

5 Peaks 12 Week Enduro Training Plan							
WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest Day	25 min easy run	30mins Cross Training	25 min easy run	Rest Day	Rest Day	30 min long slow run
2	Rest Day	25 min easy run	30mins Cross Training	30 min easy run	Rest Day	Rest Day	35 min long slow run
3	Rest Day	25 min easy run	35mins Cross Training	30 min easy run	Rest Day	20 min easy run	40 min long slow run
4	Rest Day	30 min easy run	35mins Cross Training	30 min easy run	Rest Day	20 min easy run	35 min long slow run
5	Rest Day	30 min easy run	30mins Cross Training	35 mins incl 3 x 60sec uphill	Rest Day	20 min easy run	45 min long slow run
6	Rest Day	30 min easy run	40mins Cross Training	40 mins incl. 4 x 60sec uphill	Rest Day	30 min easy run	50 min long slow run
7	Rest Day	35 min easy run	40mins Cross Training	40 mins incl 5 x 60sec uphill	Rest Day	30 min easy run	40 min long slow run
8	Rest Day	35 min easy run	45mins Cross Training	45 mins incl. 5 x 75sec uphill	Rest Day	30 min easy run	55 min long slow run
9	Rest Day	35 min easy run	45mins Cross Training	50 mins incl 6 x 75sec uphill	Rest Day	35 min easy run	60 min long slow run
10	Rest Day	40 min easy run	30mins Cross Training	50 mins incl 7 x 75sec uphill	Rest Day	35 min easy run	65 min long slow run
11	Rest Day	40 min easy run	30mins Cross Training	45 mins incl. 8 x 75sec uphill	Rest Day	20 min easy run	45 min long slow run
12	Rest Day	30 min easy run	Rest	20 min easy run	Rest Day	5 Peaks Enduro Race !!	Rest Day

** This training plan is best suited to the runner who has a goal of completing a 5 Peaks Enduro Course. Before starting this plan, you should have completed at least a recent 5km race on the road or trails.*

Trail Frequency: You should aim to do at least run 2 runs per week on trail, dirt or grass.

Cross Training: Wednesday Cardio Cross training days should be done at a moderate intensity on your choice of elliptical, biking, swimming, deep water running or other form of non-impact workout.

Hills: Hill repeats should be completed after a good warmup, and then followed by a short cooldown.

Long Runs: Your Sunday long run should be done at a very relaxed pace that allows you to finish feeling like you could have kept going, but are pleased to be done.