

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) - unless it is treaded 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) - unless it is treaded 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) - unless it is treaded 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

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