

Ragnar Trail Zion - Intermediate/Advanced Training Plan

This is just a training plan. It is not written in stone and your life isn't either. As they say, life happens and you need to maintain some flexibility in adapting this plan to fit into your schedule. If you have to miss a workout, don't assume that you'll suddenly fall behind. Likewise, don't be so rigid that you feel obliged to try to make up for missed training sessions.

The outlined plan provided here is exactly that: the outline to a training plan. It should be adapted to your situation, adjusting the amount of time run, the number of runs in a week, adding or subtracting the number of hill runs, speed drills or cross training as is necessary to accommodate any predilection to injury, recovery from a past injury, illness, family or work emergency, etc. This is for fun and the plan is merely a suggestion as a way to better enable you to succeed in running all of your legs at the Ragnar Trail Relay.

The plan calls for runs on trails but if you don't have access to trails where you live find substitute surfaces by running on grass, golf courses, stairs, stadiums, sand, dirt roads and even skipping rope. Trail running is about adventure so if you lack trails, add in versatility through agility drills, listen to music and throw in some dance moves, play chase with your kids, spice it up with whatever you have at your disposal and, when possible, get away to find trails in your region.

Given the litigiousness of our society today, note that a doctor's examination before you begin any training regimen is recommended and if you experience any physical difficulties while following the plan, know when to cease and seek professional assistance. Don't blame Ragnar.

Intermediate/Advanced

Week 1: Four or five total runs, one with hills, one long, one with some speed drills/tempo work and the other(s) as recovery. In addition, you should make one or two days into doubles with cross training. One day "active rest" with core work and resistance training. One day rest, maybe with some walking. Runs between 30-45 minutes, with long run of an hour. At least one run should be on trails and if you have relatively easy access, three or them should be. Designate the speed or tempo day for road or a track.

Week 2: Five total runs, one with hills, one long, one tempo, and two easy. Two or three should be on trail. The non-long runs should be between 35 and 50 minutes and the long run should be 70 minutes.

Week 3: Five total runs; hill, long, tempo and two recovery. 40-55 minutes with long run 75 minutes. If you have access to running at altitude, one or two of your runs should be at elevation.

Week 4: Five total runs, with two of them in the same 24 hours period. Hill, long, tempo, and double (with both somewhat short and easy). Try to get to elevation at for at least one of those runs, if you have access. Shorter runs should be 45-60 minutes, long run of 80 minutes.

Week 5: Same as week 4 but long run is 90 minutes.

Week 6: Same as week 4 but long run is 100 minutes and double is within a 12 hour period.

Week 7: Easy week of mostly active rest, a few short runs to shake things out, maybe a massage a few days before traveling to Zion.