

11-21km Trail Running Guide

Name:	Guide Dates: 7.12.2020 – 21.2.2021	Event Date: Snowy Trail Festival – 21.2.2021
Intensity	'Easy' Minimal discomfort Controlled breathing More work possible on finishing	'Pressed' A muscle & lung burn Louder breath I'm glad I'm done on finishing
Technique	Key Features Shorter, lower to the ground strides Run tall with hips slightly pressed forward	Hills Monday & Friday sessions: Include hills Wednesday & Saturday sessions: Flatter/ Trails

Date	Session	Est. Time	Banked
7.12.2020	Steady 30 @ Easy	30	✓
8.12.2020			
9.12.2020	Steady 40 @ Easy	40	
10.12.2020			
11.12.2020	Steady 25 @ Easy / 5 @ Pressed = 30	30	
12.12.2020	Steady 45 @ Easy	45	
13.12.2020			
14.12.2020	Steady 30 @ Easy	30	
15.12.2020			
16.12.2020	Steady 40 @ Easy	40	
17.12.2020			
18.12.2020	Steady 25 @ Easy / 5 @ Pressed = 30	30	
19.12.2020	Steady 50 @ Easy	50	
20.12.2020			
21.12.2020	Steady 30 @ Easy/ 10 @ Pressed = 40	40	
22.12.2020			
23.12.2020	Steady 40 @ Easy	40	

24.12.2020			
25.12.2020	Steady 25 @ Easy / 5 @ Pressed = 30		30
26.12.2020	Steady 50 @ Easy		50
27.12.2020			
28.12.2020	Steady 30 @ Easy/ 10 @ Pressed = 40		40
29.12.2020			
30.12.2020	Steady 40 @ Easy		40
31.12.2020			
1.1.2021	Steady 25 @ Easy / 10 @ Pressed = 35		35
2.1.2021	Steady 50 @ Easy		50
3.1.2021			
4.1.2021	Steady 30 @ Easy/ 10 @ Pressed = 40		40
5.1.2021			
6.1.2021	Steady 45 @ Easy		45
7.1.2021			
8.1.2021	Steady 25 @ Easy / 10 @ Pressed = 35		35
9.1.2021	Steady 60 @ Easy		60
10.1.2021			
11.1.2021	Steady 30 @ Easy/ 10 @ Pressed = 40		40
12.1.2021			
13.1.2021	Steady 45 @ Easy		45
14.1.2021			
15.1.2021	Steady 25 @ Easy / 10 @ Pressed = 35		35
16.1.2021	Steady 60 @ Easy		60
17.1.2021			
18.1.2021	Steady 25 @ Easy/ 15 @ Pressed = 40		40
19.1.2021			
20.1.2021	Steady 45 @ Easy		45
21.1.2021			
22.1.2021	Steady 25 @ Easy / 10 @ Pressed = 35		35
23.1.2021	Steady 70 @ Easy		70
24.1.2021			

25.1.2021	Steady 25 @ Easy/ 15 @ Pressed = 40	40	
26.1.2021			
27.1.2021	Steady 45 @ Easy	45	
28.1.2021			
29.1.2021	Steady 20 @ Easy / 15 @ Pressed = 35	35	
30.1.2021	Steady 90 @ Easy	90	
31.2.2021			
1.2.2021	Steady 5 @ Easy/ 5 @ Pressed = 10 x 4 = 40	40	
2.2.2021			
3.2.2021	Steady 45 @ Easy	45	
4.2.2021			
5.2.2021	Steady 20 @ Easy / 15 @ Pressed = 35	35	
6.2.2021	Steady 110 @ Easy	110	
7.2.2021			
8.2.2021	Steady 5 @ Easy/ 5 @ Pressed = 10 x 4 = 40	40	
9.2.2021			
10.2.2021	Steady 45 @ Easy	45	
11.2.2021			
12.2.2021	Steady 20 @ Easy / 15 @ Pressed = 35	35	
13.2.2021	Steady 80 @ Easy	80	
14.2.2021			
15.2.2021	Steady 5 @ Easy/ 5 @ Pressed = 10 x 4 = 40	40	
16.2.2021			
17.2.2021	Steady 40 @ Easy	40	
18.2.2021			
19.2.2021	Steady 20 @ Easy	20	
20.2.2021			
21.2.2021	Race Day! Congratulations Easy controlled start/ Build up slowly to your sustainable race effort/ Hold/ Bring it home, strongly!		