

Week	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
27/05/24	Rest	4 miles - easy	Rest or 3 miles easy	Hill reps: 5 x 2 minutes hard uphill with easy jog recovery back to your starting point.	Rest	5 miles - easy	14 mile long run
03/06/24	Rest	4 miles - easy	Rest or 3 miles easy	Hill reps: 5 x 2.5 minutes hard uphill with easy jog recovery back to your starting point.	Rest	5 miles - easy	*16 mile long run
10/06/24	Rest	5 miles - easy	Rest or 3 miles easy	Hill reps: 5 x 3 minutes hard uphill with easy jog recovery back to your starting point.	Rest	4 miles - easy	10 mile long run
17/06/24	Rest	5 miles - easy	Rest or 3 miles easy	Hill reps: 4 x 2 minutes hard uphill with easy jog recovery back to your starting point.	Rest	5 miles - easy	4-5h hilly hike
24/06/24	Rest	5 miles - easy	Rest or 3 miles easy	20 min hill fartlek - all uphill a hard effort (1h race pace or 90% effort) and all flats & descents easy recovery pace	Rest	3 miles - easy	*18 mile long run
01/07/24	Rest	5 miles - easy	Rest or 3 miles easy	Trail fartlek: 3 x 8 min tempo @ 2h race pace (80% effort) with 2 minutes easy running in between	Rest	6 miles - easy	Tough Mudder 10 miles
08/07/24	Rest	6 miles - easy	Rest or 3 miles easy	25 min hill fartlek - all uphill a hard effort (1h race pace or 90% effort) and all flats & descents easy recovery pace	Rest	Tough Mudder Infinity	4 miles - easy
15/07/24	Rest	6 miles - easy	Rest or 3 miles easy	Trail fartlek: 3 x 10 min tempo @ 2h race pace (80% effort) with 2 minutes easy running in between	Rest	7 miles - easy	*6-7h hilly hike
22/07/24	Rest	6 miles - easy	Rest or 3 miles easy	Trail progression: 15 min @ 3h race pace (65% effort) followed by 10 min @ 2h race pace (80% effort)	Rest	Europes Toughest Mudder	Rest
29/07/24	Rest	6 miles - easy	Rest or 3 miles easy	2 x 15 min steady tempo @ 3h race pace (65-70% effort) with 3 min easy run in between	Rest	6 miles - easy	*24 mile long run
05/08/24	Rest	6 miles - easy	Rest or 3 miles easy	Surges: 6 x 30s quick but relaxed/2 min easy jog in between	Rest	3 miles - easy	*8-9h hilly hike
12/08/24	Rest	7 miles - easy	Rest or 3 miles easy	Trail progression: 15 min @ 3h race pace (65% effort), followed by 10 min @ 2h race pace (80% effort), followed by 5 min @ 1h race pace (90% effort)	Rest	Hill reps: 4 x 2 minutes hard uphill with easy jog recovery back to your starting point.	12 mile long run
19/08/24	Rest	7 miles - easy	Rest or 3 miles easy	2 x 20 min steady tempo @ 3h race pace (65-70% effort) with 3 min easy run in between	Rest	3 miles - easy	*28 mile long run

26/08/24	Rest	7 miles - easy	Rest or 3 miles easy	6 miles - easy	Rest	3 x 3 min hard uphill/easy run back to starting point, followed by 20 min tempo @ 3h race pace (65-70% effort)	12 mile long run
02/09/24	Rest	7 miles - easy	Rest or 3 miles easy	40 mins steady tempo @ 3h race pace (65-70% effort)	Rest	4 miles - easy	*8-9h hilly hike
09/09/24	Rest	8 miles - easy	Rest or 3 miles easy	*Trail progression: 20 min @ 3h race pace (65% effort) followed by 20 min @ 2h race pace (80% effort)	Rest	6 miles - easy	*16 mile long run
16/09/24	Rest	8 miles - easy	Rest or 3 miles easy	Surges: 6 x 30s quick but relaxed/2 min	Rest	4 miles - easy	7 mile long run with 5% of the climb you will do in your race
23/09/24	Rest	8 miles - easy	Rest or 3 miles easy	3 miles - easy	Rest	Rat Race Man v Mountain	