



# Running Divas Long Distance 36 to 50kms Trail Program

## Intermediate

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	Strength Make sure you don't completely exhaust your body & legs	Warm up drills 2kms easy run X 4 sprints up hill of approx. 400m Rest in between each sprint until HR drops X 4 Walk up hill of approx. 400m & then sprint down again Rest in between each sprint until HR drops Stretch & foam roll	Warm up drills 50mins easy run on trails Stretch & foam roll	Warm up drills Find approx. 20 stairs X 5 sprints up the stairs Walk down in between each sprint X 5 walk up stairs and fast down Rest between each stair repeat to drop HR Stretch & foam roll	Xtraining 60mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, pilates	Warm up drills Run 22kms easy run on trails Easy pace  Stretch, foam roll, compression tights & soda crystal bath
2	Rest	Strength Make sure you don't completely exhaust your body & legs	Warm Up Drills Run 200m faster & 200m steady for 10kms Stretch & foam roll	Warm up drills 50mins easy run on trails Stretch & foam roll	Warm up drills Find approx. 20 stairs X 5 sprints up the stairs Walk down in between each sprint X 5 walk up stairs and fast down Rest between each stair repeat to drop HR Stretch & foam roll	Xtraining 60mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, pilates	Warm up drills Run 24kms easy run on trails  Stretch, foam roll, compression tights & soda crystal bath
3	Rest	Strength Make sure you don't completely exhaust your body & legs	Warm up drills Run steady 2kms Run as fast as you can for 3mins Rest until HR drops Repeat for 4 times Stretch & foam roll	Warm up drills 50mins easy run on trails Stretch & foam roll	Warm up drills Find approx. 20 stairs X 5 sprints up the stairs Walk down in between each sprint X 5 walk up stairs and fast down Rest between each stair repeat to drop HR Stretch & foam roll	Xtraining 60mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, pilates	Warm up drills Run 26kms easy run on trails  Stretch, foam roll, compression tights & soda crystal bath



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4	Rest	Strength Make sure you don't completely exhaust your body & legs	Warm up drills Run steady 2kms Run as fast as you can for 3mins Rest until HR drops Repeat for 4 times Stretch & foam roll	Warm up drills 50mins easy run on trails Stretch & foam roll	Warm up drills Find approx. 30 stairs X 6 sprints up the stairs Walk down in between each sprint X 6 walk up stairs and fast down Rest between each stair repeat to drop HR Stretch & foam roll	Xtraining 60mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, pilates	Warm up drills Run 22kms easy run on trails  Stretch, foam roll, compression tights & soda crystal bath
5	Rest	Strength Make sure you don't completely exhaust your body & legs	Warm Up Drills 45min fartlek 4 sets - 3mins fast, 90sec walk break - 2mins fast, 90sec walk break - 1min fast, 90sec walk break Stretch & foam roll	Warm up drills 50mins easy run on trails Stretch & foam roll	Warm up drills Find approx. 30 stairs X 6 sprints up the stairs Walk down in between each sprint X 6 walk up stairs and fast down Rest between each stair repeat to drop HR Stretch & foam roll	Xtraining 60mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, pilates	Warm up drills Run 28kms easy run on trails  Stretch, foam roll, compression tights & soda crystal bath
6	Rest	Strength Make sure you don't completely exhaust your body & legs	Warm up drills 2kms easy run X 5 sprints up hill of approx. 400m Rest in between each sprint until HR drops X 5 Walk up hill of approx. 400m & then sprint down again Rest in between each sprint until HR drops Stretch & foam roll	Warm up drills 50mins easy run on trails Stretch & foam roll	Warm up drills Find approx. 30 stairs X 6 sprints up the stairs Walk down in between each sprint X 6 walk up stairs and fast down Rest between each stair repeat to drop HR Stretch & foam roll	Xtraining 60mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, pilates	Warm up drills Run 30kms easy run on trails  Stretch, foam roll, compression tights & soda crystal bath



