

12 WEEK (ADVANCED) TRAINING PROGRAM


RAGNAR TRAIL

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1	3 miles	Active rest	3 miles tempo	Active rest	Cross training	4 miles-long run	Rest
2	3 miles	Active rest	4 miles tempo	Active rest	Cross Training	5 miles-long run	Rest
3	3 miles	Active rest	5 miles tempo	Active rest	Cross Training	7 miles-long run	Rest
4	4 miles	4 miles easy	5 miles tempo	Active rest	5 miles	9 miles-long run	Rest
5	4 miles	5 miles easy	5 miles speed	Active rest	5 miles at elevation	10 miles-long run	Rest
6	4 miles	5 miles easy	5 miles tempo	Active rest	5 miles	12 miles-long run	Rest
7	4 miles	6 miles hill run	6 miles speed	Active rest	5 miles at elevation	14 miles-long run	Rest
8	5 miles	6 miles easy	6 miles tempo	Active rest	6 miles	6/4 multiple runs	Rest
9	5 miles	6 mile hill run	6 mile speed	Active rest	6 miles at elevation	12 miles-long run	Rest
10	5 miles	7 miles easy	6 miles tempo	Active rest	6 miles	5/4 multiple runs	Rest
11	5 miles	7 miles hill run	6 miles tempo	Active rest	6 miles	3/6 multiple runs	Rest
12	5 miles	5 miles easy	5 miles trail	Active rest			

TEMPO RUN:

Begin with 5-10 minute warm-up. Continue with 4-6 minutes of race pace Followed by 2-3 minutes of recovery. Conclude with 5-10 minute cool down.

LONG RUNS/MULTIPLE RUNS:

There are a few days that included multiple workouts in one day. This is designed to simulate running 3 legs over 24 hours. Also, try running at night or at elevation.

ACTIVE REST:

Try to include a core workout as well as light resistance training while keeping heart rate at 60-65%. This could also be a short hike or walking.