# 16 week mountain marathon training plan

Warm up with 10 minutes of easy running before all your sessions, and a 5 minutes cool down followed by stretching is a good idea to help avoid getting injured.

<table>
<thead>
<tr>
<th>Week 1</th>
<th>Easy run 20 mins at effort 1</th>
<th>Hill Intervals 30 mins - with 6 x 1 min hills at effort 3, jog back down to recover.</th>
<th>Steady run 30 mins at effort 2</th>
<th>Long run* 5-6 miles Effort 2</th>
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<tbody>
<tr>
<td>Week 2</td>
<td>Easy run 40 mins at effort 1</td>
<td>Hill Intervals 40 mins - with 8 x 1 min hills at effort 3, jog back down to recover.</td>
<td>Interval 25 mins including 6 x 30 second bursts at effort 4</td>
<td>Long run* 6-7 miles Effort 2</td>
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<tr>
<td>Week 3</td>
<td>Easy run 20 mins at effort 2</td>
<td>Hill Intervals 50 mins 2 min rep at effort 2 2 min rep at effort 3 2 min rep at effort 4 1 min recovery, then repeat - x3 sets Recover on the downhills (or remove incline if on treadmill for 30 seconds between each rep)</td>
<td>Interval 30 mins including 8 x 30 second bursts at effort 4</td>
<td>Long run* 7-8 miles Effort 2</td>
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<td>Week 4</td>
<td>Easy run 45 mins at effort 2</td>
<td>Steady run 40 mins at effort 2 (add some hill reps to this session if you do not feel too tired, but leave out if recovery is needed)</td>
<td>Cross training 45 mins</td>
<td>Long run* 8-9 miles Effort 2</td>
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<tr>
<td>Week 5</td>
<td>Easy run 45 mins at effort 2</td>
<td>Hill Intervals 60 mins 2 min rep at effort 2 2 min rep at effort 3 2 min rep at effort 4 1 min recovery, then repeat - x4 sets Recover on the downhills (or remove incline if on treadmill for 30 seconds between each rep)</td>
<td>Threshold run 25 mins at effort 3</td>
<td>Long run* 10-11 miles Effort 2</td>
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<td>Week 6</td>
<td>Easy run 40 mins at effort 1</td>
<td>Hill Intervals 40 mins - with 10 x 1 min hills at effort 4, jog back down to recover.</td>
<td>Interval 40 mins including 5 x 3 min at effort 3 with 3 min recoveries at effort 1</td>
<td>Long run* 11-12 miles Effort 2</td>
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<tr>
<td>Week 7</td>
<td>Steady run 40 mins at effort 2</td>
<td>Hill Intervals 60+ mins 2 min rep at effort 2 2 min rep at effort 3 2 min rep at effort 4 1 min recovery, then repeat - x5 sets Recover on the downhills (or remove incline if on treadmill for 30 seconds between each rep)</td>
<td>Interval 50 mins including 4 x 5 min at effort 3 with 5 min recoveries at effort 1. Followed by 10 mins at effort 3</td>
<td>Long run* 12-13 miles Effort 2</td>
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<tr>
<td>Week 8</td>
<td>Easy run 45 mins at Effort 1</td>
<td>Steady run 40 mins at effort 2 (add some hill reps to this session if you do not feel too tired, but leave out if recovery is needed)</td>
<td>Cross training 45 mins</td>
<td>Long run* 13-14 miles Effort 2</td>
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### Week 9
- **Steady run**
  - 1hr
  - Effort 2

- **Hill Intervals**
  - 50 mins - with 12 x 1 min hills at effort 4, jog back down to recover

- **Threshold run**
  - 25 mins at effort 3

- **Long run**
  - 15-16 miles
  - Effort 2

### Week 10
- **Easy run**
  - 20 mins
  - Effort 2

- **Hill Intervals**
  - 60 mins - with 12 x 1 min hills at effort 4, jog back down to recover

- **Interval**
  - 40 mins including 7 x 2 mins at effort 4, with 3 min recoveries at effort 1

- **Long run**
  - 15-16 miles
  - Effort 2

### Week 11
- **Easy run**
  - 40 mins
  - Effort 2

- **Hill Intervals**
  - 60 mins - with 14 x 1 min hills at effort 4, jog back down to recover

- **Threshold run**
  - 30 mins at effort 3

- **Long run**
  - 17-18 miles
  - Effort 2

### Week 12
- **Easy run**
  - 20 mins
  - Effort 2

- **Steady run**
  - 40 mins at effort 2
  - (add some hill reps to this session if you do not feel too tired, but leave out if recovery is needed)

- **Cross training**
  - 45 mins

- **Long run**
  - 19-20 miles
  - Effort 2

### Week 13
- **Easy run**
  - 45 mins
  - Effort 2

- **Hill Intervals**
  - 60 mins - with 16 x 1 min hills at effort 4, jog back down to recover

- **Interval**
  - 40 mins including 5 x 3 min at effort 3/4 with 3 min recoveries at effort 1

- **Long run**
  - 20-22 miles
  - Effort 2

### Week 14
- **Easy run**
  - 45 mins
  - Effort 2

- **Hill Intervals**
  - 60+ mins - with 8 x 1 min hills at effort 3, jog back down to recover

- **Interval**
  - 25 mins including 5 x 2 min at effort 4 with 2 min recoveries at effort 1

- **Long run**
  - 10-11 miles
  - Effort 2

### Week 15
- **Easy run**
  - 45 mins
  - Effort 2

- **Hill Intervals**
  - 40 mins - with 8 x 1 min hills at effort 3, jog back down to recover

- **Interval**
  - 20 mins including 4 x 1 mins at effort 4 with 1 min recoveries at effort 1

- **Long run**
  - 5 miles
  - Effort 2

### Week 16
- **Steady run**
  - 40 mins
  - Effort 2

- **Easy run**
  - 20 mins
  - Effort 1

- **Rest or cross training**

- **Race day**

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**Level 1:** Easy jog, breathing easy and steady, active but not challenging.

**Level 2:** Sustainable steady running, breathing and heart rate elevated but not uncomfortable; general race pace.

**Level 3:** Brisk challenging running, at increased pace; you should be breathing harder.

**Level 4:** Maximum effort, sustainable for one or two minutes.

*Remember to make as many of your long runs off road and hilly and get used to running with your pack.*

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