


2023 Roller Coaster Run - Intermediate 23km

Date	Weeks	MON	km	TUE	km	WED	km	THU	km	FRI	km	SAT	km	SUN	km	TOTAL KM
31-Jul	Build - General Base															
	1	Easy paced run - flat terrain	6	Rest		Easy paced run - flat	8	Rest		Easy paced run - flat. Include 8 x 30sec surges (fast controlled tempo), full recovery between each	6	Rest		Easy paced jog, include some hills	8	28
7-Aug	Build - General Base with some speed work															
	2	Rest		Easy pace on flat	6	10min Warm up, 8 x 2mins @ 80%, 1min walk or slow recovery jog between. 10min Cool down.	8	Rest		Easy paced run - flat to mildly undulating	6	Rest		Easy paced jog, some small hills	10	30
14-Aug	Build - General Base with some progressing tempo/threshold work															
	3	Rest		Easy pace on flat	6	10min warm up. 3 x 6mins @ 75%, 2mins recovery jog between. 10min cool down.	8	Rest		Easy paced run - flat to mildly undulating. Include 6 x 10sec strides (run throughs building to 90% max) at the end	7	Rest		Easy paced jog, some small hills	12	33
21-Aug	Absorption Week															
	4	Rest		Easy pace on flat	5	Easy pace overall but include 12 x 30sec steady, 90sec easy	7	Rest		Easy paced run - flat to mildly undulating with last 5-10mins steady	6	Rest		Easy run, flat or with some light hills	12	30
28-Aug	Specific - Sessions will be more aimed towards the specific demands of the event															
	5	Rest		Easy pace on flat	6	4km easy, then build effort for 4km to finish @ 75-80%. 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.	7	Recovery jog	4	Long Run with undulations, nothing major just some rolling ups and downs.	12	37
4-Sep	Specific - Some faster work on Wednesday. These types of sessions are really important for improving economy and translate to hills well.															
	6	Rest		Recovery Jog	6	Warm up 10-15min. 10-12 x 1min hard (Building to 85%), 1min easy, flat terrain. Focus on getting faster through the reps.	10	Rest		Easy paced run flat to lightly undulating. Include 6 x 10sec strides post-run.	7	Recovery jog	4	Nice and easy paced long run with some more hills, try to get 200-300m elevation gain.	14	41
Specific - A good bit of threshold work on Wednesday followed by some simple surges Friday																

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11-Sep	7	Rest		Easy Pace on flat	6	10min warm up, 4 x 5mins @ 80%, 2mins jog between, then 4 x 15sec hard, 15sec easy	10	Rest		Easy paced run on flat. Include 6 x 20sec fast, 40sec easy.	8	Recovery jog	4	Flat Long Run, can still be trails but minimise hills this week	14	42
Specific - Nice and easy start to the week to recover and absorb. Then get into a quality hilly long run on Sunday.																
18-Sep	8	Rest		Easy pace on flat	4	Easy paced run, including 12 x 30sec fast, 2min easy.	8	Rest		Easy pace for 4km, then 2km of progressing the pace to finish at 80% effort.	8	Rest or light cross train (bike, swim, gym)		Easy pace on the trails, including some hills is good. Aim for 300m+ elevation.	16	36
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. 10 x 90sec hill reps. First 60sec @ 80%, last 30sec @ 90%. Easy jog back to start recovery.	10	Rest		Easy paced run - flat to lightly undulating.	8	Recovery jog	4	Easy pace on the trails, including some hills is good. Aim for 400m+ elevation.	16	44
Wind Down - Absorbing the training whilst keeping the motor running and freshening up																
2-Oct	10	Rest		Easy pace on flat	6	15min WU. 25mins @ 75% (Uptempo, comfortably steady but not 'hard'), CD	7	Rest		Easy paced run - flat is fine but can be mildly undulating. Inc. 6 x 10sec hill strides at the end, full recovery b/w.	7	Recovery jog	4	Easy pace, over hills	14	38
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. 5 x 3min steady (75%), 1 min jog, 1min hard (90%), 1min jog	10	Rest		Reco, include 6 x 10sec strides (run throughs building to 90% max pace) at the end. Full recovery between.	7	Rest		Easy pace on some trails. Some undulations is good, but not too much!	12	34
Taper																
16-Oct	12	Rest		Easy pace on flat	6	15min WU. 8 x 1min hill reps (runnable gradient, not steep), hard on the up focusing on form, easy jog back recovery.	8	Rest		Easy paced run - flat to mildly undulating	6	Rest		Easy pace - lightly undulating run	10	30
RACE WEEK!																

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23-Oct	13	Rest		Recovery jog	6	Easy jog with a few small hills	6	Easy jog on flat, include 8 x (20sec fast, followed by 90sec easy)	6	Rest		Shakeout jog	4		23	45

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

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PHASE
Build - General Base
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Absorption Week
Specific - Sessions will be more aimed towards the specific 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.

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PHASE
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.
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
Taper - Important to keep intensities nice and low and stay on top of rest and energy levels.
Taper

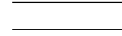
PHASE
Enjoy a great day out on the trail after a ripping training block!

PHASE

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