

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



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	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	Strength Make sure you don't completely exhaust your body & legs	Warm up drills 60mins easy run on trails Stretch & foam roll	Xtraining 60mins Choose - Spin, cycle, swim, yoga, pilates, HIIT, circuit, dance, Zumba, barre	Warm up drills Run 4kms easy run on trails Stretch, foam roll, compression tights & soda crystal bath
2	Rest	Strength Make sure you don't completely exhaust your body & legs	Warm Up Drills Run 200m faster & 200m steady for 5kms Stretch & foam roll	Strength Make sure you don't completely exhaust your body & legs	Warm up drills 60mins easy run on trails Stretch & foam roll	Xtraining 60mins Choose - Spin, cycle, swim, yoga, pilates, HIIT, circuit, dance, Zumba, barre	Warm up drills Run 6kms easy run on trails Stretch, foam roll, compression tights & soda crystal bath
3	Rest	Strength Make sure you don't completely exhaust your body & legs	Warm up drills Option 1km 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	Strength Make sure you don't completely exhaust your body & legs	Warm up drills 60mins easy run on trails Stretch & foam roll	Xtraining 60mins Choose - Spin, cycle, swim, yoga, pilates, HIIT, circuit, dance, zumba, barre	Warm up drills Run 8kms easy run on trails Stretch, foam roll, compression tights & soda crystal bath



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

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4	Rest	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	Strength Make sure you don't completely exhaust your body & legs	Warm up drills Interval Run 4kms Run 1km steady, 1km faster, 1km steady, 1km faster Stretch & foam roll	Xtraining 60mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, pilates, HIIT, circuit, dance, Zumba, barre	Warm up drills Run 6kms easy run on trails Stretch, foam roll, compression tights & soda crystal bath
5	Rest	Strength Make sure you don't completely exhaust your body & legs	Warm Up Drills Run 200m fast & 200m steady for 6kms Stretch & foam roll	Strength Make sure you don't completely exhaust your body & legs	Warm up drills 60mins easy run on trails Stretch & foam roll	Xtraining 60mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, pilates, HIIT, circuit, dance, Zumba, barre	Warm up drills Run 10kms easy run on trails Stretch, foam roll, compression tights & soda crystal bath
6	Rest	Strength Make sure you don't completely exhaust your body & legs	Warm up drills Run steady 2kms Run as fast as you can for 2mins Rest until HR drops Repeat for 3 times Stretch & foam roll	Strength Make sure you don't completely exhaust your body & legs	Warm up drills Interval Run 6kms Run 1km steady, 1km faster for the distance Stretch & foam roll	Xtraining 60mins Choose - Spin, cycle, swim, aqua aerobics, water running, yoga, pilates, HIIT, circuit, dance, Zumba, barre	Warm up drills Run 12kms easy run on trails Stretch, foam roll, compression tights & soda crystal bath



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

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7	Rest	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	Strength Make sure you don't completely exhaust your body & legs	Warm up drills 60mins easy run on trails Stretch & foam roll	Xtraining 60mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, pilates, HIIT, circuit, dance, Zumba, barre	Warm up drills Run 14kms easy run on trails Stretch, foam roll, compression tights & soda crystal bath
8	Rest	Strength Make sure you don't completely exhaust your body & legs	Warm Up Drills Run 300m faster & 300m steady for 5kms Stretch & foam roll	Strength Make sure you don't completely exhaust your body & legs	Warm up drills 60mins easy run on trails Stretch & foam roll	Xtraining 60mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, pilates, HIIT, circuit, dance, Zumba, barre	Warm up drills Run 8kms easy run on trails Stretch, foam roll, compression tights & soda crystal bath
9	Rest	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	Strength Make sure you don't completely exhaust your body & legs	Warm up drills Interval Run 5kms Run 1km steady, 1km faster for the distance Stretch & foam roll	Xtraining 60mins Choose - Spin, cycle, swim, aqua aerobics, water running, yoga, pilates, HIIT, circuit, dance, Zumba, barre	Warm up drills Run 12kms easy run on trails Stretch, foam roll, compression tights & soda crystal bath





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



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10	Rest	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	Strength Make sure you don't completely exhaust your body & legs	Warm up drills 60mins easy run on trails Stretch & foam roll	Xtraining 60mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, pilates, HIIT, circuit, dance, Zumba, barre	Warm up drills Run 12kms easy run on trails Stretch, foam roll, compression tights & soda crystal bath
11	Rest	Strength No 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	Strength No legs	Warm up drills 40mins easy run on trails Stretch & foam roll	Xtraining 60min Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, pilates	Warm up drills Run 8kms easy run on trails Stretch, foam roll, compression tights & soda crystal bath
12	Rest	Strength No legs	Warm up drills 40mins easy run on trails Stretch & foam roll	Strength No legs	Xtraining 60min Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, pilates	Rest	Race Day

