



Julian Alps Trail Run

# :::10 km Funny Trail:::



NAME AND SURNAME



You can find the main trainings in the tables below, but don't forget about additional activities, which make your training cycle even more efficient. Make sure you pay attention warming up, which is essential to all activities and differs, according to the type of run you have scheduled for that day – easy jogging and some dynamic stretches should suffice for long and easy runs, whereas interval runs demand some more preparation in order to prevent injuries.

Mileage shouldn't be taken too seriously as it's there merely for your orientation. Less experienced runners should stick to lower numbers that are mentioned or even go below them, whereas experienced runners can also increase mileage.

Make sure you pay attention running technique as well. It may not be mentioned in the programme, but you can still include some exercises of running uphill, downhill and on flat surfaces to improve your technique and form. If you wish to use poles on race day, make sure you try them out during your training. And don't forget about walking as well, as it can be faster than running!

TRAINING	INTENSITY	DESCRIPTION
Easy run	70-75 % HRmax	Jogging – tempo which allows us to talk normally. This is the pace for long runs as well.
Fartlek	60-90 % HRmax	Running across different terrain. We switch between fast and easy paces, we also do some hill sprints. We can also add strength training in between.
Short (sh) intervals	85-95(anaerobic threshold) % HRmax	Quite fast running, but not sprinting. Intensity should be above your comfort zone; first and last repeat should be done at the same speed.
Long (lon) intervals	85-95(anaerobic threshold) % HRmax	Running at anaerobic threshold. A bit uncomfortable, but stable. Heart rate should stay relatively stable at all times.



	DAY	TRAINING	km		DAY	TRAINING	km
1. week (22km/250m)	Mon	/	-	5. week (24km/300m)	Mon	/	-
	Tue	5km fartlek (mixed terrain)	7 - 10		Tue	6km fartlek (mixed terrain)	8 - 11
	Wed	/	-		Wed	/	-
	Thu	Short intervals - flat (8x 30s, pause 30s)	6		Thu	Short intervals - uphill (10x 30s, pause 30s)	6
	Fri	/	-		Fri	/	-
	Sat	Easy run (flat or mixed terrain)	8 - 10		Sat	Easy run (flat or mixed terrain)	8 - 12
	Sun	/	-		Sun	/	-
2. week (22km/250m)	Mon	/	-	6. week (24km/300m)	Mon	/	-
	Tue	5km fartlek (mixed terrain)	7 - 10		Tue	6 km fartlek (mixed terrain)	8 - 11
	Wed	/	-		Wed	/	-
	Thu	Short intervals - uphill (8x 30s, pause 30s)	6		Thu	Long intervals - flat (3x 3min, pause 3min)	6
	Fri	/	-		Fri	/	-
	Sat	Easy run (flat or mixed terrain)	8 - 10		Sat	Easy run (flat or mixed terrain)	8 - 12
	Sun	/	-		Sun	/	-
3. week (24km/250m)	Mon	/	-	7. week (25km/300m)	Mon	/	-
	Tue	6km fartlek (mixed terrain)	8 - 11		Tue	6km fartlek (mixed terrain)	8 - 11
	Wed	/	-		Wed	/	-
	Thu	Long intervals - flat (3x 3min, pause 3min)	6		Thu	Long intervals - uphill (3x 3min, pause 3min)	6
	Fri	/	-		Fri	/	-
	Sat	Easy run (flat or mixed terrain)	8 - 10		Sat	Easy run (flat or mixed terrain)	8 - 12
	Sun	/	-		Sun	/	-
4. week (20km/500m)	Mon	/	-	8. week (21km/600m)	Mon	/	-
	Tue	Easy run (flat or mixed terrain)	6 - 10		Tue	Easy run (flat or mixed terrain)	7 - 10
	Wed	/	-		Wed	/	-
	Thu	Short intervals - flat (10x 30s, pause 30s)	6		Thu	Short intervals - flat (10x30s, pause 30s)	6
	Fri	/	-		Fri	/	-
	Sat	1 do 2h – hiking	3 - 7		Sat	1 do 2h – hiking	3 - 7
	Sun	/	-		Sun	/	-



**... see you in Kranjska Gora on September 26. ;)**

We wish you a successful training for our running event in Kranjska Gora!