

PYRAMID RUN 8 WEEK BUILD UP

	Week 1	Week 2	Week 3	Week 4
MON	45 min zone 1-2	60 min zone 1-2	60 min zone 1-2	45 min zone 1-2
TUE	45 min inc 6x 30 sec hill sprints (jog down)	45 min inc 8x 30 sec hill sprints (jog down)	50 min inc 5x 3 min uphill @ zone 4 (jog down)	40 min inc 6x 30sec strides
WED	REST DAY	REST DAY	REST DAY	REST DAY
THUR	<u>bodyweight strength</u>	<u>bodyweight strength</u> + 20-30 min zone 1-2	<u>bodyweight strength</u> + 20-30 min zone 1-2	<u>bodyweight strength</u>
FRI	REST DAY	REST DAY	REST DAY	REST DAY
SAT	60 min trail run zone 1-2	75 min trail run zone 1-2	90 min trail run zone 1-2	75 min trail run zone 1-2
SUN	REST DAY	REST DAY	REST DAY	REST DAY

PYRAMID RUN 8 WEEK BUILD UP

	Week 5	Week 6	Week 7	Week 8
MON	60 min zone 1-2	60 min zone 1-2	40 min zone 1-2	30 min zone 1-2
TUE	<u>bodyweight strength</u> + 30 min zone 1-2 inc 6x30sec strides	<u>bodyweight strength</u> + 30 min zone 1-2 inc 6x30sec hill sprints (jog down)	<u>bodyweight strength</u> + 30 min zone 1-2	30-40 min zone 1-2 inc 4x30 sec strides
WED	REST DAY	REST DAY	REST DAY	REST DAY
THUR	60 min:15 min zone 1-2, 3x10 min race pace, 5 min recovery	60 min:15 min zone 1-2, 30 min race pace, 15 min zone 1-2	50 min inc 5x2 min race pace, 1 min recovery + 6x30sec strides	30 min zone 1-2
FRI	REST DAY	REST DAY	REST DAY	REST DAY
SAT	105 min trail run zone 1-2	120 min trail run zone 1-2	60 min trail run zone 1-2	Hard Labour Day 1 or shake out jog
SUN	REST DAY	REST DAY	REST DAY	Event Day! Pyramid Run