



Julian Alps Trail Run

:: 15km SpeedTrail ::



*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 (28 km/300m)	Mon	/	-	5. week (34km/350m)	Mon	/	-
	Tue	Fartlek 8 km	10-12		Tue	Fartlek 9 km	12-14
	Wed	/	-		Wed	/	-
	Thu	Short intervals - flat 10x30s / pause 30s	6-8		Thu	Long intervals - uphill 3x3min / 3min pause	6-8
	Fri	/	-		Fri	/	-
	Sat	Easy run 10 km	11-13		Sat	Easy run 12 km	13-15
	Sun	/	-		Sun	/	-
2. week (30km/300m)	DAY	TRAINING	km	6. week (36km/400m)	DAY	TRAINING	km
	Mon	/	-		Mon	/	-
	Tue	Fartlek 9km	10-12		Tue	Fartlek 11 km	13-15
	Wed	/	-		Wed	/	-
	Thu	Long intervals - flat 3x3min / pause 3min	7-9		Thu	Short intervals - flat 12x30s / pause 30s	8-10
	Fri	/	-		Fri	/	-
	Sat	Easy run 12 km	13-15		Sat	Easy run 14 km	14-16
Sun	/	-	Sun	/	-		
3. week (32km/350m)	DAY	TRAINING	km	7. week (38km/400m)	DAY	TRAINING	km
	Mon	/	-		Mon	/	-
	Tue	Fartlek 10 km	11-13		Tue	Fartlek 12 km	13-15
	Wed	/	-		Wed	/	-
	Thu	Short intervals - uphill 10x30s / pause 30s	6-8		Thu	Long intervals - flat 3x3min / pause 3min	8-10
	Fri	/	-		Fri	/	-
	Sat	Easy run 14 km	15-17		Sat	Easy run 16 km	16-18
Sun	/	-	Sun	/	-		
4. week (25km/500m)	DAY	TRAINING	km	8. week (25km/600m)	DAY	TRAINING	km
	Mon	/	-		Mon	/	-
	Tue	Fartlek 8 km	8-10		Tue	Fartlek 8 km	8-10
	Wed	/	-		Wed	/	-
	Thu	Fartlek 8 km	8-10		Thu	Fartlek 8 km	8-10
	Fri	/	-		Fri	/	-
	Sat	1-2h hikin	3-7		Sat	1-2h 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!