

# 16 week mountain marathon training plan

Warm up with 10 minutes of easy running before all your sessions, and a 5 minutes cool down followed by stretching is a good idea to help avoid getting injured.

<b>Week 1</b>	<b>Easy run</b> 20 mins at effort 1	<b>Hill Intervals</b> 30 mins - with 6 x 1 min hills at effort 3, jog back down to recover.	<b>Steady run</b> 30 mins at effort 2	<b>Long run*</b> 5-6 miles Effort 2
<b>Week 2</b>	<b>Easy run</b> 40 mins at effort 1	<b>Hill Intervals</b> 40 mins - with 8 x 1 min hills at effort 3, jog back down to recover.	<b>Interval</b> 25 mins including 6 x 30 second bursts at effort 4	<b>Long run*</b> 6-7 miles Effort 2
<b>Week 3</b>	<b>Easy run</b> 20 mins at effort 2	<b>Hill Intervals</b> 50 mins 2 min rep at effort 2 2 min rep at effort 3 2 min rep at effort 4 1 min recovery, then repeat - x3 sets <small>Recover on the downhill (or remove incline if on treadmill for 30 seconds between each rep)</small>	<b>Interval</b> 30 mins including 8 x 30 second bursts at effort 4	<b>Long run*</b> 7-8 miles Effort 2
<b>Week 4</b>	<b>Easy run</b> 45 mins at effort 2	<b>Steady run</b> 40 mins at effort 2 <small>(add some hill reps to this session if you do not feel too tired, but leave out if recovery is needed)</small>	<b>Cross training</b> 45 mins	<b>Long run*</b> 8-9 miles Effort 2
<b>Week 5</b>	<b>Easy run</b> 45 mins at effort 2	<b>Hill Intervals</b> 60 mins 2 min rep at effort 2 2 min rep at effort 3 2 min rep at effort 4 1 min recovery, then repeat - x4 sets <small>Recover on the downhill (or remove incline if on treadmill for 30 seconds between each rep)</small>	<b>Threshold run</b> 25 mins at effort 3	<b>Long run*</b> 10-11 miles Effort 2
<b>Week 6</b>	<b>Easy run</b> 40 mins at effort 1	<b>Hill Intervals</b> 40 mins - with 10 x 1 min hills at effort 4, jog back down to recover.	<b>Interval</b> 40 mins including 5 x 3 min at effort 3 with 3 min recoveries at effort 1	<b>Long run*</b> 11-12 miles Effort 2
<b>Week 7</b>	<b>Steady run</b> 40 mins at effort 2	<b>Hill Intervals</b> 60+ mins 2 min rep at effort 2 2 min rep at effort 3 2 min rep at effort 4 1 min recovery, then repeat - x5 sets <small>Recover on the downhill (or remove incline if on treadmill for 30 seconds between each rep)</small>	<b>Interval</b> 50 mins including 4 x 5 min at effort 3 with 5 min recoveries at effort 1. Followed by 10 mins at effort 3	<b>Long run*</b> 12-13 miles Effort 2
<b>Week 8</b>	<b>Easy run</b> 45 mins at Effort 1	<b>Steady run</b> 40 mins at effort 2 <small>(add some hill reps to this session if you do not feel too tired, but leave out if recovery is needed)</small>	<b>Cross training</b> 45 mins	<b>Long run*</b> 13-14 miles Effort 2

<b>Week 9</b>	<b>Steady run</b> 1hr Effort 2	<b>Hill Intervals</b> 50 mins - with 12 x 1 min hills at effort 4, jog back down to recover	<b>Threshold run</b> 25 mins at effort 3	<b>Long run*</b> 15-16 miles Effort 2
<b>Week 10</b>	<b>Easy run</b> 20 mins Effort 2	<b>Hill Intervals</b> 60+ mins 2 min rep at effort 2 2 min rep at effort 3 2 min rep at effort 4 1 min recovery, then repeat - x6 sets <small>Recover on the downhills (or remove incline if on treadmill for 30 seconds between each rep)</small>	<b>Interval</b> 40 mins including 7 x 2 mins at effort 4, with 3 min recoveries at effort 1	<b>Long run*</b> 15-16 miles Effort 2
<b>Week 11</b>	<b>Easy run</b> 40 mins Effort 2	<b>Hill Intervals</b> 60 mins - with 14 x 1 min hills at effort 4, jog back down to recover.	<b>Threshold run</b> 30 mins at effort 3	<b>Long run*</b> 17-18 miles Effort 2
<b>Week 12</b>	<b>Easy run</b> 20 mins Effort 2	<b>Steady run</b> 40 mins at effort 2 <small>(add some hill reps to this session if you do not feel too tired, but leave out if recovery is needed)</small>	<b>Cross training</b> 45 mins	<b>Long run*</b> 19-20 miles Effort 2
<b>Week 13</b>	<b>Easy run</b> 45 mins Effort 2	<b>Hill Intervals</b> 60+ mins with 16 x 1 min hills at effort 4, jog back down to recover.	<b>Interval</b> 40 mins including 5 x 3 min at effort 3/4 with 3 min recoveries at effort 1	<b>Long run*</b> 20-22 miles Effort 2
<b>Week 14</b>	<b>Easy run</b> 45 mins Effort 2	<b>Hill Intervals</b> 60+ mins 2 min rep at effort 2 2 min rep at effort 3 2 min rep at effort 4 1 min recovery, then repeat - x7 sets <small>Recover on the downhills (or remove incline if on treadmill for 30 seconds between each rep)</small>	<b>Interval</b> 25 mins including 5 x 2 min at effort 4 with 2 min recoveries at effort 1	<b>Long run*</b> 10-11 miles Effort 2
<b>Week 15</b>	<b>Easy run</b> 45 mins Effort 2	<b>Hill Intervals</b> 40 mins - with 8 x 1 min hills at effort 3, jog back down to recover	<b>Interval</b> 20 mins including 4 x 1 mins at effort 4 with 1 min recoveries at effort 1	<b>Long run*</b> 5 miles Effort 2
<b>Week 16</b>	<b>Steady run</b> 40 mins Effort 2	<b>Easy run</b> 20 mins Effort 1	<b>Rest or cross training</b>	<b>Race day</b>

**Level 1:** Easy jog, breathing easy and steady, active but not challenging.

**Level 2:** Sustainable steady running, breathing and heart rate elevated but not uncomfortable; general race pace.

**Level 3:** Brisk challenging running, at increased pace; you should be breathing harder.

**Level 4:** Maximum effort, sustainable for one or two minutes.

*\*Remember to make as many of your long runs off road and hilly and get used to running with your pack.*