


Buffalo Stampede - Training Program - 100km Beginner

Date	Weeks	MON	km	TUE	km	WED	km	THU	km	FRI	km	SAT	km	SUN	km	TOTAL KM
JANUARY																
Build - General Base																
2-Jan	12	Easy paced run - flat terrain	8	Rest		Easy paced run - flat	8	Rest		Easy paced run - flat to mildly undulating	8	Rest		Long Run, easy paced on hills with 400m+	20	44
Build - General Base																
9-Jan	11	Rest		Easy pace - road or trail	8	Warm up, 6 x 2mins @ 80%, 1min walk or slow recovery jog between. Cool down	8	Rest		Easy paced run - flat to mildly undulating	8	Rest		Long Run, easy paced on hills with 400m+	24	48
Build - General Base																
16-Jan	10	Rest		Easy pace - road or trail	8	10min warm up. 3 x 5mins @ 75%, 3mins recovery jog between. 10min cool down.	10	Rest		Easy paced run - Undulating	8	Rest		Long Run, easy paced on hills with 400m+	26	52
Absorption Week																
23-Jan	9	Rest		Easy pace - road or trail	6	Undulating terrain. Do all of the downhills fast but controlled. Flats and ups easy.	12	Rest		Easy paced run - Undulating	6	Rest		Long Run, easy paced on hills with 600m+	28	52
Specific. Very important to keep the long runs at a nice and easy intensity and just focus on getting some good time on feet/strength building. The key is improving the economy of moving through the hills. Nutrition and hydration strategies should be practised in all long runs.																
30-Jan	8	Rest		Recovery Jog - Flat and easy	6	Warm up. 20mins @ 70% over an undulating course. Focus on form more than speed. Cool down.	12	Rest		Easy paced run - Include hills ~100-200m gain	8	Recovery jog	4	Long Run with some more hills, try to get 800m+ elevation gain.	30	60

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FEBRUARY																
Specific - Getting into key long runs of more distance.																
6-Feb	7	Rest		Easy pace - road or trail	6	Hilly run, nice and easy pace with some good climbs. Practise hiking on steep gradients.	14	Rest		Easy paced run. Include 8 x 30sec surges (~80% max pace), 60sec easy.	8	Recovery jog	4	Nice and easy paced long run with some more hills, try to get 1000m+ elevation gain.	32	64
Specific - but a nice and easy start to the week to recover. The Sunday is a good time to practise smooth but slightly quicker downhill.																
13-Feb	6	Rest		Recovery jog	4	Warm up. 8 x 1min hill reps, easy jog back to start recovery, cool down. Focus on form and being smooth during efforts.	12	Rest		Easy paced run, light hills	8	Rest or light cross train (bike, swim, gym)		Easy pace, Over Hills, aim for 1000m+ elevation gain. Hiking is good practise! Try to run the downhill at a faster than normal pace in this long run. Good practise and conditioning!	34	58
Specific - If long run can be done on a course replica or the course itself, that's excellent. Be sure that all gear and nutrition is sorted by this point in your build.																
20-Feb	5	Rest		Easy pace - road or trail	6	Warm up, 6x3mins steep uphill hiking, easy jog back to start recovery. Cool down.	12	Rest		Easy paced run hills, include steep hiking if possible	8	Recovery jog	4	Nice and easy paced long run with some more hills, try to get 1000m+ elevation gain.	34	64
Specific - Biggest week of training for the block. Proper sleep, fuelling and hydration is key to getting through this successfully.																
27-Feb	4	Rest		Recovery jog	8	6 x 90sec (down)hill reps. Easy pace up, then fast back to bottom (90sec downhill). Up can be slow jog or hike. Cool down.	12	Rest		Easy paced run - Include ~200-400m elevation gain	10	Recovery jog	4	Easy pace, Over Hills, aim for 1000m+ elevation gain. Recovery is really important from this week!	36	70

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MARCH																
Wind Down - Keeping the motor running but bringing back freshness towards the race.																
6-Mar	3	Rest		Recovery jog	5	Easy pace run on light hills	10	Rest		Easy paced undulating run with 8 x 15sec fast, 45sec easy.	8	Recovery jog	4	Easy pace, over hills. Try to include steep hiking sections.	28	55
Taper - Really taking the foot off the gas to build back energy and freshen up. No amount of sleep is too much!																
13-Mar	2	Rest		Easy Pace - Road or Trail	6	Warm up, 20mins uphill hard hiking, Cool down.	10	Rest		Easy paced run - include 300m+ elevation gain	8	Rest		Easy pace on hills. Try to get a good mix of hiking and running, but at low intensity.	22	46
Taper - Getting jittery now!																
20-Mar	1	Rest		Recovery jog	6	Warm up. 5 x 2min hill reps, hard on the up focusing on form, easy jog back recovery	10	Rest		Easy paced run - flat to mildly undulating	8	Rest		Easy pace - lightly undulating run	14	38
RACE WEEK!																
27-Mar	0	Rest		Easy run with 6 x 15sec steady (70-80%), 45sec jog. Just to keep things stimulated and prevent feeling stale	8	Easy jog on flat to mildly undulating terrain	6	Rest		Shake out jog	3	 100		A very well earned day of eating, drinking and sleeping.		117

Prepared by Blake Hose on behalf of SingleTrack Events.