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COACHING & EVENTS

Workout Descriptions

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1) Workout Intensity Descriptions

	RECOVERY		EASY		MODERATE		TEMPO		HARD	
RPE	1	2	3	4	5	6	7	8	9	10
Feel	😴	😂	😌	😀	😅	😐	😳	🥵	🤯	🫠

😌 RECOVERY • RPE 1-3

Recovery runs play a MINOR role in improving aerobic fitness, but a MAJOR role in expediting recovery from harder training sessions. You should feel better right after or within a few hours of a recovery run.

The pace should feel 'effortless'. Recovery runs should be conducted at an intensity that is WELL BELOW your Aerobic Threshold (AeT) / First Ventilatory Threshold (VT1).

You should be able to speak in full sentences with ease and breathe through your nose only. If it feels like hard work, then SLOW DOWN. You shouldn't need to use a heart rate monitor to gauge intensity on a recovery run.

Stick to the RPE and you'll expedite your recovery and stimulate the following adaptations:

⬆️Blood volume
⬆️Mitochondrial mass
⬆️Capillary density in the working muscles
⬆️Aerobic enzymes in the working muscles
💪All of which improve aerobic metabolism

😅 EASY • RPE 1-5

Easy runs should be conducted at an effort level that is BELOW your Aerobic Threshold (AeT) / First Ventilatory Threshold (VT1).

Don't focus on pushing the pace at all. You should be able to carry a conversation and speak in full sentences. If you can breathe through your nose only, this is a good indication that you are below AeT / VT1.

If we have set heart rate zones together (through AeT and AnT testing), then you can use a chest-strap or armband heart rate monitor (ignore any wrist-based readings) as an additional tool to gauge intensity.

Stick to the RPE and you'll stimulate the following adaptations:

⬆️Blood volume
⬆️Mitochondrial mass
⬆️Capillary density in the working muscles
⬆️Aerobic enzymes in the working muscles
💪All of which improve aerobic metabolism

🤨 MODERATE • RPE 4-6

Moderate runs should be conducted at an effort level that is BETWEEN your Aerobic Threshold (AeT) and Anaerobic Threshold (AnT).

Moderate runs stimulate similar adaptations as easy runs, but they accrue to a larger pool of muscle fibres due to the increased power output (and hence greater muscle fibre recruitment). It is still considered aerobic training, but at this intensity glycolysis becomes the dominant source of ATP production, lactate levels begin to rise, and more fast-twitch muscle fibres are recruited.

Moderate runs should be enjoyable. You should feel like you've had a good workout by the end of it, but you shouldn't finish feeling depleted. This is NOT a hard effort.

Your pace during moderate effort runs will likely vary between each session, and that's fine. The key is to run at an EFFORT level that feels moderate for that session, NOT at a PACE at which you've run a previous moderate workout.

Stick to the RPE and you'll stimulate the following adaptations:

⬆️ATP turnover
⬆️Lactate shuttle
⬆️Economy
⬆️Carbohydrate metabolism
⬆️Muscular endurance
💪All of which improve aerobic and glycolytic metabolism

	RECOVERY		EASY		MODERATE		TEMPO		HARD	
RPE	1	2	3	4	5	6	7	8	9	10
Feel	😴	😂	😌	😀	😅	😐	😳	🥵	🤯	🫠

😳 THRESHOLD • RPE 6-7

Lactate threshold runs should be conducted at an effort level that is JUST BELOW your Anaerobic Threshold (AnT) / Second Ventilatory Threshold (VT2).

Your AnT, or Lactate Threshold (LT), is the highest possible speed you can run without causing an accumulation of blood lactate in the muscles. Training just under AnT / LT raises this bar as your body adapts.

Remember your Lactate Threshold effort is equivalent to your ONE HOUR MAX effort. Running just under your AnT should feel COMFORTABLY hard.

Stick to the RPE and you'll stimulate the following adaptations:

⬆️Aerobic capacity
⬆️Anaerobic capacity
⬆️Economy
⬆️Lactate shuttle
💪All of which raise your Anaerobic Threshold (AnT)

🥵 TEMPO • RPE 7-8

Tempo runs should be conducted at an effort level that is JUST ABOVE your Anaerobic Threshold (AnT) / Second Ventilatory Threshold (VT2).

At this intensity, you will be utilising both the aerobic and anaerobic glycolytic metabolism of the working muscle cells, as well as the lactate shuttle mechanism.

Refrain from running tempo reps TOO HARD. This can recruit the wrong muscle fibres and increase injury risk. Train to make faster feel easier, rather than practising going hard.

Stick to the RPE and you'll stimulate the following adaptations:

⬆️Power
⬆️Strength/speed endurance
⬆️Economy
⬆️Lactate shuttle
⬆️Anaerobic capacity
💪All of which improve your strength and glycolytic metabolism

🤯 HARD • RPE 8-9

Hard runs should be conducted at an effort level that is ABOVE your Anaerobic Threshold (AnT) / Second Ventilatory Threshold (VT2).

At this intensity, you will be MAXIMALLY utilising both the aerobic and anaerobic glycolytic metabolism of the working muscle cells, as well as the lactate shuttle mechanism.

The effort level should be HARD but CONTROLLED (NOT an all-out sprint). You should be breathing very heavy and only be able to speak a few words.

Run the last few reps CLOSE to an all-out effort IF YOU ARE FEELING STRONG, but always finish with 1-2 reps in reserve (never run to complete exhaustion).

Don't attempt to use a heart rate monitor to gauge intensity at this effort level. Due to the lag in cardiac response, heart rate is not a good measure of this workload.

Stick to the RPE and you'll stimulate the following adaptations:

⬆️Power
⬆️Muscular endurance
⬆️Economy
⬆️Lactate shuttle
⬆️Anaerobic capacity
💪All of which improve your strength and glycolytic metabolism

🫠 MAX EFFORT • RPE 8-10

Max effort runs should be conducted at an effort level that is WELL ABOVE your Anaerobic Threshold (AnT) / Second Ventilatory Threshold (VT2).

This is close to MAXIMUM intensity. At this effort level, your brain is required to recruit the bulk of motor units available for the task. This intensity taxes the glycolytic metabolism and neuromuscular system and is a great stimulus for improving strength and technique.

Run the reps as FAST as you can SUSTAIN, without compromising form. You should be out of breath and only be able to speak a few words (or none at all).

Run the last few reps CLOSE to an all-out effort IF YOU ARE FEELING STRONG, but always finish with 1-2 reps in reserve (never run to complete exhaustion).

Don't attempt to use a heart rate monitor to gauge intensity at this effort level. Due to the lag in cardiac response, heart rate is NOT a good measure of this workload.

