



# Running Divas Mid Distance 13 to 21kms Hilly Trail Program

## Intermediate

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	<p><b>Strength</b> Make sure you don't completely exhaust your body &amp; legs</p>	<p>Xtraining30/45min Choose – a HIIT, circuit or boxing session To get your HR up, include plyometric exercises</p>	<p>Warm up drills 60mins easy run on trails Stretch &amp; foam roll</p>	<p><b>Strength</b> Make sure you don't completely exhaust your body &amp; legs</p>	<p>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 &amp; then sprint down again Rest in between each sprint until HR drops Stretch &amp; foam roll</p>	<p>Rest</p>	<p>Warm up drills Run 10kms easy run on trails Easy pace</p> <p>Stretch, foam roll, compression tights &amp; soda crystal bath</p>
2	<p><b>Strength</b> Make sure you don't completely exhaust your body &amp; legs</p>	<p>Xtraining30/45min Choose – a HIIT, circuit or boxing session To get your HR up, include plyometric exercises</p>	<p>Warm up drills 60mins easy run on trails Stretch &amp; foam roll</p>	<p><b>Strength</b> Make sure you don't completely exhaust your body &amp; legs</p>	<p>Warm Up Drills Run 200m faster &amp; 200m steady for 8kms Stretch &amp; foam roll</p>	<p>Rest</p>	<p>Warm up drills Run 12kms easy run on trails Last 2kms faster pace</p> <p>Stretch, foam roll, compression tights &amp; soda crystal bath</p>
3	<p><b>Strength</b> Make sure you don't completely exhaust your body &amp; legs</p>	<p>Xtraining30/45min Choose – a HIIT, circuit or boxing session To get your HR up, include plyometric exercises</p>	<p>Warm up drills 60mins easy run on trails Stretch &amp; foam roll</p>	<p><b>Strength</b> Make sure you don't completely exhaust your body &amp; legs</p>	<p>Warm up drills Find approx. 40 stairs X 4 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 &amp; foam roll</p>	<p>Rest</p>	<p>Warm up drills Run 14kms easy run on trails Last 3kms faster pace</p> <p>Stretch, foam roll, compression tights &amp; soda crystal bath</p>



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4	<b>Strength</b> Make sure you don't completely exhaust your body & legs	<b>Xtraining30/45min</b> Choose – a HIIT, circuit or boxing session To get your HR up, include plyometric exercises	<b>Warm up drills</b> 60mins easy run on trails Stretch & foam roll	<b>Strength</b> Make sure you don't completely exhaust your body & legs	<b>Warm up drills</b> Run steady 2kms Run as fast as you can for 2mins Rest until HR drops Repeat for 4 times Stretch & foam roll	<b>Rest</b>	<b>Warm up drills</b> Run 10kms easy run on trails Last 4kms faster pace  <b>Stretch, foam roll, compression tights &amp; soda crystal bath</b>
5	<b>Strength</b> Make sure you don't completely exhaust your body & legs	<b>Xtraining30/45min</b> Choose – a HIIT, circuit or boxing session To get your HR up, include plyometric exercises	<b>Warm up drills</b> 60mins easy run on trails Stretch & foam roll	<b>Strength</b> Make sure you don't completely exhaust your body & legs	<b>Warm Up Drills</b> 45min fartlek 4 sets - 3mins fast, 90sec walk break - 2mins fast, 90sec walk break - 1min fast, 90sec walk break Stretch & foam roll	<b>Rest</b>	<b>Warm up drills</b> Run 16kms easy run on trails At 8kms faster pace for 2kms, continue steady & last 3kms faster  <b>Stretch, foam roll, compression tights &amp; soda crystal bath</b>
6	<b>Strength</b> Make sure you don't completely exhaust your body & legs	<b>Xtraining30/45min</b> Choose – a HIIT, circuit or boxing session To get your HR up, include plyometric exercises	<b>Warm up drills</b> 60mins easy run on trails Stretch & foam roll	<b>Strength</b> Make sure you don't completely exhaust your body & legs	<b>Warm up drills</b> 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	<b>Rest</b>	<b>Warm up drills</b> Run 18kms easy run on trails Easy pace  <b>Stretch, foam roll, compression tights &amp; soda crystal bath</b>



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7	<b>Strength</b> Make sure you don't completely exhaust your body & legs	<b>Xtraining30/45min</b> 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	<b>Strength</b> Make sure you don't completely exhaust your body & legs	Warm Up Drills Run 200m faster & 200m steady for 10kms Stretch & foam roll	Rest	Warm up drills Run 20kms easy run on trails Last 3kms faster  Stretch, foam roll, compression tights & soda crystal bath
8	<b>Strength</b> Make sure you don't completely exhaust your body & legs	<b>Xtraining30/45min</b> 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	<b>Strength</b> Make sure you don't completely exhaust your body & legs	Warm up drills Find approx. 60 stairs X 4 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	Rest	Warm up drills Run 16kms easy run on trails At 10kms run next 2kms faster, continue steady & finish last 2kms faster  Stretch, foam roll, compression tights & soda crystal bath
9	<b>Strength</b> Make sure you don't completely exhaust your body & legs	<b>Xtraining30/45min</b> 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	<b>Strength</b> 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	Rest	Warm up drills Run 22kms easy run on trails Last 4kms faster  Stretch, foam roll, compression tights & soda crystal bath



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10	<b>Strength</b> Make sure you don't completely exhaust your body & legs	<b>Xtraining 30/45min</b> Choose – a HIIT, circuit or boxing session To get your HR up, include plyometric exercises	<b>Warm up drills</b> 60mins easy run on trails Stretch & foam roll	<b>Strength</b> Make sure you don't completely exhaust your body & legs	<b>Warm Up Drills</b> 45min fartlek 5 sets - 3mins fast, 90sec walk break - 2mins fast, 90sec walk break - 1min fast, 90sec walk break Stretch & foam roll	<b>Rest</b>	<b>Warm up drills</b> Run 22kms easy run on trails Easy pace  <b>Stretch, foam roll, compression tights &amp; soda crystal bath</b>
11	<b>Strength</b> No legs	<b>Xtraining 60min</b> Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, pilates	<b>Warm up drills</b> 40mins easy run on trails Stretch & foam roll	<b>Strength</b> No legs	<b>Warm up drills</b> 30mins easy run on trails Stretch & foam roll	<b>Rest</b>	<b>Warm up drills</b> Run 12kms easy run on trails Easy pace  <b>Stretch, foam roll, compression tights &amp; soda crystal bath</b>
12	<b>Strength</b> No legs	<b>Xtraining 60min</b> Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, pilates	<b>Warm up drills</b> 40mins easy run on trails Stretch & foam roll	<b>Xtraining 60min</b> Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, pilates	<b>Warm up drills</b> 30mins easy run on trails Stretch & foam roll	<b>Rest</b>	<b>Race Day</b>

