


Buffalo Stampede - Training Program - 42km 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	6	Rest		Easy paced run - flat	8	Rest		Easy paced run - flat to mildy undulating	6	Rest		Long Run, easy paced on hills with 200-400m+	14	34
Build - General Base																
9-Jan	11	Rest		Recovery Jog	6	10min Warm up, 6 x 2mins @ 80%, 1min walk or slow recovery jog between. 10min Cool down,	8	Rest		Easy paced run - flat to mildy undulating	6	Rest		Long Run, easy paced on hills with 400m+	16	36
Build - General Base work																
16-Jan	10	Rest		Recovery Jog	6	10min warm up. 2 x 5mins @ 70%, 3mins recovery jog between. 10min cool down.	10	Rest		Easy paced run - flat to mildy undulating	7	Rest		Long Run, easy paced on hills with 400m+	18	41
Maintain - Absorption Week																
23-Jan	9	Rest		Recovery Jog	6	Easy run, but include 8 x 15sec fast, 45sec easy.	10	Rest		Easy paced run - flat to mildy undulating	6	Rest		Long Run, easy paced on hills with 400-600m+	20	42
Specific - Sessions will be more aimed towards the specific demands of the course from now until taper																
30-Jan	8	Rest		Recovery Jog	6	15mins Warm up. 12mins @ 70% over an undulating course. Focus on form more than speed.	10	Rest		Easy paced run - Include hills ~100-200m gain	8	Recovery jog - include 4 x 15sec strides (run throughs to 90% max pace) at the end. Full recovery between.	4	Long Run with some more hills, try to get 600m+ elevation gain.	22	50

Buffalo Stampede - Training Program - 42km Beginner

FEBRUARY																
Specific - Try to find some speed whilst being smooth on the Sunday long run downhills																
6-Feb	7	Rest		Recovery Jog	6	Warm up 10-15min. 8 x 1min hard (85%), 1min easy, flat terrain. Focus on getting faster through the reps.	10	Rest		Easy paced run - Include hills ~100-200m gain	8	Recovery jog - include 4 x 15sec strides (run throughs to 90% max pace) at the end. Full recovery between.	4	Nice and easy paced long run with some more hills, try to get 600m+ elevation gain.	24	52
Specific - Nice and easy start to the week to recover																
13-Feb	6	Rest		Recovery jog	4	Easy paced run, including 6 x 15sec hill strides (run throughs to 90% max pace), with 60sec recovery between each	10	Rest		Easy paced run, light hills	6	Rest or light cross train (bike, swim, gym)		Easy pace, Over Hills, aim for 750m+ elevation gain. Hiking is good practise!	26	46
Specific - Second biggest week of training. Sleep, hydration and nutrition is key! The downhill reps will help to condition the quads for descending. Important as the race begins by descending!																
20-Feb	5	Rest		Recovery Jog	6	10min warm up, 5x3mins steep uphill hiking, easy jog back to start recovery. 10mins cool down	12	Rest		Easy paced run hills, include steep hiking if possible	8	Recovery jog - include 4 x 15sec strides (run throughs to 90% max pace) at the end. Full recovery between.	4	Nice and easy paced long run with some more hills, try to get 750m+ elevation gain.	26	56
Specific - Biggest week of training. Sleep, hydration and nutrition is key! The downhill reps will help to condition the quads for descending. Important as the race begins by descending!																
27-Feb	4	Rest		Recovery jog	6	6 x 90sec (down)hill reps. Easy pace up, then fast back to bottom (90sec downhill). Up can be slow jog or hike.	12	Rest		Easy paced run - Include ~200-400m elevation gain	8	Recovery jog - include 4 x 15sec strides (run throughs to 90% max pace) at the end. Full recovery between.	4	Easy pace, Over Hills, aim for 800m+ elevation gain. Hiking is good practise! Recovery is really	28	58

Buffalo Stampede - Training Program - 42km Beginner

MARCH																
Wind Down - Absorbing the training whilst keeping the motor running and freshening up																
6-Mar	3	Rest		Recovery jog	5	3 x 5mins hard (80%) uphill hiking reps. Easy jog back to start recovery	10	Rest		Easy paced run - include 300m+ elevation gain	8	Recovery jog - include 4 x 15sec strides (run throughs to 90% max pace) at the end. Full recovery between.	4	Easy pace, over hills. Try to include steep hiking sections.	22	49
Taper - Important to keep intensities nice and low and stay on top of rest and energy levels.																
13-Mar	2	Rest		Recovery jog	5	Fartlek. 3 x (3min steady (70%), 1min jog, 1min hard (90%), 1min jog)	10	Rest		Easy paced run - include 300m+ elevation gain	7	Rest		Easy pace on some hills. Short steep pinches but nothing too big.	18	40
Taper																
20-Mar	1	Rest		Recovery jog	6	15min warm up. 6-8 x 1min hill reps, hard on the up focusing on form, easy jog back recovery	8	Rest		Easy paced run - flat to mildly undulating	6	Rest		Easy pace - lightly undulating run	12	32
RACE WEEK!																
27-Mar	0	Rest		Easy run with 6 x 15sec steady (70-80%), 45sec jog.	8	Easy jog on flat to mildly undulating terrain	6	Rest		Easy recovery jog	5	Rest or easy shake out jog	3		42	64

Prepared by Blake Hose on behalf of SingleTrack Events.