


2023 Roller Coaster Run - 46km Beginner

Date	Weeks	MON	km	TUE	km	WED	km	THU	km	FRI	km	SAT	km	SUN	km	TOTAL KM	PHASE	
31-Jul	Build - General Base																31	Build - General Base
	1	Easy paced run - flat terrain	5	Rest	6km easy, 5-10min of building effort to finish at 70%.	6	Rest	Easy paced run - flat with 6 x 20sec surges, 90sec recovery	6	Rest	Long Run, easy pace on flat - mildly undulating	14						
7-Aug	Build - General Base with some speed work																36	Build - General Base
	2	Rest	Easy run on flat	6	10min Warm up, 4 x 1min @ 80%, 90sec jog between, then 4 x 2min @ 75%, 90sec jog between, 10min Cool down	8	Rest	Easy paced run on flat incude. 6 x 10sec strides at the end, full recovery between.	6	Rest	Long Run, easy paced on flat - undulating	16						
14-Aug	Build - General Base with some progressing tempo/threshold work																40	Build - General Base
	3	Rest	Easy run on flat	6	15min warm up. 3 x 5mins efforts, 3mins recovery jog between. 1st rep @ 70%, 2nd rep at 75-80%, 3rd rep @ 85% Cool down.	10	Rest	Easy paced run on flat incude. 6 x 10sec hill strides at the end, full walk back recovery between.	6	Rest or light cross train up to 60mins (bike, swim, gym)	Long Run, easy paced on flat - undulating	18						
21-Aug	Absorption Week. Try to prioritse rest and recovering harder than training!																35	Absorption Week
	4	Rest	Recovery run on flat	5	15min Warm up. 2 x (6x30sec hill reps @ 80-85%) easy jog back b/w reps, 4mins easy recovery between sets. Focus on form.	8	Rest	Easy paced run - flat to mildly undulating. Last 5-10mins faster than the start but not 'hard'	6	Rest	Long Run, easy paced on flat - undulating	16						
28-Aug	Specific - Sessions will be more aimed towards the specific demands of the event																42	Specific - Sessions will be more aimed towards the specific demands of the course from now until taper
	5	Rest	Easy run on flat	6	15mins Warm up then 20mins @ 70-75% over an undulating course. Focus on form and control more than speed.	10	Rest	Easy paced run - flat or lightly undulating. Inc. 8 x 15sec @ 90%, 90sec recovery	8	Rest or light cross train up to 60mins (bike, swim, gym)	Long Run, easy paced on undulating - hilly terrain (300-500m gain or so is good)	18						
4-Sep	Specific - Try to find some speed whilst being smooth on the Sunday long run downhill																46	Specific - Some faster work on Wednesday. These types of sessions are really important for improving economy and translate to hills well.
	6	Rest	Easy run on flat	6	Warm up 15min. 8 x 1min hard (80-85%), 90sec easy, flat - undulating terrain. Focus on getting faster through the reps.	12	Rest	Easy paced run on flat incude. 6 x 10sec hill strides at the end, full walk back recovery between.	8	Rest or light cross train up to 90mins (bike, swim, gym)	Long Run, easy paced on undulating - hilly terrain (500m gain or so is good) Try to be a bit faster but smooth on the downhill	20						
11-Sep	Specific - An easier first 5 days of the week with a quality workout - take advantage of the rest and get in top of energy!																42	Specific - A Wednesday yo-yo workout to replicate climbing and descending, but an overall easier first 5 days to absorb and recover. Then a quality hilly long run!
	7	Rest	Easy run on flat	4	15min WU. 3 x (3mins @ 80%, 4mins @ 65-70%). This is a continous workout and the 'recovery' is the time @ 65-70%.	10	Rest	Easy paced run on flat incude. 6 x 10sec strides at the end, full recovery between.	6	Rest or light cross train (bike, swim, gym)	Long Run, easy pace but aim for plenty of hills today!	22						
Specific - Some downhill reps followed by steady running - a good replica of beating your quads and continuing running in the race																		

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18-Sep	8	Rest	Easy run on flat	6	4km WU. 6 x 1min downhill reps @85% (not too steep), slow jog back to start recovery, 3min jog then 10mins @ 70% on flat.	12	Rest	Easy paced run on flat-undulating include. 8 x 10sec strides at the end, full recovery between.	8	Rest or light cross train up to 90mins (bike, swim, gym)	Long Run, easy pace and keep it flatter-undulating	22	48	Specific - Some fast downhill reps followed by a tempo will help condition the legs for descending then continuing on running!	
Specific - Biggest week of training. Sleep, hydration and nutrition is key! The progression run is a good lesson in being patient and pacing your effort.															
25-Sep	9	Rest	Recovery Jog on flat - very lightly undulating	6	10min warm up. Progression run of 3km @ 65-70%, 2km @ 75%, 1km @ 80%, 500m @ hard.	12	Rest	Easy paced run on flat include. 8 x 10sec hill strides at the end, full recovery between.	8	Rest	Long Run, easy pace undulating - hilly (500m+) Work on being a bit faster (just steady) and smooth on downhill	24	50	Specific - Biggest week of training. A solid strength building progression run and some shorter sharper hill strides to keep things firing.	
Wind Down - Absorbing the training whilst keeping the motor running and freshening up															
2-Oct	10	Rest	Recovery Jog on flat - very lightly undulating	5	3 x (90sec (80%), 60sec (85%), 30sec (90%) hill reps) All jog back recovery, 1min between sets. Ensure the shorter reps are faster!	10	Rest	Easy paced run, flat to lightly undulating. Include 8 x 10sec hill strides at the end. Full recovery between.	8	Rest or light cross train up to 60mins	Long Run, easy pace - flat to undulating	22	45	Wind Down - Absorbing the training whilst keeping the motor running and freshening up	
Taper - Important to keep intensities nice and low surrounding workouts and stay on top of rest and energy levels.															
9-Oct	11	Rest	Recovery jog on flat	5	4 x 5mins mins @ 80% with 3mins recovery between. On flat.	10	Rest	Easy paced run - can be flat or some small hills	7	Rest	Easy pace on some hills, nothing crazy.	18	40	Taper - Important to keep intensities nice and low and stay on top of rest and energy levels.	
Taper															
16-Oct	12	Rest	Recovery jog on flat	6	15min warm up. 2 x 30sec hill reps, 5 x 1min hill reps, 2 x 30sec hill reps. hard on the up focusing on form, easy jog back recovery	8	Rest	Easy paced run - flat to mildy undulating	6	Rest	Easy pace 10km, 2km pick up to 75% to finish.	12	32	Taper. A short sharp hill set and small pickup to finish off the work!	
RACE WEEK!															
23-Oct	13	Rest	Easy run	5	Easy run with 6 x 30sec steady (70-80%), 45sec jog.	6	Easy recovery jog	5	Rest	Rest or easy shake out jog	3		46	65	Enjoy a great day out on the trail after a ripping training block!

Prepared by Blake Hose of Alpine Performance Run Coaching on behalf of SingleTrack Events.

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