

THREE PEAKS TRAINING - BEGINNER

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	30min flat easy run	REST	30min flat easy run	30-45min flat easy run	REST	30-45mins easy run with some hills	45min run with hills
2	30min flat easy run	REST	30min flat easy run	45min hilly run	REST	45mins easy run with some hills	45min run with hills
3	30min flat easy run	REST	45min flat easy run	45min hilly run	REST	45mins easy run with some hills	60min run with hills
4	30min flat easy run	45mins hilly run, fast pace	REST	45min hilly run	REST	60mins easy run with some hills	60min run with hills
5	45min flat easy run	45mins hilly run, fast pace	REST	45min hilly run	REST	60mins easy run with some hills	90min run with hills
6	45min flat easy run	60mins hilly run, fast pace	REST	60min hill circuit	REST	60mins easy run with some hills	120min run with hills
7	60min flat easy run	60mins hilly run, fast pace	REST	60min hill circuit	REST	60mins easy run with some hills	120min run with hills
8	60min flat easy run	60-70mins hilly run, fast pace	REST	60min hill circuit	REST	60mins easy run with some hills	150min run with hills
9	60min flat easy run	75mins hilly run, fast pace	REST	60min hill circuit	REST	60mins easy run with some hills	90min run with hills
10	60min flat easy run	30mins flat easy run	REST	60min easy flat run	REST	30mins easy 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.