Stick to the RPE and you'll stimulate the following adaptations:

⬆️Power
⬆️Technique
⬆️Anaerobic power endurance
⬆️Motor unit recruitment
💪All of which improve your strength, neuromuscular activation and glycolytic metabolism

2) Workout Zone Descriptions

	ZONE 1			ZONE 2		ZONE 3		ZONE 4		ZONE 5
RPE	1	2	3	4	5	6	7	8	9	10
Feel	😴	😂	😌	😀	😅	😐	😳	🥵	🤯	🫠
HR	AeT-20% to AeT-10%			AeT-10% to AeT	AeT	AeT to AnT	AnT	AnT to Max HR-5%		Max HR

😌 ZONE 1 • RPE 1-3 / RPE 1-5

Zone 1 is the RECOVERY zone for those with a LOW Aerobic Threshold (AeT) and the EASY zone for those with a HIGH Aerobic Threshold (AeT).

If you have a HIGH AeT (within 10% of your AnT), your EASY runs will HAVE to be performed in Zone 1, because Zone 2 will likely be a very demanding pace.

Heart rate at the top of Zone 1 will be about 10% below your AeT (the top of Zone 2).

Still use the normal, intuitive measures of easy running (being under VT1, being able to speak in full sentences with ease, breathing through your nose only). Heart rate data is just an additional metric you can monitor to ensure you aren't drifting up into Zone 2.

Stay in the correct zone and you'll stimulate the following adaptations:

⬆️Blood volume
⬆️Mitochondrial mass
⬆️Capillary density in the working muscles
⬆️Aerobic enzymes in the working muscles
💪All of which improve aerobic metabolism

😅 ZONE 2 • RPE 1-5 / RPE 1-6

Zone 2 is the EASY zone for those with a LOW Aerobic Threshold (AeT) and the MODERATE zone for those with a HIGH Aerobic Threshold (AeT).

If you have a LOW AeT (>10% lower than your AnT), you can do almost all your aerobic base training in Zone 2, because your pace at this intensity will likely be very manageable.

If you have a HIGH AeT (within 10% of your AnT), you won't be able to do much Zone 2 training, as the pace at this intensity will likely be very demanding.

Heart rate at the top of Zone 2 is your AeT. Perform this workout as close as possible to your AeT.

Stay in the correct zone and you'll stimulate the following adaptations:

⬆️Blood volume
⬆️Mitochondrial mass
⬆️Capillary density in the working muscles
⬆️Aerobic enzymes in the working muscles
💪All of which improve aerobic metabolism

😳 ZONE 3 • RPE 6-7

Zone 3 training takes place BETWEEN your Aerobic Threshold (AeT) and Anaerobic Threshold (AnT). It is still considered aerobic training, but at this intensity glycolysis becomes the dominant source of ATP production, lactate levels begin to rise, and more fast-twitch muscle fibres are recruited.

Your AnT, or Lactate Threshold (LT), is the highest possible speed you can run without causing an accumulation of blood lactate in the muscles. Training just under AnT / LT raises this bar as your body adapts.

Heart rate at the top of Zone 3 is your AnT. Perform this workout as close as possible to your AnT. Still use the normal, intuitive measures of lactate threshold running (being under VT2, breathing quite heavy, being able to speak in short phrases only). Heart rate data is just an additional metric you can monitor to ensure you aren't drifting down into Zone 2, or up into Zone 4.

Stay in the correct zone and you'll stimulate the following adaptations:

⬆️Aerobic capacity
⬆️Anaerobic capacity
⬆️Economy
⬆️Lactate shuttle
💪All of which raise your Anaerobic Threshold (AnT)

	ZONE 1			ZONE 2		ZONE 3		ZONE 4		ZONE 5
RPE	1	2	3	4	5	6	7	8	9	10
Feel	😴	😂	😌	😀	😅	😐	😳	🥵	🤯	🫠
HR	AeT-20% to AeT-10%			AeT-10% to AeT	AeT	AeT to AnT	AnT	AnT to Max HR-5%		Max HR

🥵 ZONE 4 • RPE 7-9

Zone 4 training takes place ABOVE your Anaerobic Threshold (AnT). At this intensity, you will be MAXIMALLY utilising both the aerobic and anaerobic glycolytic metabolism of the working muscle cells, as well as the lactate shuttle mechanism.

Heart rate at the top of Zone 4 will be about 5% below your max heart rate. The effort level should be HARD but CONTROLLED (NOT an all-out sprint). You should be breathing very heavy and only be able to speak a few words.

Run the last few reps CLOSE to an all-out effort IF YOU ARE FEELING STRONG, but always finish with 1-2 reps in reserve (never run to complete exhaustion).

Stay in the correct zone and you'll stimulate the following adaptations:

⬆️Power
⬆️Strength/speed endurance
⬆️Economy
⬆️Lactate shuttle
⬆️Anaerobic capacity
💪All of which improve your strength and glycolytic metabolism

