

16 week mountain marathon training plan

Warm up with 10 minutes of easy running before all your sessions, and a 5 minutes cool down followed by stretching is a good idea to help avoid getting injured.

Week 1	Easy run 20 mins at effort 1	Hill intervals 30 mins - with 6 x 1 min hills at effort 3, jog back down to recover.	Steady run 30 mins at effort 2	Long run* 5-6 miles Effort 2
Week 2	Easy run 40 mins at effort 1	Hill intervals 40 mins - with 8 x 1 min hills at effort 3, jog back down to recover.	Interval 25 mins including 6 x 30 second bursts at effort 4	Long run* 6-7 miles Effort 2
Week 3	Easy run 20 mins at effort 2	Hill intervals 50 mins 2 min rep at effort 2 2 min rep at effort 3 2 min rep at effort 4 1 min recovery, then repeat - x3 sets Recover on the downhill (at rest) - walk if on treadmill for 30 seconds between each rep	Interval 30 mins including 8 x 30 second bursts at effort 4	Long run* 7-8 miles Effort 2
Week 4	Easy run 45 mins at effort 2	Steady run 40 mins at effort 2 (add some hill reps to this session if you do not feel too tired, but leave out if recovery is needed)	Cross training 45 mins	Long run* 8-9 miles Effort 2
Week 5	Easy run 45 mins at effort 2	Hill intervals 60 mins 2 min rep at effort 2 2 min rep at effort 3 2 min rep at effort 4 1 min recovery, then repeat - x4 sets Recover on the downhill (at rest) - walk if on treadmill for 30 seconds between each rep	Threshold run 25 mins at effort 3	Long run* 10-11 miles Effort 2
Week 6	Easy run 40 mins at effort 1	Hill intervals 40 mins - with 10 x 1 min hills at effort 4, jog back down to recover.	Interval 40 mins including 5 x 3 min at effort 3 with 3 min recoveries at effort 1	Long run* 11-12 miles Effort 2
Week 7	Steady run 40 mins at effort 2	Hill intervals 60+ mins 2 min rep at effort 2 2 min rep at effort 3 2 min rep at effort 4 1 min recovery, then repeat - x5 sets Recover on the downhill (at rest) - walk if on treadmill for 30 seconds between each rep	Interval 50 mins including 4 x 5 min at effort 3 with 5 min recoveries at effort 1. Followed by 10 mins at effort 3	Long run* 12-13 miles Effort 2
Week 8	Easy run 45 mins at Effort 1	Steady run 40 mins at effort 2 (add some hill reps to this session if you do not feel too tired, but leave out if recovery is needed)	Cross training 45 mins	Long run* 13-14 miles Effort 2

16 Week Mountain Marathon Training Plan Brutal Events

Judd E. Hollander



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Unveiling the Magic of Words: A Review of "**16 Week Mountain Marathon Training Plan Brutal Events**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**16 Week Mountain Marathon Training Plan Brutal Events**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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