

ALPENBOXX TRAIL RUNNING Hit the Trail 10km PLAN

Get out there and PLAY! There is nothing like getting fit in the movement we are BORN TO DO - Running ...Now to add a new element to your running is exciting for your body and mind ...
The body is designed to move everyday...
 'Man is so made that whenever anything fires up his soul, impossibilities vanish.'

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday <small>this will depend what you are working up to in distance + if it is hilly or mountainous</small>	Sunday
1	<i>Recovery Routine Yoga for Runners or Mobility Routine</i>	Run Steady Beg Run 3min/ 3 min for 30 Int - Steady 5km (tempo the last 2km)	<i>Movement and Mobility Foam Roller and Yoga Strength Circuit</i>	Hit The Trails Hills Find the hills 10m easy run 5-6x Hill surges 30-45 sec and easy downhill 5 min easy.. Beg can Power Walk hills	<i>REST and RECOVERY</i>	LONGER RUN - Trail - Beginner - 5min run/ 2min walk for 45min or 4-5km Int. Run - 5-6km or 40 - 50min	<i>Strength Session Easy Run or Walk, Hike Play</i>
2	<i>Recovery Routine Yoga for Runners or Mobility Routine</i>	Tempo Run - Beg 4min Run/2min walk - 30 min Int - 6km Route 3x 5min Tempo/ 90 sec easy - 5min easy jog cooldown	<i>Movement and Mobility Foam Roller and Yoga Strength Circuit</i>	Hit the Trails - Hills Trail Run/ 10min easy 5-7x 30-45 sec Surges .glide easy downhill...5min easy cooldown	<i>REST and RECOVERY</i>	Longer Run - Trail Beg 7min Run/2min walk 5km Int 6-7km or 45-1:10 hr..depends how hilly trails are	<i>Strength Session Easy Run or Walk, Hike Play</i>
3	Steady Run Beg - Rest Int - 6-7km	Trail - Tempo Fartlek play Beg - Walk/run and surge hills on approx 4-5km route Int - 5km playful route with spontaneous surges	<i>Movement and Mobility Foam Roller and Yoga Strength Circuit</i>	Hills - 10 min easy, 6-7x 30-45 sec Hill Surges with easy downhill.. Beg can powerwalk the hills	<i>REST and RECOVERY</i>	Longer Run - Trail Beg 10min run/ 3min walk/6km Int 7-8km 50- 1:30	<i>Strength Session Easy Run or Walk, Hike Play</i>
4 Easier Week	<i>Recovery Routine Yoga for Runners or Mobility Routine</i>	Easy Run	<i>Movement and Mobility Foam Roller and Yoga Strength Circuit</i>	Trails OR road - Tempo Beg - Run how far you can then walk and repeat Int 4-5km route ...easy run 10min..then tempo the distance	<i>REST and RECOVERY</i>	Longer Run - Trail Beg 45min 5km walk run Int 1 hour or 5-7km (somewhat hilly terrain)	<i>Walk Hike Play</i>
5	<i>Recovery Routine Yoga for Runners or Mobility Routine</i>	Hit the Trails - Hills Int 10min easy run 4x 45-60 sec Hill surges..5min easy	<i>Movement and Mobility Foam Roller and Yoga Strength Circuit</i>	Tempo run Beg - run faster than normal for 5min/ 2min rec repeat for 30min. Int 3x 6min tempo /3min rest 40min with warmup and cooldown	<i>REST and RECOVERY</i>	Longer Run - Trail Beg - 6-7km walk/Run Int - 8km - hilly or mountainous 1hr. - 1:45	<i>Strength Session Easy Run or Walk, Hike Play</i>
6	<i>Recovery Routine Yoga for Runners or Mobility Routine</i>	Hills - 10 min easy, 6-7x 30-45 sec Hill Surges with easy downhill.. Beg can powerwalk the hills	<i>Movement and Mobility Foam Roller and Yoga Strength Circuit</i>	Hit the Trails - Steady Run with Fartlek (Int) Beg - Steady 4km Int - 6km route	<i>REST and RECOVERY</i>	Longer Run - Trail Beg - 7-8km walk/Run Int - 9km 1:15 - 2hrs.	<i>Strength Session Easy Run or Walk, Hike Play</i>
7	Steady Run Beg - rest Int - 7km	Trails OR road - Tempo Beg - Run how far you can then walk and repeat Int 6km route ...easy run 10min..then tempo the distance	<i>Movement and Mobility Foam Roller and Yoga Strength Circuit</i>	Hit the Trails - Steady Run with Fartlek (Int) Beg - Steady 5km Int - 7km with Fartlek	<i>REST and RECOVERY</i>	10km TRAIL RUN <i>Intermediate</i> Beg - 8-9km walk/ run	<i>CHILL</i>
8 for beginner to build more	<i>Recovery Routine Yoga for Runners or Mobility Routine</i>	Steady Run 5km	<i>Movement and Mobility Foam Roller and Yoga Strength Circuit</i>	Hit the Trails - Tempo Run Beg- 3x 5min faster than normal / easy 3min	<i>REST and RECOVERY</i>	10km TRAIL RUN <i>Beginner</i> Int keep building or maintaining depending on goals	<i>New Strength Program</i>

Examples of Quality Workouts you can add into your routine – for better running efficiency, more FUN and get fitter FASTER! People learning to run ..can apply these with less intervals or the lower end of the repeats – remember you are NOT sprinting in these intervals, you are bringing the body out of the comfort zone for the stated time (a few notches faster than your steady pace)

Steady Run - You maintain a constant pace...but not an easy run or real hard..you are at your cruising level ...to get you trained to hold pace over a period of time and enjoy your rhythm. Effort level 6.5-7.5/10

Longer Run - Aiming to go at a lesser intensity but for a longer time then what you are used to. On the trails it will be hard to keep a steady constant heart rate because of the ups and downs. Just remember the purpose at this point here is not speed...it is going the distance. You should feel good at the end... sometimes energized. 5-7/10 Effort

Hills - Hills develop your leg strength and is a great low impact way of doing interval training. They adapt you well for your steady runs on the trails. 8-9/10 Effort

Tempo - this means for the specified time/distance you are pushing out of your comfort zone but can hold that pace – so around 75-80% of your max. 7-8.5/10 Effort

Fartlek - A fun way to add unstructured intervals into a workout. You can choose randomly to surge the hills, the downhills, do short sprints, leader games with a running friend....a mixture of 30 sec fast to 1min fast to 2 min fast....Choosing to interval between street lamps etc. 7-9/10

Examples of Workouts to do

RUN Speed Hills

Fartlek Training
35min-45min. run
Every good hill you come to repeat 3x
In between pick landmarks to push pace and then recover
Do at least 5 intervals
Have Fun with This!
OR
Pick a Run Location with a great hill - Run easy to get there, do 5-6 repeats of hill, rest and then do 4 x 1min fast coming home
OR
Do a fun Group Workout where each runner leads and decides how far, how fast or hills etc.

RUN Tempo

45min- workout
3-4 x 1km repeat
Can do this at Track
(4x around = 1km)
OR
A 3-5km timed Run where you warm up a good 1-2 km first and then try a race pace for 3-5km

RUN Hills

45min workout
Run easy 10/
3-4 long Hill (600-800m) rec. 6-8% grade treadmill
Or 6-7 shorter steeper ones