🫠 ZONE 5 • RPE 9-10

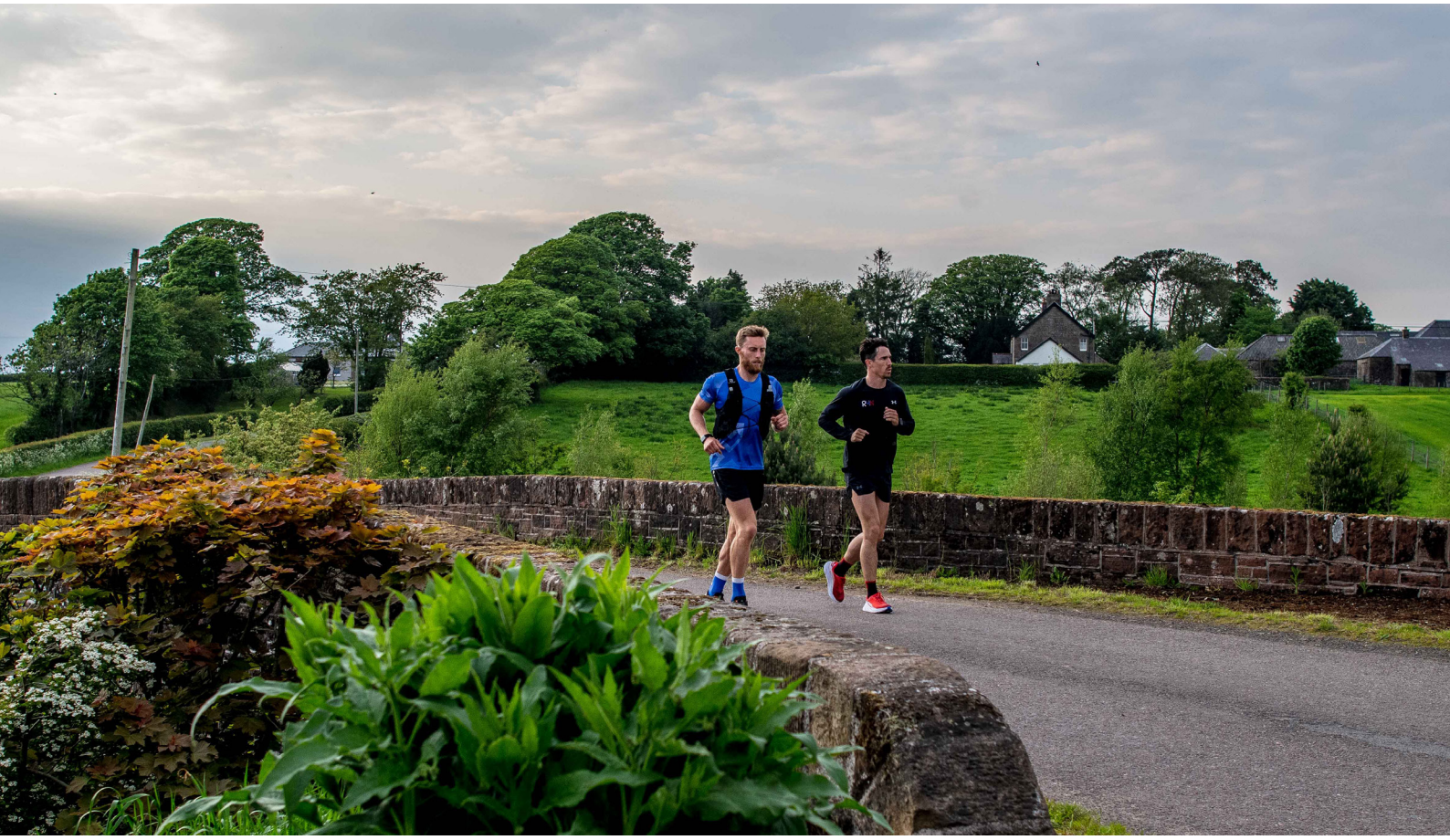
Zone 5 training takes place WELL ABOVE your Anaerobic Threshold (AnT). This is MAXIMUM intensity. At this effort level, your brain is required to recruit the bulk of motor units available for the task. This intensity taxes the glycolytic metabolism and neuromuscular system and is a great stimulus for improving strength and technique.

Heart rate at the top of Zone 5 is your max heart rate. Run the reps as FAST as you can SUSTAIN, without compromising form. You should be out of breath and only be able to speak a few words (or none at all).

Don't attempt to use a heart rate monitor to gauge intensity at this effort level. Due to the lag in cardiac response, heart rate is NOT a good measure of this workload.

Stay in the correct zone and you'll stimulate the following adaptations:

⬆️Power
⬆️Technique
⬆️Anaerobic power endurance
⬆️Motor unit recruitment
💪All of which improve your strength, neuromuscular activation and glycolytic metabolism



3) Workout Type Descriptions

🤪 FARTLEK • RPE 6-9

Fartlek (Swedish for 'speed play') is a form of speedwork training. It typically involves a continuous run, in which periods of faster running are mixed with periods of easy and/or moderate running. The whole session is based on feel and your own perception of speed/effort.

The concept of 'play' is crucial to fartlek training. Experiment with the intensity of each repetition. Train intuitively and adapt the session in response to how your body feels on the day.

Fartlek sessions are an effective method of combining speed and endurance training in one workout. The mixed effort reps reflect the reality of racing, which is rarely conducted at a consistent pace and often involves natural surges.

The continuous nature of fartlek training also forces your body to recover on the move and utilise the lactate shuttle mechanism which, when well developed, recycles lactate as a fuel source.

Stick to the RPE and you'll stimulate the following adaptations:

⬆️Aerobic capacity
⬆️Anaerobic capacity
⬆️ATP turnover
⬆️Lactate shuttle
⬆️Economy
⬆️Muscular endurance
💪All of which improve aerobic and glycolytic metabolism

⛓️ UNSTRUCTURED FARTLEK

This fartlek session is UNSTRUCTURED, meaning you can decide:

🔹The number of faster reps you run
🔹The duration and intensity of each rep
🔹The duration and intensity of the float intervals

For example, you might choose to mix 30-60 second reps of faster running (RPE 6-9) with 3-4 minute float intervals of easy or moderate running (RPE 1-6).

Or you might choose to run 3-4 minute mixed effort fast reps (RPE 6-9) with shorter 1-2 minute float intervals of easy or moderate running (RPE 1-6). You could also use your environment (hard to the lamppost, float to the gate).

If you find yourself needing to stop or walk after the faster reps, you're running them too hard. Ease off and make your primary focus being able to 'glide' between the reps and intervals.

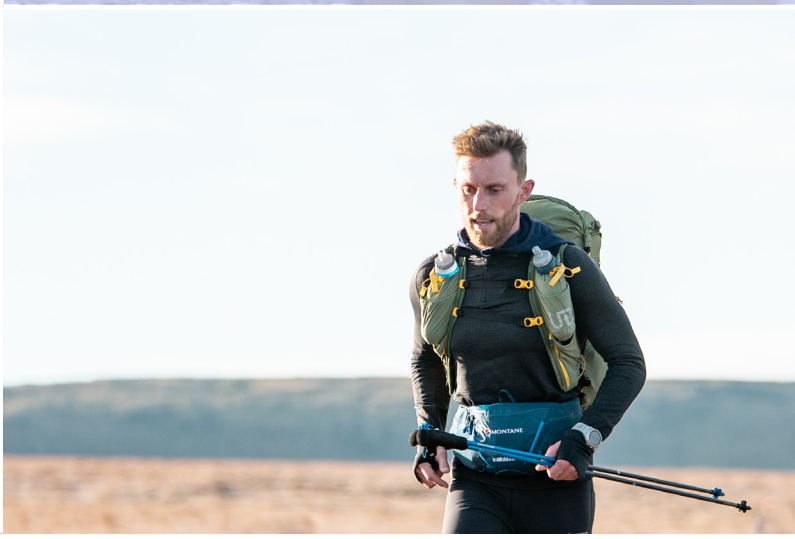
Move through the different gears smoothly without worrying about pace (base everything on EFFORT). The aim is to have a fun, mixed effort fast run, without overthinking the intensity or structure.

🔗 STRUCTURED FARTLEK

This fartlek session is STRUCTURED, meaning the number and duration of the reps and float intervals is fixed, but you can decide the EFFORT level throughout.

Run the faster reps between RPE 6-9 and the float intervals between RPE 1-6. If you find yourself needing to stop or walk after the faster reps, you're running them too hard. Ease off and make your primary focus being able to 'glide' between the reps and intervals.

Move through the different gears smoothly without worrying about pace (base everything on EFFORT). The aim is to have a fun, mixed effort fast run, without overthinking the intensity.



⚡ PROGRESSIVE • RPE 1-9

Progressive running is a good way of easing the body into a purposeful effort if you're feeling a bit sluggish. It also provides an opportunity to practice pacing by feel and allows you to improve your running economy by spending time moving at many different speeds.

