

## THREE PEAKS TRAINING – ADVANCED

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	60min easy off-road run	60min hilly run	60min easy run	10km run at 80% pace (record time)	REST	60min flat tempo run	90min hilly run
2	60min easy off-road run	60min hilly run	3 x 10min hill reps (jog down recovery)	REST	60min easy run	60min flat tempo run	90min hilly run
3	60min easy off-road run	75min hilly run	3 x 10min hill reps (jog down recovery)	REST	75min easy run	60min flat tempo run	90-120min hilly run
4	60min easy off-road run	75min hilly run	4 x 10min hill reps (jog down recovery)	REST	10km run at 80% (record time)	REST	90-120min hilly run
5	75min easy off-road run	60min hilly run	4 x 10min hill reps (jog down recovery)	REST	60mins easy run	60min flat tempo run	120min hilly run
6	75min easy off-road run	60min hilly run	4 x 10min hill reps (jog down recovery)	REST	60mins hilly run	60min flat tempo run	120-150min hilly run
7	75min easy off-road run	60min hilly run	4-5 x 10min hill reps (jog down recovery)	REST	75min hilly run	60min flat tempo run	90min hilly run
8	75min easy off-road run	45min hilly run	45min easy run	REST	60min easy flat run	30min recovery run	THREE PEAKS RACE

### TIPS FOR SUCCESSFUL TRAINING

- Try do as many of your walks off-road and/or over hills if possible (the running programs specify whether to run on hills or flat).
- Unless otherwise specified, you should be able to talk on all runs and walks (if not you are going to hard).
- If you can walk/run the Pinapple track on your longer Sunday runs then that will be a great advantage.
- Train with a group of friends to keep motivated.
- Make sure you **REST** on your rest days (you need adequate rest to recover).
- Record your training so you can look back to see how far you have come.
- Prepare for all types of weather – take warm clothing and water on your longer run/walks.
- Make sure you have adequate footwear that can handle off road conditions.