

8 WEEK UTCT 65KM PLAN

	MON	TUESDAY	WEDNESDAY	THURS	FRI	SATURDAY	SUN
WEEK 1	Strength training	8km easy	10min warm up 6 x 2min stairs/ steep hill reps (trail) with a jog back down	6km recovery	REST	25km trail long run	10km easy
WEEK 2	Strength training	8km easy	10min warm up 8km tempo run (road)	7km recovery	REST	20km trail long run - hard effort	8km recovery
WEEK 3	Strength training	10km easy	10min warm up 6 x 3min stairs/ steep hill reps (trail) with a jog back down	8km recovery	REST	25km trail long run; aiming to get a lot of elevation gain/ technical terrain	8km recovery
WEEK 4	Strength training	10km easy	10min warm up 10km tempo run (road)	8km recovery	REST	30km trail long run	10km easy
WEEK 5	Strength training	12km easy	10min warm up 4 x 1km hills (jeep track) with a jog back down	6km recovery	REST	35-40km trail long run. Good opportunity to practice your race nutrition	5km recovery

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WEEK 6	Strength training	10km easy	10min warm up 10 x (2mins hard, 2mins easy) on road	10km recovery	REST	25km trail long run; staying on more 'runnable' trails	8km easy
WEEK 7	Strength training	12km easy	10min warm up 12km tempo on technical trails	8km recovery	REST	15km easy (trail)	REST
WEEK 8	10min warm up 15min tempo run on trail 10min cool down	35min easy (trail)	REST	20min easy (road)	REST		TREAT YO'SELF

TERMS	Strength training: focus on exercises such as squats, lunges, single-leg bridges and deadlifts; along with core work.
	Easy runs: a fairly comfortable, conversational effort
	Recovery runs: very slow and easy effort
	Tempo runs: 85-90% of your maximum effort; pushing hard but holding back a bit
Long runs: These should be at a comfortable pace (unless stated otherwise); the focus is on building time on the feet. These runs are ideal to practice with gear and nutrition that you will be using during the race	

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