

12-Week Breakthrough Plan:

Week	Mon	Tuesday	Wed.	Thurs	Fri	Saturday	Sunday
1 (13 to 26 mi total)	rest	3-6 mi easy Mtn legs	Cross train 60-90 min. Cross train can be bike, hike, ski, or anything else, with the time being flexible. Keep it mostly easy, but it's ok to push some climbs and have fun!	3-6 mi easy. Mtn legs	Rest or x-train. Up to 90 min.	4-8 miles easy	3-6 mi easy Can always add or substitute x-train on Sundays. Mtn legs
2 (19 to 36 mi total)	rest	3-6 mi easy. All easy runs can be on any terrain you like, and as you get confident, you can even end them with steady running	2-3 mi easy, 6 x 20 sec hills fast with 90 sec easy recovery, 2-3 mi easy. On these hill strides, think powerful and fast on a 6-8% grade ideally--you'll be winded at the top. Embrace your athletic self Mtn legs	3-6 mi easy. Can add or sub easy x-train on Thurs too!	Rest or x-train. Can even go longer if fun and healthy!	5-10 mi easy, ideally with hilly terrain. Can run ups with a bit more effort on long runs if you feel good	3-6 mi easy with 4 x 20 sec hills fast (All Sunday runs ideally hilly too) Mtn legs
3 (22 to 41 mi total)	rest	3-6 mi easy	2-3 mi easy, 8 x 30 sec hills with 90-120 sec easy recovery, 2-3 mi easy/mod. Can progress effort on easy/mod running, ending faster! Mtn legs	3-6 mi easy	Rest or x-train	6-12 mi easy over hills Mtn legs	4-8 mi easy with 5 x 20 sec hills fast Mtn legs
4 (24 to 45 mi total)	rest	4-8 mi easy with 4 x 30 sec hills	2-3 miles easy, 6 x 1 min hills mod/hard with run down to start recovery, 2-3 miles easy/moderate on tired legs. On the hills, think like you are running a 5k, so not as fast as the strides Mtn legs	4-8 mi easy	Rest or x-train	6-12 mi easy/mod over hills. On easy/mod long runs, just run for fun without worrying about specific effort Mtn legs	4-8 mi easy with 4 x 20 sec hills Mtn legs
5 (25 to 56 mi total)	rest	4-8 mi easy. Aerobic build week!	5-10 mi easy/mod over hills Mtn legs	4-8 mi easy	Rest or x-train or 3-6 mi easy	7-14 mi easy/mod over hills	5-10 mi easy with 4 x 20 second hills Mtn legs
6 (21 to 43 mi total)	rest	3-6 mi easy with 6 x 20 sec fast/2 min easy. On flatter strides, think as fast as you can go without straining. Usually 800m to mile effort	2-3 miles easy, 1/2/3/2/1 min hills mod/hard with run down recovery after each, 2-3 miles easy/mod. Think 5k effort! Mtn legs	3-6 mi easy	Rest or x-train or 2-4 mi easy	5-10 mi easy over hills (20 min mod/hard tempo in middle around 1 hour effort) Mtn legs	4-8 mi easy plus 4 x 30 sec hills fast Mtn legs
7 (25 to 53 mi total)	rest	4-8 mi easy with 4 x 20 sec fast/1 min easy	2-3 mi easy, 5 x 3 min hills mod/hard with run down recovery, 2-3 miles easy/mod. Think 5k effort!	4-8 mi easy	Rest or x-train or 3-6 mi easy	7-14 mi easy/mod over hills	4-8 mi easy with 4 x 20 sec fast/2 min easy

			Mtn legs				Mtn legs
8 (30 to 62 mi total)	rest	5-10 mi easy with 4 x 20 sec hills	2-3 mi easy, 15 x 1 min fast/1 min easy, 2-3 mi easy. Think smooth and sustainable, like a 5k or easier at first! Mtn legs	5-10 mi easy	Rest or x-train or 3-6 mi easy	8-16 mi easy/mod over hills (30 min mod/hard tempo) Mtn legs	5-10 mi easy Mtn legs
9 (29 to 62 mi total)	rest	5-10 mi easy with 4 x 20 sec fast/1 min easy	2-3 miles easy, 5/4/3/2/1 min fast with 2 min easy recovery after each, 2-3 miles easy. Think 10k on intervals to start, progressing effort as you go No leg strength this week as stress increases	5-10 mi easy	Rest or x-train or 3-6 mi easy	8-16 mi moderate over hills. 50k effort is a good guideline, not too hard!	5-10 mi easy with 4 x 30 second hills
10 (23 to 55 mi total)	rest	4-8 mi easy. Aerobic build week!	5-10 mi easy/mod over hills Mtn legs Optional: a short double where you x-train or jog for 20-30 min	4-8 mi easy Optional double	Rest or x-train or 3-6 mi easy	6-12 mi easy over hills Mtn legs	4-8 mi easy with 4 x 30 sec hills Mtn legs
11 (30 to 68 mi total)	rest	5-10 mi easy with 4 x 20 sec fast/2 min easy	2-3 mi easy, 5 x 2 min hills mod/hard with run down recovery (think 5k), 4 x 1 min fast/1 min easy (more effort), 2-3 mi easy. First combo workout! Optional double as above Mtn legs	5-10 mi easy Optional double	Rest or x-train or 3-6 mi easy	8-16 mi easy over hills (20 min mod/hard) Mtn legs	5-10 mi easy plus 4 x 20 sec hills
12 (32 to 73 mi total)	rest	5-10 mi easy with 4 x 30 sec fast/30 sec easy	2-3 mi easy, 20-40 min hard, 2-3 mi easy. This is a great time to go for a PR on a 5k or a trail route, and you can mix up the length of the hard section for your goals Optional double	6-12 mi easy Optional double	Rest or x-train or 4-8 mi easy	8-16 mi easy. Keeping it relaxed after harder effort! Mtn legs	6-12 mi easy Mtn legs