



SWAP Base Building Intermediate/Advanced Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 24 to 83 mi	Rest. Most sacred day of the week! Can be active, but no impact or stress	4-10 mi easy plus 6 x 30 sec hills fast. On easy running, think smooth and relaxed. During base period, on days you feel great, can progress pace a bit, but never force it. On hill strides , think powerful, easing into them and building up speed to emphasize max output development	6-12 mi easy. Nice and low level aerobic time Optional easy double or x-train. On doubles , think 20-40 min slow running to build up aerobic volume. X-train can be a key part of base building if you enjoy it. For athletes that ski, for example, the x-train can be the primary activity and the double can be a short run, a la Kilian Jornet	4-10 mi easy with 6 x 30 sec fast/2 min easy. On these flat strides , you want to ease into the stimulus. Goal early in base is to build up speed so that aerobic building happens with optimal running economy. Optional easy double or x-train Note: any Thursday can be a pure x-train day, especially for athletes that are volume-limited	3-8 mi easy or easy x-train	10-16 mi easy. On this long run, fully activate the aerobic system, staying in Zone 1 or Zone 2. General goal is to get base-building long runs around 2-hour range or a bit longer	6-12 mi easy plus 6 x 20 sec hills fast Optional easy double or x-train Note: any Sunday can be a pure x-train day , with long skis, bikes, or other activities perfect for aerobic building at lower running volume.
2 25 to 86 mi	rest	4-12 mi easy with 6 x 20 sec fast/2 min easy. Most Tuesdays in build will be about very easy running setting up for more steady running on Wednesday	2-3 mi easy warm-up, 8 x 90 sec hills mod/hard (think 5k) with run down recovery, 2 mi easy/mod to mod (think 50k effort to start, finishing with more effort), 1-2 mi slow. Want to establish power at VO2 max prior to aerobic focus Optional easy double or x-train	4-12 mi easy. Keep this very relaxed after hills the day before Optional easy double or x-train	3-8 mi easy with 5 x 20 sec fast/2 min easy or easy x-train	10-18 mi easy/mod . Start relaxed, and build into effort, with option to progress to 50k-style steady running in the 2nd half	6-14 mi easy with 6 x 30 sec fast/2 min easy in middle Optional easy x-train
3 29 to 87 mi	rest	5-10 mi easy plus 5 x 30 sec hills fast	2-3 mi easy warm-up, 16 x 1 min fast/1 min easy (think 10k effort to start, progressing to faster effort as you go, with the easy recoveries as "floats" where you go slightly above easy), 4 min easy, 4 x 30 sec hills fast, 2-3 mi easy. Quick speed rebuild to start plan, true aerobic building starts now! Optional easy double or x-train	5-10 mi easy Optional easy double or x-train	4-10 mi easy or easy x-train	12-20 mi easy. Full aerobic long run, keep it relaxed and aim to finish feeling good	8-15 mi easy. Pure aerobic weekend Optional x-train
4 26 to 79 mi	Rest. As you build up, can add light x-train on this day in base period	5-12 mi easy with 6 x 30 sec fast/2 min easy	6-12 mi easy/mod to mod, ideally over hills. On this run, start very relaxed, and after 20-30 min, pick up the effort to Zone 2/3 in a 5-Zone model. Don't go too hard! No double or x-train this week	5-12 mi easy No double or x-train	3-8 mi easy plus 6 x 20 sec hills or easy x-train	10-16 mi easy/mod (30 min in the middle around marathon effort with a bit of progression as you go). Keep the M-effort controlled and smooth, building aerobic power and efficiency	6-14 mi easy plus 6 x 20 sec hills fast Optional easy double or x-train
5 29 to 95 mi	Rest or easy x-train. Make sure	6-12 mi easy/mod to mod. Same deal as last week, just getting comfortable at steady	5-10 mi easy plus 6 x 20 sec hills fast Optional easy double or x-train	6-12 mi easy/mod to mod. This should really start feeling more comfortable now, with HR settling in without excessive HR	4-10 mi easy or easy x-train	12-20 mi easy. You can progress effort slightly in the 2nd half, especially on uphill, if you feel perfect.	8-16 mi easy. Can progress effort slightly in 2nd half again, for a higher quality Sunday



