

Running Divas Short Course 5kms to 12kms Hilly Trail Training Plan Intermediate



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Strength Make sure you don't completely exhaust your body & legs	Xtraining 60mins Choose – a HIIT, circuit or boxing session To get your HR up, include plyometric exercises	Warm up drills 60mins easy run on trails Stretch & foam roll	Strength Make sure you don't completely exhaust your body & legs	Warm up drills Option 2kms easy run X 4 sprints up hill of approx. 300m Rest in between each sprint until HR drops X 4 Walk up hill of approx. 300m & then sprint down again Rest in between each sprint until HR drops Stretch & foam roll	Rest	Warm up drills Run 4kms easy run on trails Stretch, foam roll, compression tights & soda crystal bath
2	Strength Make sure you don't completely exhaust your body & legs	Xtraining 60mins Choose – a HIIT, circuit or boxing session To get your HR up, include plyometric exercises	Warm up drills 60mins easy run on trails Stretch & foam roll	Strength Make sure you don't completely exhaust your body & legs	Warm Up Drills Fartlek 4 sets - 3mins fast, 90sec walk break - 2mins fast, 90sec walk break - 1min fast, 90sec walk break Stretch & foam roll	Rest	Warm up drills Run 6kms easy run on trails Stretch, foam roll, compression tights & soda crystal bath
3	Strength Make sure you don't completely exhaust your body & legs	Xtraining 60mins Choose – a HIIT, circuit or boxing session To get your HR up, include plyometric exercises	Warm up drills 60mins easy run on trails Stretch & foam roll	Strength Make sure you don't completely exhaust your body & legs	Warm up drills Option 2kms easy run X 5 sprints up hill of approx. 300m Rest in between each sprint until HR drops X 5 Walk up hill of approx. 300m & then sprint down again Rest in between each sprint until HR drops Stretch & foam roll	Rest	Warm up drills Run 8kms easy run on trails Stretch, foam roll, compression tights & soda crystal bath



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4	Strength Make sure you don't completely exhaust your body & legs	Xtraining 60mins Choose – a HIIT, circuit or boxing session To get your HR up, include plyometric exercises	Warm up drills Interval Run 4kms Run 1km steady, 1km faster for the distance Stretch & foam roll	Strength Make sure you don't completely exhaust your body & legs	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 repeat to drop HR Stretch & foam roll	Rest	Warm up drills Run 4kms easy run on trails Stretch, foam roll, compression tights & soda crystal bath
5	Strength Make sure you don't completely exhaust your body & legs	Xtraining 60mins Choose – a HIIT, circuit or boxing session To get your HR up, include plyometric exercises	Warm up drills 40mins easy run on trails Stretch & foam roll	Strength Make sure you don't completely exhaust your body & legs	Warm Up Drills Fartlek 3 sets - 4mins fast, 90sec walk break - 3mins fast, 90sec walk break - 2mins fast, 90sec walk break - 1min fast, 90sec walk break Stretch & foam roll	Rest	Warm up drills Run 10kms easy run on trails Stretch, foam roll, compression tights & soda crystal bath
6	Strength Make sure you don't completely exhaust your body & legs	Xtraining 60mins Choose – a HIIT, circuit or boxing session To get your HR up, include plyometric exercises	Warm up drills 50mins easy run on trails Stretch & foam roll	Strength Make sure you don't completely exhaust your body & legs	Warm up drills Option 2kms easy run X 6 sprints up hill of approx. 300m Rest in between each sprint until HR drops X 6 Walk up hill of approx. 300m & then sprint down again Rest in between each sprint until HR drops Stretch & foam roll	Rest	Warm up drills Run 12kms easy run on trails Stretch, foam roll, compression tights & soda crystal bath

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7	Strength Make sure you don't completely exhaust your body & legs	Xtraining 60mins Choose – a HIIT, circuit or boxing session To get your HR up, include plyometric exercises	Warm up drills Interval Run 6kms Run 1km steady, 1km faster for the distance Stretch & foam roll	Strength Make sure you don't completely exhaust your body & legs	Warm Up Drills Fartlek 4 sets <ul style="list-style-type: none"> - 3mins fast, 90sec walk break - 2mins fast, 90sec walk break - 1min fast, 90sec walk break Stretch & foam roll	Rest	Warm up drills Run 14kms easy run on trails Stretch, foam roll, compression tights & soda crystal bath
8	Strength Make sure you don't completely exhaust your body & legs	Xtraining 60mins Choose – a HIIT, circuit or boxing session To get your HR up, include plyometric exercises	Warm up drills 60mins easy run on trails Stretch & foam roll	Strength Make sure you don't completely exhaust your body & legs	Warm up drills Find approx. 40 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	Rest	Warm up drills Run 8kms easy run on trails Stretch, foam roll, compression tights & soda crystal bath
9	Strength Make sure you don't completely exhaust your body & legs	Xtraining 60mins Choose – a HIIT, circuit or boxing session To get your HR up, include plyometric exercises	Warm up drills Interval Run 6kms Run 1km steady, 1km faster for the distance Stretch & foam roll	Strength Make sure you don't completely exhaust your body & legs	Warm up drills Option 2kms easy run X 6 sprints up hill of approx. 300m Rest in between each sprint until HR drops X 6 Walk up hill of approx. 300m & then sprint down again Rest in between each sprint until HR drops Stretch & foam roll	Rest	Warm up drills Run 12kms easy run on trails Stretch, foam roll, compression tights & soda crystal bath



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10	Strength Make sure you don't completely exhaust your body & legs	Xtraining 60mins Choose – a HIIT, circuit or boxing session To get your HR up, include plyometric exercises	Warm up drills Find approx. 40 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	Strength Make sure you don't completely exhaust your body & legs	Warm up drills Option 2kms easy run X 6 sprints up hill of approx. 300m Rest in between each sprint until HR drops X 6 Walk up hill of approx. 300m & then sprint down again Rest in between each sprint until HR drops Stretch & foam roll	Rest	Warm up drills Run 10kms easy run on trails Stretch, foam roll, compression tights & soda crystal bath
11	Strength No legs	Xtraining 60min Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, pilates	Warm up drills 40mins easy run on trails Stretch & foam roll	Strength No legs	Warm Up drills 50min easy run Stretch & foam roll	Rest	Warm up drills Run 8kms easy run on trails Stretch, foam roll, compression tights & soda crystal bath
12	Strength No legs	Xtraining 60min Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, pilates	Warm up drills 40mins easy run on trails Stretch & foam roll	Strength No legs	Warm Up drills 40min easy run Stretch & foam roll	Rest	Race Day

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