Increase the speed GRADUALLY and SPONTANEOUSLY over the course of the run. Try not to pay attention to the pace on your watch. Practice intuitive pacing and increase the intensity by FEEL alone.

IF YOU ARE FEELING STRONG, the last 5 minutes can be run quite hard, with the final minute being run even harder.

Ensure you start slow enough to reap the full benefits. It might take lots of practice to get the correct feeling. Bear in mind you should ALWAYS be in CONTROL, even during the last few minutes.

🥾 POWER HIKING

Power hiking is an essential skill for ultra runners to develop and maintain. Practising power hiking indoors on a treadmill can be faster and more efficient, with less environmental obstacles to overcome.

Indoor power hiking also allows you to focus solely on uphill movement, reducing the impact forces and injury risk that come with downhill running.

Really think about your form, keeping the following pointers in mind:

- ➡️ Slight forward lean
- ➡️ Generate power from the glutes
- ➡️ Bend knees slightly
- ➡️ Purposeful knee drive
- ➡️ Active arm swing
- ➡️ Hike with hands-on-thighs occasionally

🤔 OPTIONAL

If you feel as though you'd be better off resting today, then rest. Listen to your body and be honest with yourself. Consider the following:

- 🔹 How are your energy levels?
- 🔹 Do you have any muscle tension?
- 🔹 Do your legs feel 'flat'?
- 🔹 Are you motivated to train?
- 🔹 How are your general stress levels?
- 🔹 Do you need a day off psychologically?

Remember, more training does not necessarily mean more fitness. Training makes you WEAKER, recovery makes you FITTER.

⏳ LONG RUN

Long runs specifically improve your ability to tolerate running continuously for prolonged periods of time.

Have fun and don't worry about a particular pace or goal. Some long runs you will feel great and run a little quicker than others, that's fine. Just keep your effort level in check at the beginning to prevent the session turning into an uninspiring slog.

Towards the end of the session, it's normal for your heart rate to rise and for the effort to not feel as easy (this is typically due to cardiac drift). Just do your best to keep things under control and never too stressful on the body.

🎯 TARGET RACE EFFORT

A hard effort ran as if you are in the middle of your target race, wearing full race kit and practicing race day nutrition.

Try and simulate RACE DAY as much as you can. Consider simulating your routine the evening before, your wake-up time, your nutrition in the morning, the race start time, your warm-up routine, the terrain/ elevation of the route. Not everything will be feasible, but the more you can simulate, the better.

Run these sessions at the EFFORT level that you aim to sustain in your target race, maintaining good form and control throughout.

As you get closer to your target race you should start to think about the PACE on the day and try and match this.

⏱️ TIME TRIAL

Running a time trial is a great way of assessing your current level of fitness without the associated stress of a race environment.

Assessing your fitness at the start of a training block provides more data to guide the training process. It also gives us a benchmark that we can test against in future, to gauge the effectiveness of different training stimulus.

Running a solo time trial is TOUGH, which helps develop mental resilience. Time trials are also great for practicing pacing, fuelling, hydration, kit, race strategies, and warm-up routines.

Unlike a race, it's unlikely you'll taper for a time trial, so bear in mind your legs might not feel as fresh. For this reason, it's best to start conservatively, see how you're feeling, build into it, and finish strong.

Ensure you're well fuelled prior to starting the time trial, the same way you'd approach a race.

FUELLING

It's important that you fuel your long runs adequately. Starting with topped up glycogen stores and replenishing them as best as possible will increase your carbohydrate tolerance ('gut training'), improve the quality of your workout, and reduce your recovery time afterwards. It is also good practice for race day.

For workouts lasting longer than 2 hours, I recommend consuming 60-90g of carbohydrate per hour from a variety of sources (gels, drink mixes and solid food).

Remember your body can only absorb ~60g of GLUCOSE per hour. If you're aiming to consume MORE than 60g of carbohydrate per hour, ensure you are consuming DIFFERENT TYPES of carbohydrate. A 2:1 ratio of glucose:fructose is recommended.

