



TRAINING PLANNER

HALF MUCKER

Wk	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total*
1	CST 15min	Intervals	Rest	XT 45min	Rest	LSR 8mile LSR	Rest	200min
2	CST 15min	Blaster	Rest	XT 45min	Rest	LSR 9mile LSR	Rest	210min
3	CST 15min	Hills	Rest	XT 45min	Rest	LSR 10mile	Rest	220min
4	CST 15min	Tempo	Rest	XT 40min	CST 15min	LSR 10mile	Rest	230min
5	CST 15min	Intervals	Rest	XT 45min	CST 15min	LSR 11mile	Rest	245min
6	CST 15min	Blaster	Rest	XT 50min	CST 15min	LSR 12mile	Rest	260min
7	CST 15min	Hills	Rest	XT 55min	CST 15min	LSR 13.5mile	Rest	280min
8	CST 30min	Tempo	Rest	XT 60min	CST 15min	LSR 13.5mile	Rest	300min
9	CST 30min	Intervals	Rest	XT 60min	CST 15min	LSR 15mile	Rest	320min
10	CST 30min	Blaster	Rest	XT 75min	Rest	LSR 16.5mile	Rest	330min
11	CST 30min	Hills	Rest	XT 60min	Rest	LSR 12mile	Rest	285min
12	CST 30min	Easy run	Rest	XT 30min	Rest	Event Day!	Party!	120min

*Assuming LSR at 10min/mile

FULL MUCKER

Wk	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total*
1	CST 15min	Intervals	HIIT 15min	XT 45min	CST 15min	LSR 11mile	Rest	244min
2	CST 15min	Blaster	HIIT 15min	XT 50min	CST 15min	LSR 12mile	Rest	257min
3	CST 15min	Hills	HIIT 15min	XT 55min	CST 15min	LSR 13.5mile	Rest	270min
4	CST 30min	Tempo	HIIT 15min	XT 50min	CST 15min	LSR 13.5mile	Rest	285min
5	CST 30min	Intervals	HIIT 15min	XT 60min	CST 15min	LSR 15mile	Rest	308min
6	CST 30min	Blaster	HIIT 15min	XT 70min	CST 15min	LSR 16.5mile	Rest	330min
7	CST 45min	Hills	HIIT 15min	XT 60min	CST 15min	LSR 18mile	Rest	348min
8	CST 45min	Tempo	HIIT 15min	XT 75min	CST 15min	LSR 18mile	Rest	363min
9	CST 45min	Intervals	HIIT 15min	XT 75min	CST 15min	LSR 20mile	Rest	380min
10	CST 45min	Blaster	HIIT 15min	XT 75min	CST 15min	LSR 22mile	Rest	397min
11	CST 45min	Hills	Rest	XT 60min	Rest	LSR 13.5mile	Rest	280min
12	CST 30min	Easy run	Rest	XT 30min	Rest	Event Day!	Party!	120min

*Assuming LSR at 8:30min/mile

KEY

GENERAL TRAINING

CST: Core Stability Training. Exercises focusing on the control of the torso muscles, such as Parkour, Yoga, Pilates or balance/resistance exercises using own-body or freeweights.

XT: "Cross" Training. Any other non-running, or non-core specific exercise. Such as cycling, rowing, racket sports, swimming, martial arts, ball sports, climbing, gym classes. Must include periods of high intensity activity.

LSR: Long Steady Run. Can include walk intervals, but you must be able to make the distance. These shouldn't be the hardest session of your week. If you can already run beyond this distance, tweak the pace in the mid third.

HIIT: High Intensity Interval Training. 3min warm up, 60secs intensive cardio exercise (eg burpees, press-up variations, pull-ups, bicycle crunches, rifle lunges, box jumps, tuck jumps, standing sprints etc), 75secs rest. Repeat 10 cycles.

TUESDAY RUN SESSIONS

Hills: Easy 15min warm-up run, to reach the foot of a 1-2 minute long hill. Run hard uphill, then gently downhill to recover. Pace yourself to repeat for 30mins. Easy 15min run to warm down.

Intervals: Easy 15min warm-up run to reach "start" location. Set your watch for 1-2 mins, and run hard to what will be your "stop" location. Rest for 1 min, then run hard back to the "start" to try and match the time. Rest for 1 min. Pace yourself to repeat for 30mins. Easy 15min run to warm down.

Tempo: Easy 15min warm-up run, straight into the fastest pace you can maintain for 30mins. Easy 15min warm-down run.

Blaster: Easy 15min warm-up run. 30secs of hard cardio drills (such as press-ups, burpees, pull-ups, crunches, lunges, tuck jumps, standing sprints etc) then 2½ min easy running. Repeat for 30 minutes. Easy 15min warm-down run.

PLEASE NOTE: These training plans have been created by an experienced race director and obstacle designer, a UKA qualified Leader in Running Fitness. They are an example only, and may not be achievable by all. Anyone deciding to act upon information provided by this website does so entirely at their own risk. Anyone wishing to start a physical training plan, or to increase or modify their level or type of physical activity should do so only having first discussed their plans with their GP.