


2023 Roller Coaster Run - 46km Intermediate

Date	Weeks	MON	KMS	TUE	KMS	WED	KMS	THU	KMS	FRI	KMS	SAT	KMS	SUN	KMS	TOTAL KM	PHASE
Build - General Base with a short pick up and some short surges																	
31-Jul	1	Easy paced run - flat terrain	6	Rest		6km easy, 2km of building effort to finish at 70%.	8	Rest		Easy paced run - flat to mildly undulating. inc. 8 x 20sec surges @ 85%, 90sec recovery b/w	8	Rest		Long Run, easy pace on flat - mildly undulating	18	40	Build - General Base
Build - General Base with some shorter reps to get things firing																	
7-Aug	2	Rest		Easy run on flat	6	15min Warm up, 4 x 1min @ 85%, 60sec jog between, then 5 x 2min @ 80%, 90sec jog between, 10min Cool down	10	Rest		Easy paced run - flat to mildly undulating with 8x15sec fast, 15sec jog	8	Rest		Long Run, easy paced on flat - undulating	20	44	Build - General Base
Build - General Base with some progressing tempo/threshold work																	
14-Aug	3	Rest		Easy run on flat	6	15min warm up. 2 x 10mins efforts, 3mins recovery jog between. 1st rep @ 70-75%, 2nd rep at 80-85% Cool down.	10	Rest		Easy paced run - flat to mildly undulating. Include 6 x 10sec hill strides at the end. Walk back recovery.	8	Rest or light cross train up to 60mins (bike, swim, gym)		Long Run, easy paced on flat - undulating	22	46	Build - General Base
Absorption Week.																	
21-Aug	4	Rest		Recovery run on flat	6	15min Warm up. 14 x 30sec hill reps @ 80-85%, easy jog back to start recovery. Focus on form and and being smooth. Cool down.	10	Rest		Easy paced run - flat to mildly undulating. Make the last 10mins a gradual pick up in pace to 75%.	8	Rest		Long Run, easy paced on flat - undulating	20	44	Absorption Week
Specific - Sessions will be more aimed towards the specific demands of the event																	
28-Aug	5	Rest		Easy run on flat	6	15mins Warm up then 20mins @ 80% over an undulating course. Focus on form and control more than speed.	12	Rest		Easy paced run - flat or lightly undulating. Inc. 8 x 30sec @ 80-90%, 90sec recovery	10	Recovery jog	4	Long Run, easy paced on undulating - hilly terrain (500m gain or so is good)	24	56	Specific - Sessions will be more aimed towards the specific demands of the course from now until taper
Specific - Try to find some speed whilst being smooth on the Sunday long run downhill																	
4-Sep	6	Rest		Recovery Jog on flat - very lightly undulating	6	Warm up 15min. 12 x 1min hard (85%), 1min easy, flat terrain. Focus on last 6 being faster than first 6.	12	Rest		Easy run, flat terrain include 8 x 15sec strides (run throughs to 90% max pace) at the end. Full recovery between.	10	Recovery jog -	4	Long Run, easy paced on undulating - hilly terrain (500m gain or so is good) try to be a bit quicker and smoother on	26	58	Specific - Some faster work on Wednesday. These types of sessions are really important for improving economy and translate to hills well.
Specific - An easier first 5 days of the week with a quality workout - take advantage of the rest and get in top of energy!																	

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11-Sep	7	Rest		Recovery Jog on flat - very lightly undulating	4	15min WU. 4 x (4mins @ 80-85%, 3mins @ 70%). This is a continuous workout and the 'recovery' is the time @ 70%.	10	Rest		Easy paced run, light hills. Add 6 x 10sec hill strides on the end. Walk back recovery.	8	Rest or light cross train (bike, swim, gym)		Long Run, easy pace but aim for plenty of hills today!	30	52	Specific - A quality lactate shuttling workout on Wednesday, but an overall easier first 5 days to absorb and recover. Then a quality hilly long run!
Specific - Some downhill reps followed by steady running - a good replica of beating your quads and continuing running in the race																	
18-Sep	8	Rest		Recovery Jog on flat - very lightly undulating	6	4km WU. 6 x 1min downhill reps (not too steep), slow jog back to start recovery, then 15mins @ 75% on flat.	14	Rest		Easy paced run on flat-undulating. Include 6 x 30sec surges. Full recovery between.	10	Recovery jog -	4	Long Run, easy pace and keep it flatter-undulating	30	64	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	8	4km WU. Continuous progression run. 2km @ 60%, 2km @ 65-70%, 2km @ 75% 2km @ 80%. CD	14	Rest		Easy paced run, flat-lightly undulating, include 12 x 20sec fast, 40sec jog.	12	Rest		Long Run, easy pace undulating - hilly (700m+)	34	68	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	4 x 30sec hill reps, jog back recovery, 2min reco, 15min tempo @ 75%, 2min reco, 4 x 30sec hill reps	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	26	49	Wind Down - Absorbing the training whilst keeping the motor running and freshening up
Taper - Important to keep intensities nice and low and stay on top of rest and energy levels.																	
9-Oct	11	Rest		Recovery jog on flat	5	2 x 12mins @ 80% with 4mins recovery between with light hills	10	Rest		Easy paced run - can be flat or some small hills	7	Rest		Easy pace on some hills. Short steep pinches but nothing too big.	22	44	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. 10 x 1min hill reps, hard on the up focusing on form, easy jog back recovery	8	Rest		Easy paced run - flat to mildly undulating	6	Rest		Easy pace 14km, 2km pick up to 75% to finish.	16	36	Taper
RACE WEEK!																	

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23-Oct	13	Rest		Easy run	5	Easy run with 6 x 30sec steady (70-80%), 45sec jog.	8	Rest		Easy recovery jog	5	Rest or easy shake out jog	3		46	67	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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