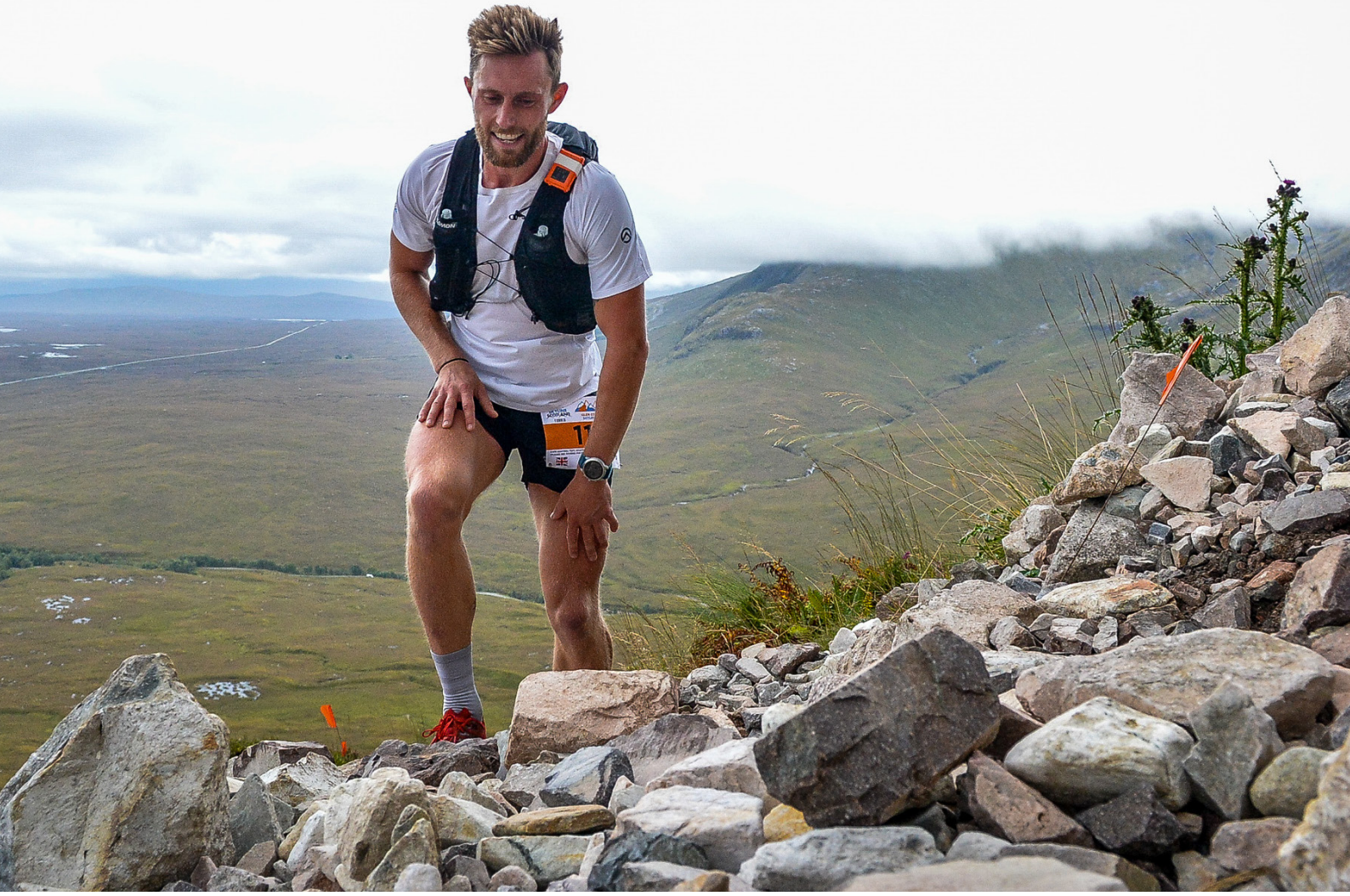
HIGH RESISTANCE REPS

Performing low cadence/high resistance reps on the bike is a great session for building mountain climbing strength, without accumulating the metabolic fatigue of long, slow, hilly workouts (especially if you don't have access to hills).

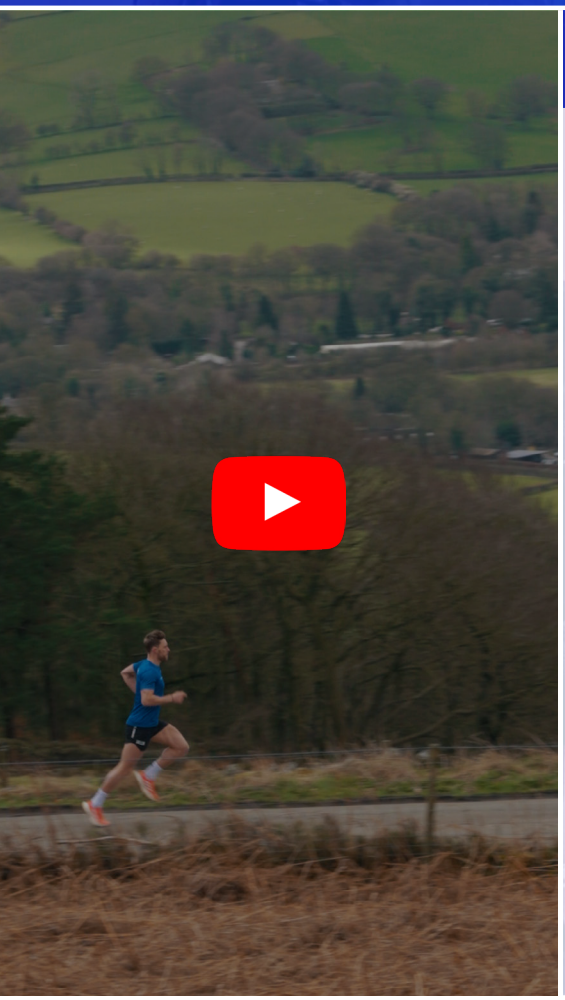
Note the power output that you would typically produce at a cadence of 90rpm (with normal resistance). Gradually INCREASE the resistance whilst DECREASING your cadence, but maintain the SAME power output throughout. Try and produce the same power output at 70rpm or below.

Producing a high force whilst cycling at a low cadence requires you to recruit more muscle fibres and activate muscle groups specific to mountain climbing.

Keep reducing the cadence and maintaining the same power until you're forced to climb out of the saddle. Standing up on the pedals closely mimics the hands-on-thighs power hike often used by mountain runners on steep climbs.



4) Workout Drills Descriptions



🚀 STRIDES • RPE 1-9

🔷 15-30 Second Stride (RPE 1-9)
🔶 2 Min Recovery (RPE 1)
🔁 Repeat x 4-8

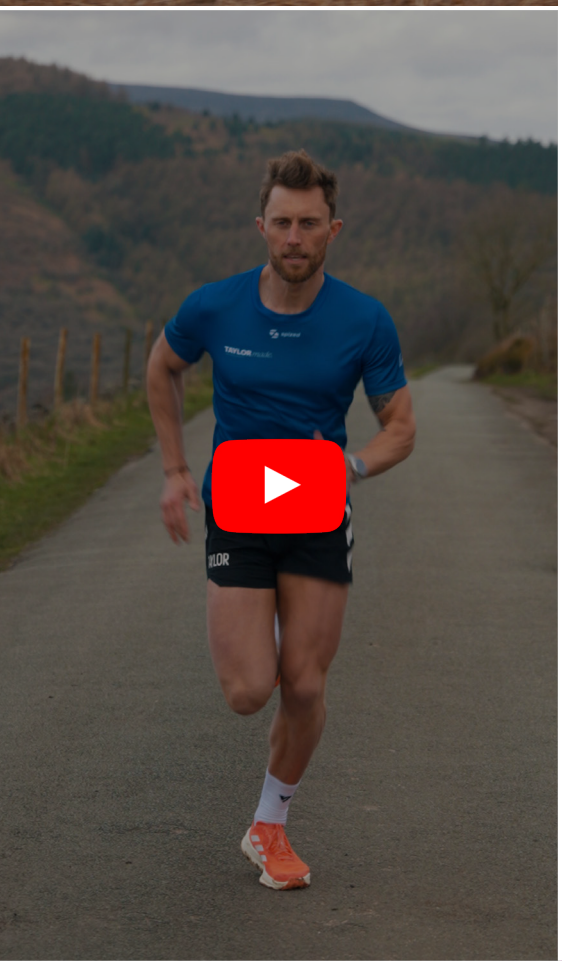
Strides are 15-30 second bursts of speed, performed with long-distance running form at around 90% of your maximum effort (not QUITE an all-out sprint).

🔷 0-10 secs: gradually build the pace
🔷 10-20 secs: maintain the pace at ~90% effort
🔷 20-30 secs: ease off slowly
🔶 Walk/rest for 2 minutes between each rep

Strides should NOT stress the body and should feel ENJOYABLE.

