvements in your time as you will be a lot fitter now!		
	Notes:				

WEEK 16	DAY	4 DAYS IN TASMANIA			
		Intensity	Activity	Distance	Duration
	Moderate Week		Speed Endurance: Moderate		
	Mon	Rest			
	Tue	Easy	Active Recovery: Choose from an easy jog, swim or walk		0:30
	Wed	Moderate	Easy jog		0:30
	Thu	Moderate	Speed Endurance Session: w/up; 6/4/2/4x1min harder on road or trail with equal duration recoveries; c/down afterwards		1:00
	Fri	Easy	Easy swim or walk to stretch the legs		0:40
	Sat	Hard	Uphill 'n' Downhill Session: w/up; 3-4x[3min strong uphill, 1min recovery standing still, run to bottom stronger] ensure a very good c/down afterwards		1:00
	Sun	Moderate	Long Run: steady talking pace over flatter terrain if possible - 90mins-2hrs		2:00
		Comments or Considerations?			
		This is the start of our Speed Endurance Phase which will lead into our Sharpening Phase. The idea is to make you feel zipper. We haven't done a lot of this yet so be very careful not to go too hard too soon. The recovery between sessions is paramount! Furthermore, remember the emphasis is on 'harder' or 'stronger' and not 'hard' - please no sprinting or racing, as this will lead to injury!			
		Notes:			

WEEK 17	DAY	4 DAYS IN TASMANIA			
		Intensity	Activity	Distance	Duration
	Hard Week		Speed Endurance: Hard		
	Mon	Rest			
	Tue	Easy	Active Recovery: Choose from an easy jog, swim or walk		0:45
	Wed	Moderate	Mid-week longer run: best to run this over a flatter route to save energy for the rest of the week		1:15
	Thu	Hard	Speed Endurance Session: w/up; 5x4min hard at 10km effort with 2min easy recovery between each; c'down afterwards		1:00
	Fri	Easy	Rest or Easy swim or walk to stretch the legs		0:40
	Sat	Hard	Mission: Run as close to race conditions as possible but at an easier pace.		2:30
	Sun	Rest			
	Comments or Considerations?		One more tough week! Dig in deep and give it everything you have got. Practice your nutrition, technique and recovery strategies. Following this week we begin to sharpen you up for race day. This is also your last proper long run so enjoy!		
	Notes:				

WEEK 18	DAY	4 DAYS IN TASMANIA			
		Intensity	Activity	Distance	Duration
Podcast Episode #33 Common Trail Running Injuries	Hard Week		Sharpening		
	Mon	Rest	Passive recovery session		
	Tue	Easy	Active Recovery: Choose from an easy swim or walk		0:30
	Wed	Rest	Passive recovery session		
	Thu	Hard	Sharpening Session: 10x 1min stronger run with 1min easy jog or walk recovery		0:45
	Fri	Easy	Easy walk or jog to stretch out the legs. Or a swim if you wish.		0:30
	Sat	Moderate	Sharpening Session: w'up; 3x1km efforts with HR approx 75% of max (2min jog recoveries between each); 5-10min walk/jog c'down		0:45
	Podcast Episode #31 Tapering + Race Day Psychology	Sun	Rest		
	Comments or Considerations?		This is your second last week of preparations. Watch that you don't increase the speed too much and risk injury. Good warm ups are critical before these shorter, faster sessions. The Saturday 1km speed session should make you feel light, fast and floaty. Enjoy!		
Notes:					

WEEK 19	DAY	4 DAYS IN TASMANIA			
		Intensity	Activity	Distance	Duration
	Easy Week		Taper + Race Week!		
	Mon	Moderate	30min jog with 4-6x1min efforts at above race effort		0:30
	Tue	Easy	30min walk or super, super easy jog		0:30
	Wed	HARD	Tasmania Stage 1: Hobart	15.5km	
	Thu	HARD	Tasmania Stage 2: Mt Wellington	25.5km	
4 days in Tasmania!	Fri	HARD	Tasmania Stage 3: Fortescue Bay	25km	
	Sat	HARD	Tasmania Stage 4: Cape Raoul	22.5km	
	Sun	Rest	Well done! You did it! Superstar!		
	Comments or Considerations?		Race week! Recovery is the key and 'less will be more'. From Monday onwards increase your electrolyte and fluid intake. Also begin slowly removing fiber and protein from the diet so that the load on your digestive system is reduced for race day. Most importantly, enjoy the knowledge that you are well prepared and ready for the race days!		
	Notes:				



FIND YOUR FEET

BE WILDER · PLAY WILDER · PERFORM WILDER