

<b>4 hour</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Week 1		60 min easy run		45 min tempo		60 min trail run	75 min long run
Week 2		60 min easy run		Hill Reps - 15 min warm up jog, 10x 1 min hard hill efforts with jog down recovery, 15 min cool down		70 min trail run	90 min progressive 30 min easy 30 min tempo 30 min hard
Week 3		60 min easy run		60 min tempo		80 min trail run	120 min long run find a 40 min loop and do it 3 times
Week 4		60 min easy run		10 min warm up 6x 1km hard efforts 10 min cool down		90 min trail run	150 min long run
Week 5		60 min easy run		60 min tempo		120 min trail run try to do 2x 60 min loops	180 min long run
Week 6		60 min easy run		Hill Reps - 15 min warm up jog, 10x 1 min hard hill efforts with jog down recovery, 15 min cool down		90 min trail run	120 min long run find a 40 min loop and do it 3 times
Week 7		60 min easy run		50 min tempo		75 min trail run	90 min negative split
Week 8		60 min easy run		60 min easy run		<b>WODLAND WARRIOR</b>	