2023 Rollercoaster Beginner 23km

Date	Weeks	MON	KMS	TUE	KMS	WED	KMS	THU	KMS	FRI	KMS	SAT	KMS	SUN	KMS	TOTAL KM	PHASE	
		Build - General Base																
31-Jul	1	Easy paced run - flat terrain	5	Rest		Easy paced run - flat	6	Rest		Easy paced run - flat. Include 8 x 20sec surges (fast comtrolled tempo), full recovery between each	5	Rest		Easy paced jog, include some hills	8	24	Build - General Base	
		Build - General Base with some speed work																
7-Aug	2	Rest		Easy pace on flat	5	10min Warm up, 6 x 2mins @ 80%, 1min walk or slow recovery jog between. 10min Cool down.	6	Rest		Easy paced run - flat to mildy undulating	6	Rest		Easy paced jog, some small hills	8	25	Build - General Base	
		Build - General Base with some progressing tempo/threshold work																
14-Aug	3	Rest		Easy pace on flat	5	10min warm up. 2 x 7mins @ 75%, 3mins recovery jog between. 10min cool down.	6	Rest		Easy paced run - flat to mildy undulating. Include 6 x 10sec strides (run throughs building to 90% max) at the end	6	Rest		Easy paced jog, some small hills	10	27	Build - General Base	
		Absorption Week																
21-Aug	4	Rest		Easy pace on flat	5	Easy pace overall but include 8 x 30sec steady, 90sec easy	6	Rest		Easy paced run - flat to mildy undulating with last 5-10mins steady	5	Rest		Easy run, flat or with some light hills	10	26	Absorption Week	
		Specific - Sessions will be more aimed towards the specifc demands of the event																
28-Aug	5	Rest		Easy pace on flat	6	5km easy, then build effort for 3km to finish @ 75%. Should be solid tempo by last km but controlled.	8	Rest		Easy paced run on flat - lightly undulating. Option to include 8 x 20sec fast, 60sec easy.	6	Rest or light cross train (bike, swim, gym up to 60mins)		Long Run with undulations, nothing major just some rolling ups and downs.	10	30	Specific - Sessions will be more aimed towards the specifc demands of the course from now until taper	
		Specific - Some faster work on Wednesday. These types of sessions are really important for improving economy and translate to hills well.																
4-Sep	6	Rest		Recovery Jog	6	Warm up 10-15min. 6-8 x 1min hard (Building to 85-90%), 1min easy, 4 x 30sec fast, 60sec easy flat terrain. Focus on getting faster	8	Rest		Easy paced run flat to lightly undulating. Include 6 x 10sec hill strides post-run.	6	Rest or light cross train (bike, swim, gym up to 60mins)		Nice and easy paced long run with some more hills, try to get 200-300m elevation gain.	12	32	Specific - Some faster work on Wednesday. These types of sessions are really important for improving economy and translate to hills well.	
		Specific - A good bit of threshold work on Wednesday followed by some simple surges Friday																
11-Sep	7	Rest		Easy Pace on flat	5	10min warm up, 3 x 5mins @ 80%, 3mins jog between	8	Rest		Easy paced run on flat. Include 6 x 20sec fast, 40sec easy.	7	Rest or light cross train (bike, swim, gym up to 60mins)		Flat Long Run, can still be trails but minimise hills this week	12	32	Specific - A good bit of hiking practise on Wednesday. This is important to learn given the steep climbs on course!	
		Specific - Nice and easy start to the week to recover and absorb. Then get into a quality hilly long run on Sunday.																

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18-Sep	8	Rest		Easy pace on flat	4	Easy paced run, including 8 x 30sec fast, 90secs easy.	8	Rest		Easy pace for 4km, then 2km of progressing the pace to finish at 80% effort.	6	Rest or light cross train (bike, swim, gym up to 90mins)		Easy pace on the trails, including some hills is good. Aim for 300m+ elevation.	12	30	Specific - Nice and easy start to the week to recover and absorb. Then get into a quality hilly long run on Sunday.
		Specific - Biggest week of training. Wednesdays downhill reps will help to gain conditioning for the tough descents on course.															
25-Sep	9	Rest		Easy pace on flat	6	15min WU. 8 x 90sec hill reps, First 60sec @ 70%, last 30sec @90%. Easy jog back to start recovery.	10	Rest		Easy paced run - flat to lightly undulating.	6	Rest or light cross train (bike, swim, gym up to 90mins)		Easy pace on the trails, including some hills is good. Aim for 400m+ elevation.	14	36	Specific - Biggest week of training. Wednesdays downhill reps will help to gain conditioning for the tough descents on course.
		Wind Down - Absorbing the training whilst keeping the motor running and freshening up															
2-Oct	10	Rest		Easy pace on flat	5	10min WU. 25mins @ 70% (Uptempo, comfortably steady but not 'hard'), CD	8	Rest		Easy paced run - flat is fine but can be mildy undulating. Inc. 6 x 10sec hill strides at the end, full recovery b/w.	6	Rest		Easy pace, over hills. Try to include steep hiking sections.	12	31	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		Easy pace on flat	5	15min WU. 4 x 3min steady (75%), 1 min jog, 1min hard (90%), 2min jog	7	Rest		Reco, include 6 x 10sec strides (run throughs building to 90% max pace) at the end. Full recovery between.	6	Rest		Easy pace on some trails. Some undulations is good, but not too much!	12	30	Taper - Important to keep intensities nice and low and stay on top of rest and energy levels.
		Taper															
16-Oct	12	Rest		Easy pace on flat	5	15min WU. 6 x 1min hill reps (runnable gradient, not steep), hard on the up focusing on form, easy jog back	7	Rest		Easy paced run - flat to mildy undulating	5	Rest		Easy pace - lightly undulating run	8	25	Taper
		RACE WEEK!															
23-Oct	13	Rest		Easy pace jog	6	Rest		Easy jog on flat, include 10 x (20sec @85-90%, followed by 90sec easy)	5	Rest		Shakeout jog 15mins	3	ROLLER COASTER	23	37	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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