

5 Peaks 10 Week Sport Course Training Plan							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Rest Day	20 min easy run	20mins Cross Training	20 min easy run	Rest Day	Rest Day	25 min long slow run
2	Rest Day	20 min easy run	20mins Cross Training	20 min easy run	Rest Day	Rest Day	30 min long slow run
3	Rest Day	20 min easy run	20mins Cross Training	25 min easy run	Rest Day	Optional Cross Training	35 min long slow run
4	Rest Day	20 min easy run	25mins Cross Training	25 min easy run	Rest Day	Rest Day	30 min long slow run
5	Rest Day	25 min easy run	25mins Cross Training	30 min easy run	Rest Day	Optional Cross Training	35 min long slow run
6	Rest Day	25 min easy run	25mins Cross Training	30 mins incl. 2 x 60sec uphill	Rest Day	Rest Day	40 min long slow run
7	Rest Day	25 min easy run	30mins Cross Training	35 mins incl. 3 x 60sec uphill	Rest Day	Optional Cross Training	35 min long slow run
8	Rest Day	25 min easy run	30mins Cross Training	35 mins incl. 4 x 60sec uphill	Rest Day	Rest Day	45 min long slow run
9	Rest Day	30 min easy run	30mins Cross Training	40 mins incl. 5 x 60sec uphill	Rest Day	Optional Cross Training	30 min long slow run
10	Rest Day	20 min easy run	Rest Day	20 min easy run	Rest Day	<b>5Peaks Sport Race</b>	Rest Day

*\* This training program is designed for the beginner trail runner who has a goal of completing a 5 Peaks Sport Course. Before starting this plan, you should be able to complete at least 20 minutes of continuous running.*

**Trail Frequency:** You should aim to do at least run 2 runs per week on trail, dirt or grass.

**Cross Training:** Wednesday (& Optional Saturday) Cardio Cross training days should be done at a moderate intensity on your choice of elliptical, biking, swimming, deep water running or other form of non-impact workout.

**Hills:** Hill repeats should be completed after a good warmup, and then followed by a short cooldown.

**Long Runs:** Your Sunday long run should be done at a very relaxed pace that allows you to finish feeling like you could have kept going, but are pleased to be done. Short walk breaks can be added every 10mins, in addition to uphill can be walked.