Week	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
27/05/24		4 miles - easy	Rest or 3	Hill reps: 5 x 2 minutes hard	Rest	5 miles - easy	14 mile long run
			miles easy	uphill with easy jog recovery			
		4		back to your starting point.			
03/06/24	Rest	4 miles - easy	Rest or 3	Hill reps: 5 x 2.5 minutes	Rest	5 miles - easy	*16 mile long run
			miles easy	hard uphill with easy jog			
				recovery back to your starting			
	Deet		Deet er 2	point.	Deet	4 miles easy	
10/06/24		5 miles - easy	Rest or 3		Rest	4 miles - easy	10 mile long run
			miles easy	uphill with easy jog recovery			
	Deet		Rest or 3	back to your starting point.	Deet		4 Eh hilly hiko
17/06/24		5 miles - easy		Hill reps: 4 x 2 minutes hard uphill with easy jog recovery	Resi	5 miles - easy	4-5h hilly hike
			miles easy	back to your starting point.			
	Post	5 miles - easy	Rest or 3	20 min hill fartlek - all uphills	Post	3 miles - easy	*18 mile long run
24/06/24	Resi	5 miles - easy	miles easy	a hard effort (1h race pace or		5 miles - easy	to fille long full
			Thiles easy	90% effort) and all flats &			
				descents easy recovery pace			
	Rest	5 miles - easy	Rest or 3	Trail fartlek: 3 x 8 min tempo		6 miles - easy	Tough Mudder 10
		e milee eaey	miles easy	@ 2h race pace (80% effort)		e milee eaey	miles
01/07/24				with 2 minutes easy running			
				in between			
	Rest	6 miles - easy	Rest or 3	25 min hill fartlek - all uphills	Rest	Tough	4 miles - easy
00/07/04		,	miles easy	a hard effort (1h race pace or		Mudder	,
08/07/24			,	90% effort) and all flats &		Infinity	
				descents easy recovery pace		,	
	Rest	6 miles - easy	Rest or 3	Trail fartlek: 3 x 10 min		7 miles - easy	*6-7h hilly hike
1 5/07/04		-	miles easy	tempo@ 2h race pace (80%			-
15/07/24				effort) with 2 minutes easy			
				running in between			
	Rest	6 miles - easy	Rest or 3	Trail progression: 15 min @	Rest	Europes	Rest
22/07/24			miles easy	3h race pace (65% effort)		Toughest	
22/01/21				followed by 10 min @ 2h race		Mudder	
				pace (80% effort)			
	Rest	6 miles - easy	Rest or 3	2 x 15 min steady tempo @	Rest	6 miles - easy	*24 mile long run
29/07/24			miles easy	3h race pace (65-70% effort)			
				with 3 min easy run in			
	Deet		Deet er 2	between	Deet		*0.0k.k:!!k.k!!
05/08/24		6 miles - easy	Rest or 3	Surges: 6 x 30s quick but	Rest	3 miles - easy	*8-9h hilly hike
			miles easy	relaxed/2 min easy jog in between			
12/08/24	Post	7 miles - easy	Rest or 3	Trail progression: 15 min @	Rest	Hill reps: 4 x	12 mile long run
	Nesi	7 miles - easy	miles easy	3h race pace (65% effort),	11051	2 minutes	
			miles easy	followed by 10 min @ 2h race		hard uphill	
				pace (80% effort), followed		with easy jog	
				by 5 min @ 1h race pace		recovery back	
				(90% effort)		to your	
				(,		starting	
						point.	
					1		
	Rest	7 miles - easy	Rest or 3	2 x 20 min steady tempo @	Rest	3 miles - easy	*28 mile long run
40/00/04		7 miles - easy	Rest or 3 miles easy	2 x 20 min steady tempo @ 3h race pace (65-70% effort)	Rest	3 miles - easy	*28 mile long run
19/08/24		7 miles - easy			Rest	3 miles - easy	*28 mile long run

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