

12 WEEK FELL RUNNING TRAINING PLAN



Week	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
1	60 mins	Hill reps: 6 x 1	60 mins	Rest	50 mins flat,	*Tempo: 25	2h easy fell
	flat, easy	min very hard	easy run on		easy run	mins	run
	run (can	uphill/3 mins	fell or trail		(can be	cruising fell	
	be done	easy downhill			done on	tempo @ 3h	
	on road	& flat recovery			road or	race pace	
	or trail)	jog. Aim for			trail)	(65-70%	
		fastest				effort). Aim	
		sustainable				to include a	
		pace for the				sustained	
		uphill sections				10-15 mins	
						climb during your session	
2	50 mins	Hill reps: 6 x 1	60 mins	Rest	50 mins flat,	*Tempo: 30	2h easy fell
_	flat, easy	min hard	easy run on	11000	easy run	mins	run
	run (can	uphill, then	fell or trail		(can be	cruising fell	
	be done	easy jog back			done on	tempo @ 3h	
	on road	to your			road or	race pace	
	or trail)	starting point.			trail)	(65-70%	
		Followed by 3				effort). Aim	
		mins jog, then				to include a	
		6 x 30s hard				sustained	
		uphill, easy jog				10-15 mins	
		back to				climb during	
		starting point.				your session	
		Aim for fastest					
		sustainable					
		pace for the					
	40 :	uphill sections		5 .	10 : (1 :		21 6 11
3	40 mins	Trail fartlek: 6	60 mins	Rest	40 mins flat,	Continuous	2h easy fell
	flat, easy	x 3 mins with	easy run on		easy run	uphill reps:	run
	run (can	90s easy jog	fell or trail		(can be	10 x 1 min	
	be done	recovery. Aim for 1h race			done on road or	hard uphill/1	
	on road or trail)	pace (90%			trail)	min easy uphill. Run	
	Of trail)	effort) for the			l traii)	on a steep	
		reps				but run-able	
		Терз				incline. Aim	
						for your	
						fastest	
						sustainable	
						pace	
4	40 mins	*Continuous	60 mins	Rest	40 mins flat,	Hill loops: 4	1.5h easy
	flat, easy	uphill reps: 5 x	easy run on		easy run	x 6 mins - 4	fell run
	run (can	3 mins hard	fell or trail		(can be	reps of a hill	
	be done	uphill/2 mins			done on	that takes	
	on road	easy uphill run			road or	3.5-4 mins	
	or trail)	on a gradual			trail)	to climb and	
		incline Aim for				2-2.5 mins	
		1h race pace				to descend.	

		(90% effort) for your 3 minute reps				Aim for 1h race pace on the climbs (90% effort) and a slightly more relaxed 2h race pace (80% effort) on the descents	
5	60 mins flat, easy run (can be done on road or trail)	Trail fartlek: 5 x 4 mins fast with 2 mins easy jog in between reps. Aim for 1h race pace (90% effort) for your 4 minute reps	60 mins easy run on fell or trail	Rest	50 mins flat, easy run (can be done on road or trail)	Hill reps: 2-4-2-4-2 mins hard uphill with a jog-back-to-start recovery, on a steep but run-able climb. Aim to run the uphill efforts at your fastest sustainable pace	2.5h easy fell run
6	60 mins flat, easy run (can be done on road or trail)	Up & down hill reps: 3 x 6 mins. Using a small hill that takes you 60-90s to summit, run up and down at hard intensity for 6 mins. Take a 3 mins recovery between each rep	60 mins easy run on fell or trail	Rest	50 mins flat, easy run (can be done on road or trail)	*Uphill tempo: 20 mins tempo effort @ 1h race pace (90% effort) on a continuous climb	2h easy fell run
7	50 mins flat, easy run (can be done on road or trail)	Trail fartlek: 5 x 5 mins fast with 2 mins easy jog in between reps. Aim for 1h race pace (90% effort) for your 5 minute reps	40 mins easy run on trail	Rest	40 mins flat, easy run (can be done on road or trail) with 4 x 10s strides	Short fell race (4-6 miles)	1h easy trail run

8	Rest	60 mins flat, easy run (can be done on road or trail)	60 mins easy run on fell or trail	Rest	Rest or x- train	*Fell tempo: 40 mins fell tempo @ 2h race pace (80% effort). Aim to include a sustained 20-25 min climb during the session	2.5h easy fell run
9	60 mins flat, easy run (can be done on road or trail)	Trail fartlek: 8 x 3 mins fast with 90s easy jog in between reps. Aim for 1h race pace (90% effort) for your 3 minute reps	40 mins easy run on trail	Rest	30 mins flat, easy run (can be done on road or trail) with 4 x 10s strides	*Medium fell race (7- 10 miles)	1h easy trail run
10	Rest	60 mins flat, easy run (can be done on road or trail)	60 mins easy run on fell or trail	Rest	Rest or x- train	Hill loops: 4 x 8 mins - 4 reps of a hill that takes 5- 6 mins to climb and 2- 3 mins to descend. Aim for 1h race pace on the climbs (90% effort) and a slightly more relaxed 2h race pace (80% effort) on the descents	2h easy fell run
11	50 mins flat, easy run (can be done on road or trail)	Tempo: 15 mins cruising trail tempo @ 2h pace (80% effort), then 3 mins rest. Follow this with 4 x 2 mins hard uphill/easy run back to starting point.	60 mins easy run on fell or trail	Rest	40 mins flat, easy run (can be done on road or trail)	Hill reps: 4 x 1 min hard uphill, then easy jog back to your starting point. Followed by 3 mins jog, then 4 x 4 mins hard uphill, easy	2h easy fell run

		Follow this with a further 10 mins cruising trail tempo @ 2h race pace				jog back to starting point. Aim for fastest sustainable pace for the uphill sections	
12	40 mins flat, easy run (can be done on road or trail)	Trail fartlek: 3 x 4 mins fast with 3 mins easy jog in between reps. Aim for 1h race pace (90% effort) for your 4 minute reps	40 mins easy run on trail	Rest	30 mins flat, easy run (can be done on road or trail) with 4 x 10s strides	Goal race	1h easy trail run

^{*}Runs marked in bold are good opportunities to test your race day fuelling strategy.