

SkyRun 20k Intermediate

Training Program



Date	Weeks	MON	km	TUE	km	WED	km	THU	km	FRI	km	SAT	km	SUN	km	total km	Notes
JANUARY																	
1 Jan																	
	11	Easy paced run - flat terrain	6	Rest		Easy pace for 4 km, then add 2 x 6minute tempo pushes (~80%) at the end with 2mins jog between.	8	Rest		Easy paced run - flat to mildy undulating	8	Rest		Easy paced jog, include some hills	12	34	Build - General Base
8 Jan																	
	10	Rest		Easy Jog, flat + 6 x 10sec strides	6	15min Warm up, 8 x 2mins @ 80%, 90sec walk/slow recovery jog between	10	Rest		Easy paced run - flat to mildy undulating	8	Rest		Easy paced jog, some small hills	14	38	Build - General Base
15 Jan																	
	9	Rest		Easy Jog + 6 x 15sec hill strides	6	Warm up 15mins, 5 x 5mins @ 80%, 2mins jog between	10	Rest		Easy paced run - flat to mildy undulating	8	Rest		Easy paced jog, add a few more hills this week	14	38	Threshold reps on Wednesday. These reps on the flat around great for improving strength, endurance and economy whilst translating to hills well.
22 Jan																	
	8	Rest		Recovery run pace, but include 8 x 15sec fast, 45sec easy.	5	Cross train an easy short hike/ride if you feel like it		20-30mins of uptempo on hilly terrain. Control the effort to around 75% and be consistent.	10	Rest		Easy run	8	Easy run, flatter-undulating	16	39	Start week nice and easy with some recovery days to help absorb your hard work! The Thursday workout is long, but should be very controlled and far from an all-out effort.

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JANUARY																	
29 Jan	7	Rest		Easy jog + 6 x 15sec strides	6	4 x 1min, then 4 x 3mins hill reps, all jog back recovery between. Focus on making the 3min reps strong and consistent.	10	Rest		Easy paced run - flat	7	Recovery jog, optional strides	4	Long Run with some more hills, try to get 350m+ elevation gain.	16	43	Beginning to get into some more solid work. A good aim in hill workouts like Wednesday is just to be consistent and not fade late in the session.
FEBRUARY																	
5 Feb	6	Rest		Recovery Jog + 6 x 15sec hill strides	6	15mins warm up, 3 x 8mins tempo running (~80%) 3mins easy slow jog between. These should be on the flat, always in control.	12	Rest		Easy paced run - Include hills ~100-200m gain	7	Recovery jog, optional strides	4	Nice and easy paced long run with some more hills, try to get 400m+ elevation gain.	16	45	Some faster work on Wednesday. These types of sessions are really important for improving economy and strength/endurance and translate to hills well.
12 Feb	5	Rest		Recovery jog	5	Cross train, light hike or easy ride		15mins warm up, 7x3mins steep uphill hiking, easy jog back to start recovery	12	Recovery run	6	Rest or light cross train on bike or hike		Nice and easy paced long run with some more hills, try to get 500m+ elevation gain.	18	41	Really easy start to the week, then into a key hill workout to get used to the steep parts of the course!
19 Feb	4	Rest		Recovery Jog + 6 x 15sec hill strides	6	15mins warm up, 7mins @ 80% on flat, 2mins jog, 2 x 5mins @ 80% uphill, jog back between, 7mins @ 80% on flat.	14	Rest		Easy paced run, light hills	10	Recovery jog, optional strides	4	Easy pace, Over Hills, aim for 600m-800m+ elevation gain.	18	52	Biggest week of training! Sleep, hydration and nutrition is key! The mix of downhill and uphill reps will help to condition the quads for changes in elevation

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26 Feb	3	Rest		Recovery jog + 6 x 15sec strides	6	25mins trail tempo (80%). Aim to control the effort and work as hard on the downs as you do on the ups.	12	Rest		Easy paced run - Include ~200-400m elevation gain	10	Rest		Easy pace, Over Hills, aim for 600m+ elevation gain. Hiking is good practise!	18	46	Gradually bringing down volume to race day now. Maintaining some solid sessions.
MARCH																	
5 Mar	2	Rest		Easy run	6	12 x 30sec hill reps. Work on maintaining form and power, don't target all out speed. Very easy jog back to start b/w	10	Rest		Easy paced run - include 100-200m elevation gain	8	Recovery jog, optional strides	4	Easy pace, over hills. Try to include steep hiking sections.	14	42	Short hills to aid in maintaining power output and activation
Taper - Important to keep intensities nice and low and stay on top of rest and energy levels.																	
12 Mar	1	Rest		Recovery Jog + 6 x 15sec hill strides	5	8 x (2min solid-hard uphill (90sec rest at top), fast back to bottom (60sec rest, then go again)	10	Rest		Easy paced run - include 100-200m elevation gain	7	Rest		Easy pace on some hills. Short steep pinches but nothing too big.	12	34	Taper - Important to keep intensities nice and low and stay on top of rest and energy levels.
RACE WEEK!																	
19 Mar	0	Rest		Easy run with 6 x 15sec steady (70-80%), 45sec jog.	6	Easy jog on flat	6	Rest		Shakeout jog	4	BUFFALO Stampede	20			36	