



TRAINING PLAN - Team 70km

This plan is designed to help you peak for your 70km Team race! 70km is a long distance for any runner even when divided between a team. Proper preparation and training should be conducted both for your safety and to ensure the race is completed! With steady progression and de-loading phases Wadi Bih can ensure you perform to your maximum ability on race day. A brief overview of what each day is targeting during the plan, can be seen below.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Longer Intervals	Active rest & Mobility work	Active rest & Mobility work	Shorter intervals	Active rest & mobility work	Long run (terrain specific, up/downhills)	Active rest & mobility work

The total distance you will be running each week over the course of the 8 week program can be seen below, and shows how we are following a gradual progression method to target the Team 70km (Approximately 15km each member):

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Weekly running volume	15km	19km	21km	26km	17km	27km	31km	33km



Week 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2km x 2 (1:2 work to rest ratio)	Active rest & mobility work	Active rest & mobility work	1km x 5 (1:1 work to rest ratio)	Active rest & mobility work	6km run	Active rest & mobility work

Week 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2km x 3 (1:2 work to rest ratio)	Active rest & mobility work	Active rest & mobility work	1km x 5 (1:1 work to rest ratio)	Active rest & mobility work	8km run	Active rest & mobility work

Week 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3km x 2 (1:2 work to rest ratio)	Active rest & mobility work	Active rest & mobility work	1km x 5 (1:1 work to rest ratio)	Active rest & mobility work	10km run	Active rest & mobility work

Week 4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3km x 3 (1:2 work to rest ratio)	Active rest & mobility work	Active rest & mobility work	1km x 5 (1:1 work to rest ratio)	Active rest & mobility work	12km run	Active rest & mobility work

Week 5: De-load week

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2km x 2 (1:2 work to rest ratio)	Active rest & mobility work	Active rest & mobility work	1km x 5 (1:1 work to rest ratio)	Active rest & mobility work	8km run	Active rest & mobility work



Week 6

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5km x 2 (1:2 work to rest ratio)	Active rest & mobility work	Active rest & mobility work	1km x 5 (1:1 work to rest ratio)	Active rest & mobility work	12km run	Active rest & mobility work

Week 7

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3km x 4 (1:2 work to rest ratio)	Active rest & mobility work	Active rest & mobility work	1km x 5 (1:1 work to rest ratio)	Active rest & mobility work	14km run	Active rest & mobility work

Week 8

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4km x 3 (1:2 Work to rest ratio)	Active rest & mobility work	Active rest & mobility work	1km x 5 (1:1 work to rest ratio)	Active rest & mobility work	16km run	Active rest & mobility work

Congratulations! You have now completed your training program and should be at your best physical level ever. The final week leading up the Wadi Bih race is used to rest and allow you to recover for the event. Good luck and have an amazing time from everyone at the Wadi Bih team!

Week 9: Final tapering

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rest week*	Rest week *	Rest week *	Rest week *	Rest week *	Rest week *	TEAM 70KM!

Should you have any questions about the training program, or require more detailed training please do not hesitate to contact the Wadi Bih team!