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7	Rest	Strength Make sure you don't completely exhaust your body & legs	Warm Up Drills Run 300m faster & 300m steady for 12kms Stretch & foam roll	Warm up drills 50mins easy run on trails Stretch & foam roll	Warm up drills Find approx. 40 stairs X 7 sprints up the stairs Walk down in between each sprint X 4 walk up stairs and fast down Rest between each stair repeat to drop HR Stretch & foam roll	Xtraining 60mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, pilates	Warm up drills Run 32kms easy run on trails Stretch, foam roll, compression tights & soda crystal bath
8	Rest	Strength Make sure you don't completely exhaust your body & legs	Warm up drills 2kms easy run X 6 sprints up hill of approx. 400m Rest in between each sprint until HR drops X 6 Walk up hill of approx. 400m & then sprint down again Rest in between each sprint until HR drops Stretch & foam roll	Warm up drills 50mins easy run on trails Stretch & foam roll	Warm up drills Find approx. 40 stairs X 7 sprints up the stairs Walk down in between each sprint X 4 walk up stairs and fast down Rest between each stair repeat to drop HR Stretch & foam roll	Xtraining 60mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, pilates	Warm up drills Run 28kms easy run on trails  Stretch, foam roll, compression tights & soda crystal bath
9	Rest	Strength Make sure you don't completely exhaust your body & legs	Warm up drills Run steady 2kms Run as fast as you can for 3mins Rest until HR drops Repeat for 5 times Stretch & foam roll	Warm up drills 50mins easy run on trails Stretch & foam roll	Warm up drills Find approx. 40 stairs X 7 sprints up the stairs Walk down in between each sprint X 4 walk up stairs and fast down Rest between each stair repeat to drop HR Stretch & foam roll	Xtraining 60mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, pilates	Warm up drills Run 34kms easy run on trails  Stretch, foam roll, compression tights & soda crystal bath





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10	Rest	Strength Make sure you don't completely exhaust your body & legs	Warm Up Drills Run 300m faster & 300m steady for 12kms Stretch & foam roll	Warm up drills 50mins easy run on trails Stretch & foam roll	Warm up drills Find approx. 50 stairs X 8 sprints up the stairs Walk down in between each sprint X 8 walk up stairs and fast down Rest between each stair repeat to drop HR Stretch & foam roll	Xtraining 60mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, pilates	Warm up drills Run 36kms easy run on trails  Stretch, foam roll, compression tights & soda crystal bath
11	Rest	Strength Make sure you don't completely exhaust your body & legs	Warm Up Drills 45min fartlek 5 sets - 3mins fast, 90sec walk break - 2mins fast, 90sec walk break - 1min fast, 90sec walk break Stretch & foam roll	Warm up drills 50mins easy run on trails Stretch & foam roll	Warm up drills Find approx. 50 stairs X 8 sprints up the stairs Walk down in between each sprint X 8 walk up stairs and fast down Rest between each stair repeat to drop HR Stretch & foam roll	Xtraining 60mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, pilates	Warm up drills Run 38kms easy run on trails  Stretch, foam roll, compression tights & soda crystal bath
12	Rest	Strength Make sure you don't completely exhaust your body & legs	Warm up drills Run steady 2kms Run as fast as you can for 3mins Rest until HR drops Repeat for 5 times Stretch & foam roll	Warm up drills 50mins easy run on trails Stretch & foam roll	Warm up drills Find approx. 50 stairs X 8 sprints up the stairs Walk down in between each sprint X 8 walk up stairs and fast down Rest between each stair repeat to drop HR Stretch & foam roll	Xtraining 60mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, pilates	Warm up drills Run 34kms easy run on trails  Stretch, foam roll, compression tights & soda crystal bath

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13	Rest	Strength Make sure you don't completely exhaust your body & legs	Warm Up Drills 45min fartlek 5 sets <ul style="list-style-type: none"> <li>- 3mins fast, 90sec walk break</li> <li>- 2mins fast, 90sec walk break</li> <li>- 1min fast, 90sec walk break</li> </ul> Stretch & foam roll	Warm up drills 50mins easy run on trails Stretch & foam roll	Warm up drills Find approx. 40 stairs X 9 sprints up the stairs Walk down in between each sprint X 9 walk up stairs and fast down Rest between each stair Stretch & foam roll	Xtraining 60mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, pilates	Warm up drills Run 40kms easy run on trails  Stretch, foam roll, compression tights & soda crystal bath
14	Rest	Strength Make sure you don't completely exhaust your body & legs	Warm Up Drills Run 300m faster & 300m steady for 12kms Stretch & foam roll	Warm up drills 50mins easy run on trails Stretch & foam roll	Warm up drills Find approx. 40 stairs X 10 sprints up the stairs Walk down in between each sprint X 10 walk up stairs and fast down Rest between each stair Stretch & foam roll	Xtraining 60mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, pilates	Warm up drills Run 42kms easy run on trails  Stretch, foam roll, compression tights & soda crystal bath
15	Rest	Strength No legs	Warm up drills 50mins easy run on trails Stretch & foam roll	Warm up drills 40mins easy run on trails Stretch & foam roll	Warm up drills Find approx. 40 stairs X 5 sprints up the stairs Walk down in between each sprint X 5 walk up stairs and fast down Rest between each stair Stretch & foam roll	Xtraining 60mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, pilates	Warm up drills Run 26kms easy run on trails  Stretch, foam roll, compression tights & soda crystal bath
16	Rest	Strength No legs	Warm up drills 50mins easy run on trails Stretch & foam roll	Xtraining 60min Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, pilates	Warm up drills 30mins easy run on trails Stretch & foam roll	Rest	Race Day