Really think about your form, keeping the following pointers in mind:

➡️ Shoulders low and relaxed
➡️ Fast arms, elbow driving backwards
➡️ Tall posture and high hips
➡️ Powerful knee drive
➡️ Heels up and under buttocks
➡️ Knees up, toes up
➡️ Slight forward lean from the ankles
➡️ Land on front half of foot (ball of foot) and drive down and back



💨 PICK-UPS • RPE 1-9

🔷 8-15 Second Pick-Up (RPE 1-9)
🔶 2 Min Easy Running (RPE 1-3)
🔁 Repeat x 4-8

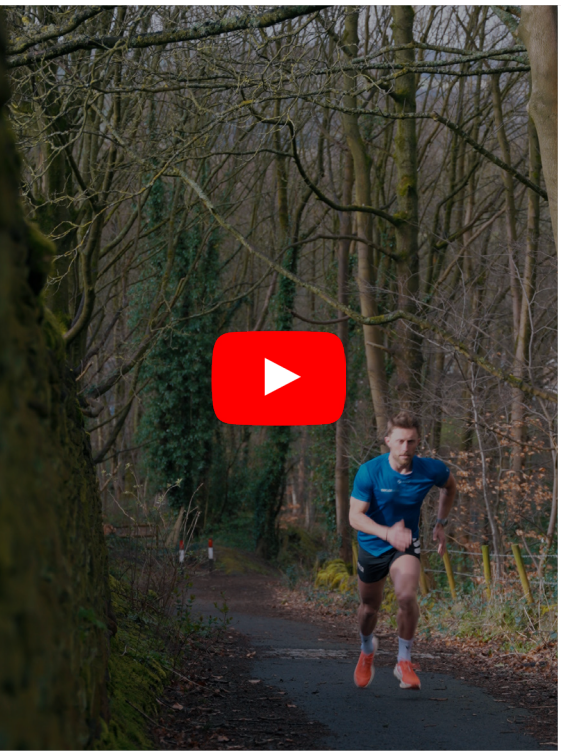
Pick-ups are similar to strides, but are shorter in duration and are performed SPONTANEOUSLY throughout a run, WITHOUT complete recovery between repetitions.

When the feeling and terrain motivates you, pick-up the pace to a fun, fast effort (not QUITE an all-out sprint).

The first few pick-ups should range from 8-10 seconds, building up to a MAXIMUM of 15 seconds for the last few reps. Ease off slowly, then run easy for at least 2 minutes between each pick-up.

Really think about your form, keeping the following pointers in mind:

➡️ Shoulders low and relaxed
➡️ Fast arms, elbow driving backwards
➡️ Tall posture and high hips
➡️ Powerful knee drive
➡️ Heels up and under buttocks
➡️ Knees up, toes up
➡️ Slight forward lean from the ankles
➡️ Land on front half of foot (ball of foot) and drive down and back



HILL SPRINTS • RPE 10

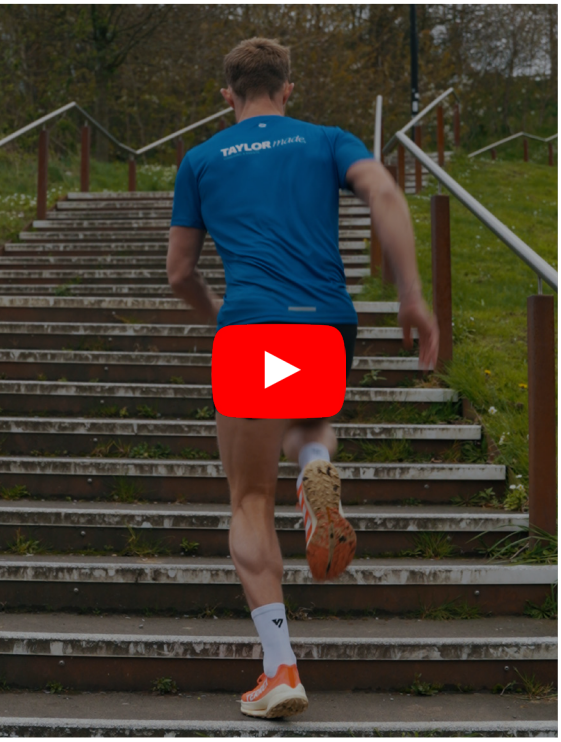
🔹 8-15 Second Hill Sprint (RPE 10)
🔸 2 Min Recovery (RPE 1)
🔁 Repeat x 4-8

Sprint uphill at MAXIMUM intensity for 8-15 seconds. The steeper the hill, the shorter the sprints. Aim for at least a 10% gradient, with good footing.

Each rep must have COMPLETE RECOVERY of at least 2 minutes walking/resting. Hill sprints are a POWER and STRENGTH exercise, so your neuromuscular system needs time to fully recover.

Really think about your form, keeping the following pointers in mind:

➡️ Positive backward drive of the arms
➡️ Tall posture and high hips
➡️ Powerful knee drive
➡️ Knees up, toes up
➡️ Land naturally on forefoot
➡️ Explode off the ground
➡️ Triple extension (hips, knees and ankles)



STAIR BOUNDS • RPE 10

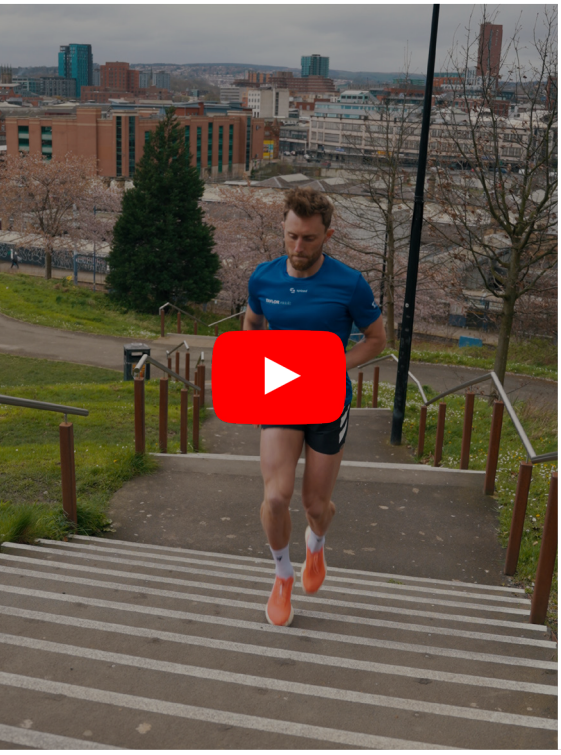
🔹 8-15 Second Stair Bound (RPE 10)
🔸 2 Min Recovery (RPE 1)
🔁 Repeat x 4-8

Bound up a steep set of stairs at MAXIMUM intensity (skipping as many steps as you can) for 8-15 seconds. The steeper the stairs, the shorter the bounds.

Each rep must have COMPLETE RECOVERY of at least 2 minutes walking/resting. Stair bounds are a POWER and STRENGTH exercise, so your neuromuscular system needs time to fully recover.

Really think about your form, keeping the following pointers in mind:

➡️ Positive backward drive of the arms
➡️ Tall posture and high hips
➡️ Powerful knee drive
➡️ Knees up, toes up
➡️ Land naturally on forefoot
➡️ Explode off the ground
➡️ Triple extension (hips, knees and ankles)



STAIR DRILLS • RPE 1-5

🔹 10-15 Second Stair Drill (RPE 1-5)
🔸 1 Min Recovery (RPE 1)
🔁 Repeat x 4-8

Run up a set of stairs at a FAST pace for 10-15 seconds. Focus on utilising a quick, accurate, and efficient technique (as opposed to a powerful 'bound'). Recover for 1 minute between each drill.

