



6-Week Speed Building Plan

TRAIL
RUNNER

Week	Mon	Tuesday	Wed.	Thurs	Fri	Saturday	Sunday
1	rest	4-10 mi easy with 6 x 30 sec hill strides fast with 1-2 min easy recovery	2-3 mi easy warm-up, 5 x 2 min hills mod/hard (think 5k) with run down recovery, 4 x 1 min hills hard with run down recovery, 2-3 mi easy	4-10 mi easy (Thurs can be on fun trails any week)	Rest or 3-6 mi easy (x-train an option on any Friday)	8-16 mi easy on trails with 20 min with more effort, thinking 1-hour effort to start and progressing to hard	4-10 mi easy with 4 x 30 sec fast/2 min easy in the middle (Sun ideally on trails each week, and you can sub in x-training too)
2	rest	4-10 mi easy with 4 x 20 sec fast/2 min easy	2-3 mi easy, 2 x (5 x 1 min fast/1 min easy) with 3 min easy between sets, 3 min easy, 4 x 1 min hills hard with run down recovery, 2-3 mi easy. On flatter intervals, think 5k effort, with more effort on hills	4-10 mi easy	Rest or 3-6 mi easy plus 4 x 20 sec hills	8-16 mi easy on trails with 6 x 3 min fast/3 min easy recovery, thinking 10k effort to start, progressing to harder as you go	4-10 mi easy with 4 x 30 sec hills
3	rest	4-10 mi easy with 4 x 20 sec fast/1 min easy	2-3 mi easy, 6 x 2 min fast/2 min easy (think 5k effort), 4 x 1 min hills hard with run down recovery, 2-3 mi easy	4-10 mi easy	Rest or 3-6 mi easy	8-16 mi easy/mod on trails, can push uphill gently if you feel good	4-10 mi easy with 4 x 20 sec steep hills fast
4	rest	4-10 mi easy with 8 x 30 sec fast/30 sec easy. Short rest strides will be tough at first	6-10 mi easy	4-10 mi easy with 15 x 30 sec fast/30 sec easy	Rest or 3-6 mi easy	10-18 mi easy on trails, relaxed long run before final push	4-10 mi easy with 4 x 30 sec hills fast
5	rest	4-8 mi easy with 4 x 30 sec fast/30 sec easy	2-3 mi easy, 3 x 3 min fast with 2 min easy recovery (think 10k), 4 x 2 min fast with 2 min easy recovery (think 5k), 5 x 1 min fast with 2 min easy recovery (can push a bit more), 2-3 mi easy	4-8 mi easy	Rest or 3-6 mi easy	6-14 mi easy on trails with 20 min with more effort like in week 1	4-8 mi easy with 4 x 30 sec fast/2 min easy
6	rest	4-10 mi easy with 4 x 30 sec hills	2-3 mi easy, 5 x 3 min hills mod/hard to hard with run down recovery, 4 x 1 min hills hard with run down recovery, 2-3 mi easy	4-10 mi easy	Rest or 3-6 mi easy	2-4 mi easy plus 4 x 20 sec hills	5k to half marathon hard if you want a celebration, or a long run if you are building into training for longer races!