

5-11km 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	‘Hard’ A muscle & lung burn Louder breath I’m glad I’m done on finishing	
The Walk:Run Method		How You’ll need a stopwatch W=Walk (briskly): R=Run (Easy Intensity)	Why Perfect progressive adaptation Lowers risk of injury & boosts motivation	
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	W: 3/ R: 2 = 5 mins x 4 = 20 @ Easy		20	✓
8.12.2020				
9.12.2020	W: 4/ R: 3 = 7 mins x 4 = 20 @ Easy		20	
10.12.2020				
11.12.2020	W: 20 @ Easy		20	
12.12.2020	W: 2.30/ R: 2.30 = 5 mins x 6 = 30 @ Easy		30	
13.12.2020				
14.12.2020	W: 3/ R: 2 = 5 mins x 4 = 20 @ Easy		20	
15.12.2020				
16.12.2020	W: 2/ R: 3 = 5 mins x 4 = 20 @ Easy		20	
17.12.2020				
18.12.2020	W: 25 @ Easy		25	

19.12.2020	W: 2.30/ R: 2.30 = 5 mins x 6 = 30 @ Easy	30	
20.12.2020			
21.12.2020	W: 3/ R: 2 = 5 mins x 4 = 20 @ Easy	20	
22.12.2020			
23.12.2020	W: 2/ R: 4 = 6 mins x 4 = 24 @ Easy	24	
24.12.2020			
25.12.2020	W: 20/ R: 5 = 25 @ Easy	25	
26.12.2020	W: 2.30/ R: 2.30 = 5 mins x 6 = 30 @ Easy	30	
27.12.2020			
28.12.2020	W: 1/ R: 4 = 5 mins x 5 = 25 @ Easy	25	
29.12.2020			
30.12.2020	W: 3/ R: 7 = 10 mins x 2 = 20 @ Easy	20	
31.12.2020			
1.1.2021	W: 20/ R: 5 = 25 @ Easy	25	
2.1.2021	W: 2/ R: 8 = 10 mins x 3 = 30 @ Easy	30	
3.1.2021			
4.1.2021	W: 1/ R: 4 = 5 mins x 5 = 25 @ Easy	25	
5.1.2021			
6.1.2021	W: 2/ R: 8 = 10 mins x 3 = 30 @ Easy	30	
7.1.2021			
8.1.2021	W: 20/ R: 5 = 25 @ Easy	25	
9.1.2021	W: 2/ R: 8 = 10 mins x 4 = 40 @ Easy	40	
10.1.2021			
11.1.2021	W: 1/ R: 4 = 5 mins x 6 = 30 @ Easy	30	
12.1.2021			
13.1.2021	W: 2/ R: 8 = 10 mins x 3 = 30 @ Easy	30	
14.1.2021			
15.1.2021	W: 20/ R: 5 = 25 @ Easy	25	
16.1.2021	W: 2/ R: 8 = 10 mins x 4 = 40 @ Easy	40	
17.1.2021			
18.1.2021	W: 1/ R: 4 = 5 mins x 6 = 30 @ Easy	30	
19.1.2021			

20.1.2021	W: 2/ R: 8 = 10 mins x 3 = 30 @ Easy	30	
21.1.2021			
22.1.2021	W: 15/ R: 10 = 25 @ Easy	25	
23.1.2021	W: 1/ R: 9 = 10 mins x 4 = 40 @ Easy	40	
24.1.2021			
25.1.2021	W: 1/ R: 4 = 5 mins x 6 = 30 @ Easy	30	
26.1.2021			
27.1.2021	W: 2/ R: 8 = 10 mins x 3 = 30 @ Easy	30	
28.1.2021			
29.1.2021	W: 15/ R: 10 = 25 @ Easy	25	
30.1.2021	W: 1/ R: 9 = 10 mins x 5 = 50 @ Easy	50	
31.2.2021			
1.2.2021	W: 1/ R: 4 = 5 mins x 6 = 30 @ Easy	30	
2.2.2021			
3.2.2021	W: 2/ R: 8 = 10 mins x 3 = 30 @ Easy	30	
4.2.2021			
5.2.2021	W: 15/ R: 10 = 25 @ Easy	25	
6.2.2021	W: 1/ R: 9 = 10 mins x 6 = 60 @ Easy	60	
7.2.2021			
8.2.2021	W: 1/ R: 4 = 5 mins x 6 = 30 @ Easy	30	
9.2.2021			
10.2.2021	W: 2/ R: 8 = 10 mins x 3 = 30 @ Easy	30	
11.2.2021			
12.2.2021	W: 15/ R: 10 = 25 @ Easy	25	
13.2.2021	W: 1/ R: 9 = 10 mins x 3 = 30 @ Easy	30	
14.2.2021			
15.2.2021	W: 1/ R: 4 = 5 mins x 6 = 30 @ Easy	30	
16.2.2021			
17.2.2021			
18.2.2021			
19.2.2021	W: 15/ R: 10 = 25 @ Easy	25	
20.2.2021			
21.2.2021	Event Day – Enjoy yourself!	Who cares!	

	Pace out nice and easily! Let em go! Trust me. Congratulations!		
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