It's important that the steps aren't too high (about 6 inches is ideal) and not too far apart (again, you DON'T want to be 'bounding' up them).

Really think about your form, keeping the following pointers in mind:

➡️ Positive backward drive of the arms
➡️ Tall posture and high hips
➡️ Fast knee drive
➡️ Knees up, toes up
➡️ Land naturally on forefoot
➡️ Tap your feet on each step quickly
➡️ Quick and powerful force production

🔥 WARM-UP DRILLS

Running-specific warm-up drills will ACTIVATE, MOBILISE, and POTENTIATE the muscles and joints used when running at high intensity. Drills awaken the neuromuscular connections and activate the stretch reflex in the tendons, enhancing coordination and allowing quicker reactions and more explosive movements, helping you run faster and more efficiently.

Performing drills will improve the quality of your session, reduce your injury risk, and decrease your recovery time afterwards. Ensure you have warmed-up with at least 5-10 minutes easy running before conducting any drills.

Once you've warmed-up, start with a few dynamic movements and stretches to activate and mobilise the muscles and joints. Perform each movement for 20-30 seconds.

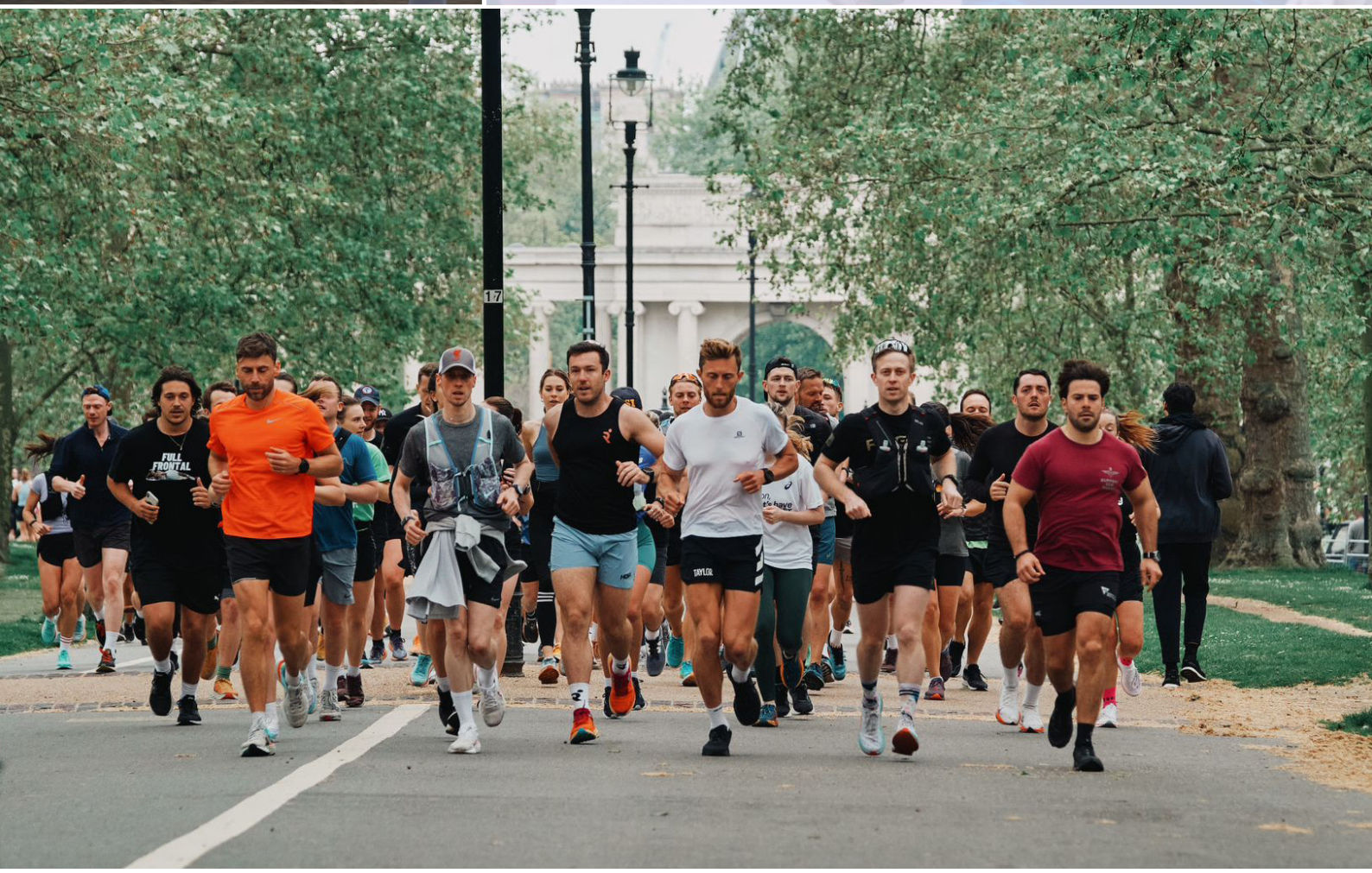
- ➡️Leg swings
- ➡️Open and close the gate
- ➡️Lunge to knee drive
- ➡️Squat to calf raise
- ➡️Butt kicks
- ➡️Toe taps
- ➡️Jumping on the spot
- ➡️Hopping on the spot

Then perform a few drills to potentiate the muscles in preparation for explosive movement. Perform each drill for 30-60 seconds.

- ➡️A-Skip
- ➡️B-Skip
- ➡️C-Skip
- ➡️Straight-leg bounds
- ➡️Bent-leg bounds
- ➡️High-knee skips

Finally, bring it all together by performing a few strides.

- ➡️Strides



5) Workout Week Descriptions

🧱 BASE WEEK

Base weeks are the foundational weeks upon which all future training rests. The training performed during base weeks will improve aerobic capacity and running economy, and increase strength.

The accumulation of time, distance and/or elevation is the primary focus during base weeks.

If you have a low Aerobic Threshold (AeT), then you can perform nearly all your aerobic base training in Zone 2. If you have a high AeT, you'll need to use Zone 2 sparingly, and perform the majority of your base work in Zone 1.