	any x-train allows full recovery	but not hard efforts Optional easy double or x-train		drift Optional easy double or x-train		Otherwise, keep it extra chill.	run No double or x-train
6 27 to 92 mi	Rest or easy x-train	5-12 mi easy with 6 x 20 seconds fast/2 min easy	2-3 mi easy, 4-6 x 5 min at half marathon effort with 2 min easy recovery, 4 x 30 sec hills fast, 2-3 mi easy. Key to avoid "burning" on these intervals, think Zone 3 to lower Zone 4 in 5-Zone model Optional easy double or x-train	5-12 mi easy Optional easy double or x-train	3-8 mi easy with 5 x 20 sec fast/2 min easy or easy x-train	10-18 mi easy. Nice and relaxed, ideally over hilly terrain for some mechanical stimulus!	8-14 mi easy with 6 x 30 seconds fast/2 min easy in middle Optional easy double or x-train
7 28 to 83 mi	Rest or easy x-train	5-10 mi easy with 5 x 30 sec fast/2 min easy	2-4 mi easy, 15-20 x 1 min fast/1 min float, 2-4 mi easy. Think 10k effort to start, with light progression as you go! Mini speed stimulus. Optional easy double or x-train	5-12 mi easy No double with tougher long run on tap on Saturday	4-10 mi easy with 5 x 20 sec fast/2 min easy or easy x-train	12-20 mi easy/mod. Start easy and settle in at 90-95% of M effort, just a smooth flow that clicks off the miles fast and works on aerobic metabolism	6-14 mi easy plus 6 x 20 sec hills fast No double or x-train
8 28 to 91 mi	Rest or easy x-train	5-12 mi easy with 6 x 20 sec fast/2 min easy	6-13 miles easy/mod to mod. Avoid the burning feeling! Optional easy double or x-train	5-12 mi easy Optional easy double or x-train	3-8 mi easy plus 6 x 20 sec hills or easy x-train	10-16 mi easy/mod (6 x 5 min at M effort or a bit harder with 5 min float recovery). Floats just above normal easy. Working on shuttling low levels of lactate at steady efforts	8-14 mi very easy. Will be a bit more tired from bigger effort on Sat Optional easy double or x-train
9 30 to 100 mi	Rest or easy x-train	5-12 mi easy with 5 x 20 sec fast/2 min easy Optional easy double or x-train	8-14 mi very easy. Ideally mostly in Zone 1 or low Zone 2 Optional easy double or x-train	5-12 mi easy with 5 x 20 sec fast/2 min easy Optional easy double or x-train	4-10 mi easy or easy x-train	12-20 mi easy. Keep this one very relaxed the whole time, pure aerobic base run	8-16 mi easy with 6 x 30 sec fast/2 min easy in middle Optional x-train
10 28 to 88 mi	Rest or easy x-train	5-10 mi easy with 4 x 20 sec fast/2 min easy	2-3 mi easy, 4-8 x 3 min at 1-hour effort with with 3 min float recovery around 50k effort, 2-3 mi easy Optional easy double or x-train	5-10 mi easy Optional easy double or x-train	3-8 mi easy with 6 x 20 sec fast/2 min easy or easy x-train	10-18 mi easy/mod (1 hour at M effort). A bit tougher, but still controlled, aerobic power building	6-14 mi easy plus 6 x 20 sec hills Optional easy double or x-train
11 34 to 94 mi	Rest or easy x-train	6-12 mi easy with 5 x 20 sec fast/2 min easy	8-12 mi easy/mod to mod Optional easy double or x-train	6-12 mi easy with 5 x 30 sec fast/2 min easy Optional easy double or x-train	4-10 mi easy or easy x-train	12-20 mi easy. Pure aerobic base run!	8-16 mi easy. Pure aerobic weekend No double or x-train
12 34 to 92 mi	Rest or easy x-train	6-12 mi easy with 5 x 20 sec fast/2 min easy	2-3 mi easy, 20 min mod/hard around 1-hour effort, 5 min easy, 5-10 x 1 min fast/1 min easy (think 10k, with light progression), 2-3 mi easy. Tempo/speed combo to end plan!	6-12 mi easy No double before tougher long run	3-8 mi easy with 5 x 20 sec fast/2 min easy or easy x-train	12-20 mi easy/mod. In the second half of the run, can progress effort into steady Zone 3. You should really see running economy benefits now	8-14 mi easy/mod. Can progress in the same way as Sat Optional easy x-train



MOST IMPORTANT MESSAGE:

YOU ARE SO AMAZING AND SO LOVED!

-Coaches Megan and David Roche
Check out the [Some Work, All Play podcast!](#)