



# 12 WEEK FELL RUNNING TRAINING PLAN



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

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|   |   | <b>(90% effort) for your 3 minute reps</b>   |                                   |      |  | 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)                      | <b>*Uphill tempo: 20 mins tempo effort @ 1h race pace (90% effort) on a continuous climb</b>   | 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  |

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| 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  | <b>*Fell tempo: 40 mins fell tempo @ 2h race pace (80% effort). Aim to include a sustained 20-25 min climb during the session</b>   | 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 | <b>*Medium fell race (7-10 miles)</b>   | 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   |

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|----|---|---|---------------------------|------|--|--|-------------------|
|    |   | 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.