

## Summit 700 21k General Training Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Sy
Week 1	Active Rest	Hill Intervals, 10m wu, 8x1min hard effort uphill, easy jog down recovery, cd 5-10min	Rest Day	Tempo Run, WU 10min, 2x10min tempo 5min easy jog between, CD 5-10min easy	Rest Day	Easy Run, 30min	Long Run 10km	AA
Week 2	Active Rest	Hill Intervals, 10min WU, 10x1min Hard Uphill easy jog down, CD5-10min	Rest Day	Tempo Run, WU 10min, 2x13min tempo 5min easy jog between, CD 5-10min easy	Rest Day	Easy Run 35min	Long Run 13km	
Week 3	Active Rest	Hill Intervals, 10min WU, 6x2min hard Uphill easy jog down, CD5-10min	Rest Day	Tempo Run, WU 10min, 2x15min tempo 5min easy jog between, CD 5-10min easy	Rest Day	Easy Run 40min	Long Run 15km	
Week 4	Active Rest	Intervals, WU 15min, 8x2min 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 15km	
Week 5	Active Rest	Hill Intervals, 10min WU, 3x5min steady effort uphill easy jog down recovery	Rest Day	Tempo Run WU 10min, 30min tempo effort on trails if possible, CD 5-10min	Rest Day	Easy Run 30min, remember to stretch	Long Run 17km	
Week 6	Active Rest	Hill Intervals, 10min WU, 4x5min steady effort uphill easy jog down recovery	Rest Day	Tempo Trail Run, WU 10min, 30min Tempo effort, 5min easy jog, 2x3min hard effort 2min easy between, 5-10min CD	Rest Day	Easy Run 30min, remember to stretch	Long Run 17km	
Week 7	Active Rest	Hill Intervals, 10min WU, 5x5min steady effort uphill easy jog down recovery	Rest Day	Tempo Trail Run, 10min WU, 40min Tempo effort, CD 5-10min easy	Rest Day	Easy Run 30min, remember to stretch	Long Run 19km	
Week 8	Active Rest	Intervals, WU 15min, 8x2min 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 19km	
Week 9	Active Rest	Hill Intervals, WU 10min, 3x(5min hard run uphill, rest 3min, run downhill with speed rest 3min, ) CD 10min	Rest Day	Tempo Trail Run, Warm up 10min, 50min tempo effort. CD 10min	Rest Day	Easy Run 30min, remember to stretch	Long Run 17km	
Week 10	Active Rest	Intervals, WU 15min, 6x2min hard effort on flats, 2min easy between. CD 5-10min	Rest Day	Tempo Trail Run, WU 10min, 60min Tempo effort. CD 10min	Rest Day	Easy Run 30min, remember to stretch	Long Run 15km	
Week 11	Active Rest	Intervals, WU 15min, 8x2min 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 10km	
Week 12	Active Rest	Mainly easy run 30min with 3-4x2min 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		

**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.

**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.

**Tempo:** Should be able to maintain for the length of the interval but will be tough to do.

**Steady:** Right around the limit of being able to maintain a conversation

**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.