

2 HOUR PLAN	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1		40 min negative split		10 Min warm up, 8x1 min sprints with 2 min rest, 10 min cool down		30 min trail run	45 min long run
Week 2		45 min Tempo Run		Hill Reps - 15 min warm up jog, 8x 1 min hard hill efforts with jog down recovery, 15 min cool down		40 min trail run	60 min long run
Week 3		50 min negative split		2x 30 min loops aiming for consistent pace		50 MIN TRAIL RUN	70 min long run
Week 4		60 min tempo run		20 min easy 20 min tempo 20 min fast		60 MIN TRAIL RUN	80 min long run
Week 5		30 min easy		Hill Reps - 15 min warm up jog, 10x 1 min hard hill efforts with jog down recovery, 15 min cool down		40 MIN TRIAL RUN	45 min long run
Week 6		60 min negative split		10 Min warm up, 10x1 min sprints with 2 min rest, 10 min cool down		60 MIN TRAIL RUN	90 min long run
Week 7		60 min tempo run		3x 20 min loops aiming for consistent pace		90 MIN TRAIL RUN	75 min long run
Week 8		60 min easy		45 min easy		WODLAND WARRIOR	