



## TRAIL PURSUIT TRAINING PLAN: MARATHON

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	ACTIVE RECOVERY	<b>SPEED SESSION</b> - Warm-up: 2 miles easy - 10x2 min fast, 1 min easy btwn reps - Cool down: 10-20 mins easy	STRENGTH SESSION	<b>HILL SESSION</b> - Warm-up: 2 miles easy, 30 mins hills: 90 secs uphill hard effort, recovery downhill - Cool down: 10-20 mins easy	5 MILES Easy	STRENGTH SESSION	10 MILES Easy
2	ACTIVE RECOVERY	<b>SPEED SESSION</b> - Warm-up: 2 miles easy - 10x2 min fast, 1 min easy btwn reps - Cool down: 10-20 mins easy	STRENGTH SESSION	<b>HILL SESSION</b> - Warm-up: 2 miles easy, 30 mins hills: 90 secs uphill hard effort, recovery downhill -Cool down: 10-20 mins easy	5 MILES Easy	STRENGTH SESSION	12 MILES Easy
3	ACTIVE RECOVERY	<b>SPEED SESSION</b> - Warm-up: 2 miles easy - 10x2 min fast, 1 min easy btwn reps -Cool down: 10-20 mins easy	STRENGTH SESSION	<b>HILL SESSION</b> - Warm-up: 2 miles easy, 30 mins hills: 90 secs uphill hard effort, recovery downhill -Cool down: 10-20 mins easy	6 MILES Easy	STRENGTH SESSION	12 MILES Easy
4	ACTIVE RECOVERY	<b>SPEED SESSION</b> - Warm-up: 2 miles easy - 10x2 min fast, 1 min easy btwn reps - Cool down: 10-20 mins easy	STRENGTH SESSION	<b>HILL SESSION</b> - Warm-up: 2 miles easy, 30 mins hills: 90 secs uphill hard effort, recovery downhill -Cool down: 10-20 mins easy	6 MILES Easy	STRENGTH SESSION	13 MILES Easy



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WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5	ACTIVE RECOVERY	6 MILES Easy	STRENGTH SESSION	6 MILES Easy	6 MILES Easy	STRENGTH SESSION	12 MILES Easy
6	ACTIVE RECOVERY	<b>SPEED SESSION</b> - Warm-up: 2 miles easy - 10x2 min fast, 1 min easy btwn reps - Cool down: 10-20 mins easy	STRENGTH SESSION	<b>TEMPO SESSION</b> - Warm-up: 2miles:25 mins at 10k pace -Cool down 2 miles	6 MILES Easy	STRENGTH SESSION	14 MILES Easy
7	ACTIVE RECOVERY	<b>SPEED SESSION</b> - Warm-up: 2 miles easy - 3x1 mile at 5k pace, with 3 mins easy btwn sets -Cool down: 2 mile recovery	5 MILES Easy	<b>TEMPO SESSION</b> - Warm-up: 2miles:25 mins at 10k pace -Cool down 2 miles	6 MILES Easy	STRENGTH SESSION	16 MILES Easy
8	ACTIVE RECOVERY	<b>SPEED SESSION</b> - Warm-up: 2 mile easy 3x800m at 5k pace, 3 mins easy between sets - Cool down 2 miles recovery	5 MILES Easy	<b>TEMPO SESSION</b> - Warm-up: 2miles:25 mins at 10k pace -Cool down 2 miles	6 MILES Easy	STRENGTH SESSION	20 MILES Easy



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WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9	ACTIVE RECOVERY	<b>SPEED SESSION</b> - Warm-up: 2 miles easy - 10x2 min fast, 1 min easy btwn reps - Cool down: 10-20 mins easy	<b>6 MILES</b> Easy	<b>TEMPO SESSION</b> - Warm-up: 2miles:25 mins at 10k pace -Cool down 2 miles	<b>6 MILES</b> Easy	REST DAY	<b>12 MILES</b> Easy
10	ACTIVE RECOVERY	<b>SPEED SESSION</b> - Warm-up: 2 miles easy - 3x1 mile at 5k pace, with 3 mins easy btwn sets -Cool down: 2 mile recovery	<b>5 MILES</b> Easy	<b>TEMPO SESSION</b> - Warm-up: 2miles:25 mins at 10k pace -Cool down 2 miles	<b>6 MILES</b> Easy	REST DAY	<b>14 MILES</b> Easy
11	ACTIVE RECOVERY	<b>SPEED SESSION</b> - Warm-up: 2 miles easy 3x800m at 5k pace, 3mins easy between sets - Cool down 2 miles recovery	<b>5 MILES</b> Easy	<b>TEMPO SESSION</b> - Warm-up: 2miles:25 mins at 10k pace -Cool down 2 miles	<b>6 MILES</b> Easy	<b>STRENGTH SESSION</b>	<b>16 MILES</b> Easy
12	REST DAY	<b>SPEED SESSION</b> - Warm-up: 2 miles easy - 10x2 min fast, 1 min easy btwn reps - Cool down: 10-20 mins easy	<b>STRENGTH SESSION</b>	<b>5 MILES</b> Easy	REST DAY	<b>RACE DAY!</b>	