

THREE PEAKS TRAINING – ADVANCED

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|-------------------------|-----------------|---|------------------------------------|-------------------------------|----------------------|----------------------|
| 1 | 60min easy off-road run | 60min hilly run | 60min easy run | 10km run at 80% pace (record time) | REST | 60min flat tempo run | 90min hilly run |
| 2 | 60min easy off-road run | 60min hilly run | 3 x 10min hill reps (jog down recovery) | REST | 60min easy run | 60min flat tempo run | 90min hilly run |
| 3 | 60min easy off-road run | 75min hilly run | 3 x 10min hill reps (jog down recovery) | REST | 75min easy run | 60min flat tempo run | 90-120min hilly run |
| 4 | 60min easy off-road run | 75min hilly run | 4 x 10min hill reps (jog down recovery) | REST | 10km run at 80% (record time) | REST | 90-120min hilly run |
| 5 | 75min easy off-road run | 60min hilly run | 4 x 10min hill reps (jog down recovery) | REST | 60mins easy run | 60min flat tempo run | 120min hilly run |
| 6 | 75min easy off-road run | 60min hilly run | 4 x 10min hill reps (jog down recovery) | REST | 60mins hilly run | 60min flat tempo run | 120-150min hilly run |
| 7 | 75min easy off-road run | 60min hilly run | 4-5 x 10min hill reps (jog down recovery) | REST | 75min hilly run | 60min flat tempo run | 90min hilly run |
| 8 | 75min easy off-road run | 45min hilly run | 45min easy run | REST | 60min easy flat run | 30min recovery run | THREE PEAKS RACE |

TIPS FOR SUCCESSFUL TRAINING

- Try do as many of your walks off-road and/or over hills if possible (the running programs specify whether to run on hills or flat).
- Unless otherwise specified, you should be able to talk on all runs and walks (if not you are going to hard).
- If you can walk/run the Pinapple track on your longer Sunday runs then that will be a great advantage.
- Train with a group of friends to keep motivated.
- Make sure you **REST** on your rest days (you need adequate rest to recover).
- Record your training so you can look back to see how far you have come.
- Prepare for all types of weather – take warm clothing and water on your longer run/walks.
- Make sure you have adequate footwear that can handle off road conditions.