**Week 1: August 12 - August 18**

**Monday:** Rest or easy 3-mile trail run
**Tuesday:** 6-mile run with hill repeats (Find a steep hill and run up for 60-90 seconds, then jog back down. Repeat 6-8 times)
**Wednesday:** Cross-training (cycling, swimming, or strength training focused on legs and core)
**Thursday:** 7-mile trail run at an easy pace, focusing on technical sections
**Friday:** Rest or easy 4-mile run
**Saturday:** Long run – 10 miles on trails with a focus on elevation gain
**Sunday:** Recovery run – 4-5 miles on flat terrain or light hiking

**Week 2: August 19 - August 25**

**Monday:** Rest or easy 3-mile run
**Tuesday:** 7-mile run with hill repeats (increase hill repeat to 8-10 times)
**Wednesday:** Cross-training (focus on core stability and leg strength)
**Thursday:** 8-mile trail run, focusing on technical descents
**Friday:** Rest or easy 4-mile run
**Saturday:** Long run – 12 miles on trails, incorporating race-like terrain
**Sunday:** Recovery run – 5 miles on flat terrain or light hiking

**Week 3: August 26 - September 1**

**Monday:** Rest or easy 4-mile run
**Tuesday:** 8-mile run with fartlek (alternating fast and slow paces) on hilly terrain
**Wednesday:** Cross-training (focus on flexibility and balance)
**Thursday:** 9-mile trail run, emphasizing smooth, efficient movement through technical sections
**Friday:** Rest or easy 5-mile run
**Saturday:** Long run – 14 miles on trails with significant elevation gain
**Sunday:** Recovery run – 6 miles or a hike with moderate elevation

**Week 4: September 2 - September 8**

**Monday:** Rest or easy 4-mile run
**Tuesday:** 8-mile run with a focus on downhill running technique
**Wednesday:** Cross-training (low-impact activities like swimming or yoga)
**Thursday:** 10-mile trail run at race pace, focusing on managing technical terrain
**Friday:** Rest or easy 5-mile run
**Saturday:** Long run – 16 miles on race-like terrain, emphasizing pacing and nutrition
**Sunday:** Recovery run – 6 miles or a light hike

**Week 5 (Race Week): September 9 - September 14**

**Monday:** Rest or easy 3-mile run
**Tuesday:** 6-mile run on trails with a few strides (short bursts of speed)
**Wednesday:** Cross-training (focus on relaxation and mobility)
**Thursday:** 4-mile trail run at an easy pace
**Friday:** Rest or easy 2-mile jog
**Saturday (Race Day, September 14):** 18-Mile Race!