

20 WEEKS - DISTANCE IN MILES

PHASE 1: BASE BUILDING

TRAIL MARATHON TRAINING PLAN: RUN + STRENGTH

by Heather Hart, ACSM EP, CSCS, RRCA & UESCA running coach



For a detailed explanation of this training plan including specific workouts, please visit: www.relentlessforwardcommotion.com/trail-marathon-training-plan

Week	Monday Base Build - Trail	Tuesday Strength Only	Wednesday Effort	Thursday Recovery	Friday Full Rest Day	Saturday Long Run - Trail	Sunday Active Recovery	Weekly Volume: (est.)
1	3 miles -	- Full Body Strength - Intro: 2-3 sets of 8-12 reps	3 miles + 4 strides -	2-3 miles Full Body Strength - Intro: 2-3 sets of 8-12 reps	REST REST	6 miles -	30 minutes AR Prehab & Core	15 miles + 3:00 XT
2	3.5 miles -	- Full Body Strength - Intro: 2-3 sets of 8-12 reps	3 miles + 4 strides -	2-3 miles Full Body Strength - Intro: 2-3 sets of 8-12 reps	REST REST	7 miles -	30 minutes AR Prehab & Core	16.5 miles + 3:00 XT
3	4 -	- Full Body Strength - Intro: 2-3 sets of 8-12 reps	3.5 miles + 4 strides -	2-3 miles Full Body Strength - Intro: 2-3 sets of 8-12 reps	REST REST	8 miles -	30 minutes AR Prehab & Core	19 miles + 3:00 XT
4	3 miles -	- Full Body Strength - Deload	3 miles -	Hiking or Active Recovery - 30 minutes Full Body Strength - Deload	REST REST	4 miles -	20 minutes AR Prehab & Core	10 miles + 2:20 XT

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PHASE 2: AEROBIC CAPACITY

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5	4 miles -	- Full Body Strength - Hypertrophy: 3-4 sets of 8-10 reps	Hill Intervals: 4 miles w/3x3:00 hill, 3:00 recovery. -	3 miles Full Body Strength - Hypertrophy: 3-4 sets of 8-10 reps	REST REST	9 miles -	35 minutes AR Prehab & Core	20 miles + 3:05 XT
6	4.5 miles -	- Full Body Strength - Hypertrophy: 3-4 sets of 8-10 reps	Hill Intervals: 5 miles w/4x3:00 hill, 3:00 recovery. -	3 miles Full Body Strength - Hypertrophy: 3-4 sets of 8-10 reps	REST REST	10 miles -	35 minutes AR Prehab & Core	22.5 miles + 3:05 XT
7	5 miles -	- Full Body Strength - Hypertrophy: 3-4 sets of 8-10 reps	Hill Intervals: 4.5 miles w/3x3:00 hill, 3:00 recovery. -	3 miles Full Body Strength - Hypertrophy: 3-4 sets of 8-10 reps	REST REST	11 miles -	35 minutes AR Prehab & Core	23.5 miles + 3:05 XT
8	4 miles -	- Full Body Strength - Deload	3 miles + 4 strides -	Hiking or Active Recovery: 30 minutes Full Body Strength - Deload	REST REST	6 miles -	20 minutes AR Prehab & Core	13 miles + 2:20 XT

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PHASE 3: LACTATE THRESHOLD

TRAIL MARATHON TRAINING PLAN: RUN + STRENGTH

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Week	Monday Base Build - Trail	Tuesday Strength Only	Wednesday Effort	Thursday Recovery	Friday Full Rest Day	Saturday Long Run - Trail	Sunday Active Recovery	Weekly Volume:
9	5 miles -	- Full Body Strength: 4-5 sets of 3-5 reps	5 miles: 1 mi warm up, 2X10 min tempo/5 min recovery, cool down -	3 miles Full Body Strength: 4-5 sets of 3-5 reps	REST REST	12 -	40 minutes AR Prehab & Core	25 miles + 3:10 XT
10	5.5 miles -	- Full Body Strength: 4-5 sets of 3-5 reps	6.5 miles: 1.5 mi warm up, 3x10 min tempo/5 min recovery, cool down -	3.5 miles Full Body Strength: 4-5 sets of 3-5 reps	REST REST	14 (or half marathon race!) -	40 minutes AR Prehab & Core	29.5 miles + 3:10 XT
11	6 miles -	- Full Body Strength: 4-5 sets of 3-5 reps	6.5 miles: 2 mi warm up, 2X12 min tempo/6 min recovery, cool down -	3.5 miles Full Body Strength: 4-5 sets of 3-5 reps	REST REST	16 -	40 minutes AR Prehab & Core	32 miles + 3:10 XT
12	4.5 miles -	- Full Body Strength - Deload	3 miles + 4 strides	Hiking or Active Recovery: 40 minutes Full Body Strength - Deload	REST REST	8	30 minutes AR Prehab & Core	15.5 miles + 2:40 XT

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PHASE 4: ENDURANCE + SPECIFICITY

TRAIL MARATHON TRAINING PLAN: RUN + STRENGTH

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Week	Monday Base Build - Trail	Tuesday Strength Only	Wednesday Effort	Thursday Recovery	Friday Full Rest Day	Saturday Long Run - Trail	Sunday Active Recovery	Weekly Volume:
13	6 miles -	- Plyometrics	7.5 miles: 2 mi warm up, 3X12 min tempo/6 min recovery, cool down -	4 miles Full Body Strength - Power: 3-4 sets of 3-6 reps	REST REST	16	30-45 minutes AR Prehab & Core	33.5 miles + 3:15 XT
14	5 miles -	- Plyometrics	7 miles, including 2x20 mins @ race pace -	4.5 miles Full Body Strength - Power: 3-4 sets of 3-6 reps	REST REST	18	30-45 minutes AR Prehab & Core	34.5 + 3:15 XT
15	6 miles -	- Plyometrics	8 miles, including 2x20 mins @ race pace -	4 miles Full Body Strength - Power: 3-4 sets of 3-6 reps	REST REST	16	30-45 minutes AR Prehab & Core	34 miles + 3:15 XT
16	5 miles -	- Full Body Strength - Deload	4 miles + 4 strides -	Hiking or Active Recovery: 45-60 minutes Full Body Strength - Deload	REST REST	10 -	30 minutes AR Prehab & Core	19 miles + 2:45 XT

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PHASE 5: PEAK TO TAPER

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17	7 miles	- Full Body Strength - Power: 3-4 sets of 3-6 reps	8 miles, including 2x20 mins @ race pace -	5 miles Prehab & Core	REST REST	22	30-45 minutes AR Prehab & Core	42 miles + 3:15 XT
18	8 miles -	- Full Body Strength - Power: 3-4 sets of 3-6 reps	7 miles, including 2x20 mins @ race pace -	5 miles Prehab & Core	REST REST	20	30-45 minutes AR Prehab & Core	40 miles + 3:15 XT
19	6 miles -	- Full Body Strength - Power: 3-4 sets of 3-6 reps	5 miles, including 20 mins @ race pace -	4 miles Prehab & Core	REST REST	8-10 -	REST Prehab & Core	25 miles + 2:00 XT
20	4 miles easy Prehab & Core	3 miles + 3 strides -	REST Prehab & Core OR rest	30 Minute Shakeout Run -	REST REST	RACE DAY!		

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