



4-WEEK RUN PLAN

KEY:

H = Hiking—need not be hard, but should be on challenging terrain and same duration (or longer) than runs. These should aim to build hip, back, and leg strength.

PWH = Power-Walking Hills—aim to do these on 10%+ grade with purpose—push yourself. Recovery between should be easy, light quick steps.

AH = Alactic Hills—controlled sprints for 8-9 seconds on 4-6% grade. Start gradually and only start the 8-9 seconds when you've reached sprint pace. Recovery should be a slow walk back to start.

SEH = Speed Endurance Hills—similar to alactic hills, but 30 seconds in duration. Rest for 30 seconds at top, then walk slowly back to start, rest another 30 seconds, then begin next interval.

AS = Alactic Strides—similar to alactic hills but on the flat. Pick up pace to your fastest speed, hold for 8-9 seconds, recover for 30-45 seconds between reps.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	50 mins 6-10 x 1 min. PWH		50 min.		40 min. + 6 x AH		75 min. + H
WEEK 2		55 min. + 8-10 x 1 min. PWH		50 min.	45 min. + 6 x SEH		85 min. + H
WEEK 3		50 min. + 8 x 45 sec. PWH		50 min. + 6 x AH		40 min.	75 min. + H
WEEK 4		60 min. + 10-12 x 1 min. PWH	50 min.		50 min. + 8-10 x SEH		90 min. + H