

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.

Week 1	Easy run 20 mins at effort 1	Hill Intervals 30 mins - with 6 x 1 min hills at effort 3, jog back down to recover.	Steady run 30 mins at effort 2	Long run* 5-6 miles Effort 2
Week 2	Easy run 40 mins at effort 1	Hill Intervals 40 mins - with 8 x 1 min hills at effort 3, jog back down to recover.	Interval 25 mins including 6 x 30 second bursts at effort 4	Long run* 6-7 miles Effort 2
Week 3	Easy run 20 mins at effort 2	Hill Intervals 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>	Interval 30 mins including 8 x 30 second bursts at effort 4	Long run* 7-8 miles Effort 2
Week 4	Easy run 45 mins at effort 2	Steady run 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>	Cross training 45 mins	Long run* 8-9 miles Effort 2
Week 5	Easy run 45 mins at effort 2	Hill Intervals 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>	Threshold run 25 mins at effort 3	Long run* 10-11 miles Effort 2
Week 6	Easy run 40 mins at effort 1	Hill Intervals 40 mins - with 10 x 1 min hills at effort 4, jog back down to recover.	Interval 40 mins including 5 x 3 min at effort 3 with 3 min recoveries at effort 1	Long run* 11-12 miles Effort 2
Week 7	Steady run 40 mins at effort 2	Hill Intervals 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>	Interval 50 mins including 4 x 5 min at effort 3 with 5 min recoveries at effort 1. Followed by 10 mins at effort 3	Long run* 12-13 miles Effort 2
Week 8	Easy run 45 mins at Effort 1	Steady run 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>	Cross training 45 mins	Long run* 13-14 miles Effort 2

Week 9	Steady run 1hr Effort 2	Hill Intervals 50 mins - with 12 x 1 min hills at effort 4, jog back down to recover	Threshold run 25 mins at effort 3	Long run* 15-16 miles Effort 2
Week 10	Easy run 20 mins Effort 2	Hill Intervals 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>	Interval 40 mins including 7 x 2 mins at effort 4, with 3 min recoveries at effort 1	Long run* 15-16 miles Effort 2
Week 11	Easy run 40 mins Effort 2	Hill Intervals 60 mins - with 14 x 1 min hills at effort 4, jog back down to recover.	Threshold run 30 mins at effort 3	Long run* 17-18 miles Effort 2
Week 12	Easy run 20 mins Effort 2	Steady run 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>	Cross training 45 mins	Long run* 19-20 miles Effort 2
Week 13	Easy run 45 mins Effort 2	Hill Intervals 60+ mins with 16 x 1 min hills at effort 4, jog back down to recover.	Interval 40 mins including 5 x 3 min at effort 3/4 with 3 min recoveries at effort 1	Long run* 20-22 miles Effort 2
Week 14	Easy run 45 mins Effort 2	Hill Intervals 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>	Interval 25 mins including 5 x 2 min at effort 4 with 2 min recoveries at effort 1	Long run* 10-11 miles Effort 2
Week 15	Easy run 45 mins Effort 2	Hill Intervals 40 mins - with 8 x 1 min hills at effort 3, jog back down to recover	Interval 20 mins including 4 x 1 mins at effort 4 with 1 min recoveries at effort 1	Long run* 5 miles Effort 2
Week 16	Steady run 40 mins Effort 2	Easy run 20 mins Effort 1	Rest or cross training	Race day

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.*