



Summit 700 5km Training Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Active Rest	Hill Intervals, 5m wu, 3x1min hard effort uphill, easy jog down recovery, cd 5min	Rest Day	Tempo Run, WU 5min, 5min tempo, CD 5-10min easy	Rest Day	Easy Run, 15min	Long Run 3km. Can also do a 3-1 run walk if needed
Week 2	Active Rest	Hill Intervals, 5min WU, 4x1min Hard Uphill easy jog down, CD 5min	Rest Day	Tempo Run, WU 10min, 2x4min tempo 3min easy jog between, CD 5min easy	Rest Day	Easy Run 15min	Long Run 3km. Can also do a 3-1 run walk if needed
Week 3	Active Rest	Hill Intervals, 10min WU, 3x2min hard Uphill easy jog down, CD 5min	Rest Day	Tempo Run, WU 10min, 2x5min tempo 3min easy jog between, CD 5min easy	Rest Day	Easy Run 20min	Long Run 4km
Week 4	Active Rest	Intervals, WU 15min, 3x2min hard effort on flats, 2min easy between. CD 5min	Rest Day	Shorter intervals, 6x30s fast pace with 90s easy between. CD 5min	Rest Day	Easy Run 20min, remember to stretch	Long Run 4km
Week 5	Active Rest	Hill Intervals, 5min WU, 3x3min steady effort uphill easy jog down recovery	Rest Day	Tempo Run WU 5min, 10min tempo effort on trails if possible, CD 5min	Rest Day	Easy Run 25min, remember to stretch	Long Run 5km
Week 6	Active Rest	Hill Intervals, 10min WU, 3x4min steady effort uphill easy jog down recovery	Rest Day	Tempo Trail Run, WU 5min, 10min Tempo effort, 5min easy jog, 2x1min hard effort 2min easy between, 5-10min CD	Rest Day	Easy Run 25min, remember to stretch	Long Run 5km
Week 7	Active Rest	Hill Intervals, 10min WU, 5x4min steady effort uphill easy jog down recovery	Rest Day	Tempo Trail Run, 10min WU, 30min Tempo effort, CD 5-10min easy	Rest Day	Easy Run 30min, remember to stretch	Long run 6km
Week 8	Active Rest	Intervals, WU 15min, 6x2min hard effort on flats, 2min easy between. CD 5-10min	Rest Day	Shorter intervals, 10x30s fast pace with 90s easy between. CD 5min	Rest Day	Easy Run 30min, remember to stretch	Long Run 6km
Week 9	Active Rest	Hill Intervals, WU 5min, 2x(3min hard run uphill, rest 3min, run downhill with speed rest 3min,) CD 10min	Rest Day	Tempo Trail Run, Warm up 10min, 20min tempo effort. CD 10min	Rest Day	Easy Run 30min, remember to stretch	Long Run 7km
Week 10	Active Rest	Intervals, WU 5min, 5x2min hard effort on flats, 2min easy between. CD 5-10min	Rest Day	Tempo Trail Run, WU 5min, 25min Tempo effort. CD 10min	Rest Day	Easy Run 30min, remember to stretch	Long Run 8km
Week 11	Active Rest	Intervals, WU 5min, 4x2min hard effort on flats, 2min easy between. CD 5-10min	Rest Day	Shorter intervals, 8x30s fast pace with 90s easy between. CD 5min	Rest Day	Easy Run 30min, remember to stretch	Long Run 8km
Week 12	Active Rest	Mainly easy run 30min with 2-3x2min tempo effort, 2min easy between. CD 5min	Rest day or optional easy 20min jog.	Short easy run with 3x1min pickups to get the legs going.	Rest Day	Race Day	
Notes:	<p>Active Rest: A day where you don't run but should still get out and get the body moving. It is a great way to loosen up after the weekend of training. Can be biking, swimming, paddle boarding or other sports that don't include any type of running.</p> <p>Rest Days: Are great days to catch up on stretching and doing light strength work. Injury prevention is a big part of training for long events like this.</p> <p>Tempo: Should be able to maintain for the length of the interval but will be tough to do.</p> <p>Steady: Right around the limit of being able to maintain a conversation</p> <p>Long run: Can be done on road or trails, don't be afraid to cut some distance if on technical trails and the run is getting too long in duration.</p>						