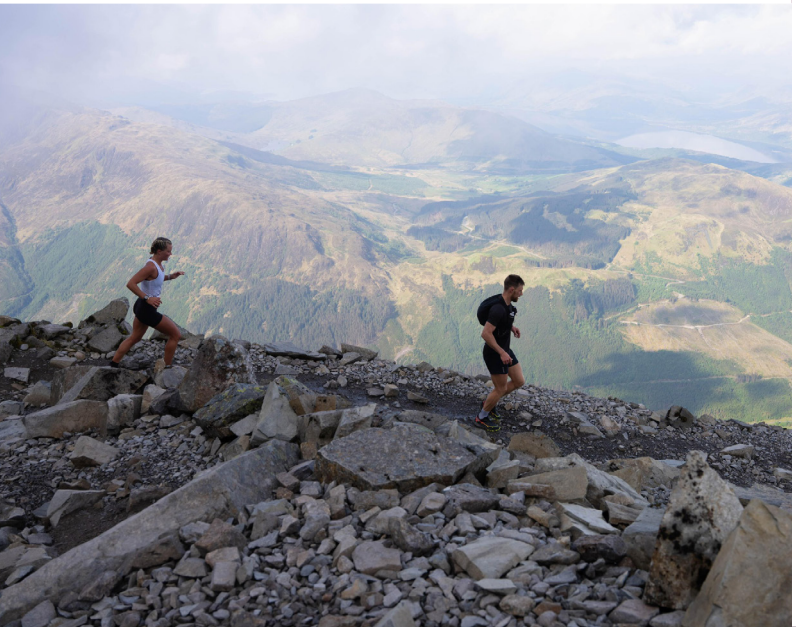
👌 SPECIFICITY WEEK

Specificity weeks are implemented in the later weeks of your training plan to help you prepare for the specific demands of your target race.

For ultra runners this might involve doing back-to-back long runs, which induce a similar training effect as individual long days by mimicking the demands of your event, but keep the overall stress and recovery time low.

For shorter, high-intensity events, this might involve reducing your aerobic base training, and incorporating more high-intensity work and/or more efforts performed at race pace.

Use specificity weeks to practice your race preparation as much as possible. Consider simulating your routine the evening before, your wake-up time, your nutrition in the morning, the race start time, your warm-up routine, the terrain/elevation of the route. Not everything will be feasible, but the more specific your practice, the better.



💥 INTENSITY WEEK

Intensity weeks introduce more higher-intensity training, which will directly improve your endurance. The aim is to perform your harder training sessions at an intensity that allows you to fully recover in 48 hours (or less).

Intensity weeks supplement base weeks. They do not replace them.

🤖 SIMULATION WEEK

Simulation weeks are implemented in the later weeks of your training plan and offer an opportunity to prepare for the specific demands of your target race by simulating as much of the event as possible.

These weeks will typically involve a high training load programmed in a similar format to your target event. We may also seek to mimic some of the environmental conditions you might encounter.

Use simulation weeks to practice your event preparation, lifestyle, and routine as much as possible. Consider simulating your accommodation/sleeping arrangements, your recovery between runs, your routine the evening before, your wake-up time, your nutrition in the morning, the daily start time, your warm-up routine, the terrain/elevation of the route. Not everything will be feasible, but the more specific your practice, the better.

🛢️ DELOAD WEEK

Deload weeks act as a consolidation period to allow your body to catch-up and recover.

Your scheduled volume this week might be reduced by up to 50 percent (depending on where you are in your macrocycle). There may still be some intensity, but this will likely be reduced as well.

The focus for this week is on RECOVERY ONLY. The purpose is not to add to your fitness, but to get you recovered as quickly as possible so that you are ready to start building again.

This week is the most loosely structured in your training plan. Feel free to adjust based upon your recovery status and TAKE DAYS OFF IF YOU NEED TO. You should feel like attacking the next week by the end of your deload week. If you don't, you didn't recover.

Remember:
🥴TRAINING makes you WEAKER
💪RECOVERY makes you FITTER

⚡ SPEEDWORK DRILLS WEEK

The focus for this week is on speedwork DRILLS (strides and hill sprints). Speedwork drills are a great way of assessing recovery status and act as a primer before we get stuck into any serious speedwork TRAINING.

Depending on how many you have programmed, it could take 20-30 minutes to complete the strides/hill sprints scheduled for each session alone. So make sure you leave enough time. You can always perform the drills in the middle of your session if you'd prefer.

Obviously there's a long rest interval, so bear this in mind if the weather is bad.

💪 OVERREACH WEEK

Modulation refers to the fluctuating level of training load that permits the body a chance to recover its homeostasis after a build-up period.

An extreme form of modulation is called overreaching. This consists of a short, planned period of very high training load, preceded by a slightly below average week and followed by a substantial recovery period.

Overreaching could be two massive back-to-back weekend workouts followed by three or four very light days. Or it could be an entire week spent on training camp performing back-to-back long runs and a couple of high-intensity workouts that might necessitate a full week of recovery after.

Executed correctly, overreaching weeks can stimulate large performance gains. Planned overreaching is not the same as randomly exercising when the spirit moves you though, and it should be carefully administered and monitored.

🏆 RACE WEEK

Race week is part of the taper period and is the time to focus on taking good care of yourself above all else. Nothing you do this week will make you faster, but many things you could do will make you slower.

Rest and relax but be active each day. Sleep as much as possible. Eat lots of healthy food and stay hydrated. Be proactive with self-maintenance. Do everything you can to aid your race preparation.

This week may also involve travel, which can cause fatigue in itself. Ensure you have your travel plans in order and aim to make your journey as smooth and stress-free as possible.

📈 PEAK WEEK

Peak week is the most intensive week of your training block. It will typically involve either your longest long run, your most intense workouts, your highest weekly mileage, your highest weekly elevation, or a combination of all of the above.

Peak weeks normally occur a few weeks before your target race and are typically followed by a taper period.

📉 TAPER WEEK

Taper weeks involve gradually reducing your training load, so that your body can absorb the hard work you've done in the peak weeks of training and reach a higher level of performance.

Typically your training VOLUME will be reduced during taper week, but your training INTENSITY may remain the same or even increase (depending on the race you're tapering for).

The tapering process is very individual. How long and how sharply we drop the training load in advance of a race is best learned through experience and should be adapted regularly in response to how you're feeling.

Taper week is one of the most flexible phases in a training block. It's important that we listen to your body above all else. The training plan is just a guide. If we need to make changes, we can.

😎 EASY WEEK

Take it very easy this week. Recovery/easy sessions ONLY, with some light strength sessions and cross training IF YOU WANT TO, but for ENJOYMENT ONLY, and with NO INTENSITY at all.

If I've programmed sessions for you, DON'T feel any pressure to complete them if you aren't feeling up for it. The most important thing is to listen to your body and make sure you're fully recovered by the end of the week.

😴 RECOVERY WEEK

Take it super easy this week. If you want to run, do so at recovery intensity (RPE 1-3) ONLY.

Include some light strength sessions and cross training IF YOU WANT TO, but for ENJOYMENT ONLY, and with NO INTENSITY at all.

I'm not going to set any sessions this week. It's more important that you to listen to your body. Sleep as much as you can. Eat healthy. Hydrate well. Give your body (and your mind) time to recover.