



16 Week Training Plan for 3 Peaks + 1

Below should be used as a general guideline for how to schedule your training. I believe you will have success following a program like this providing that you listen to your body and adjust distances/intensity to suit your individual circumstances. In order to take the guesswork out of tailoring this plan to you I can provide weekly run programs that take into account – your experience, lifestyle (family/work/hobbies/sport), age and a range of other things. AerobicEdge plans range from \$18-\$27 per week and also include advice/guidelines on nutrition, strength training, race strategy and tips/tricks that will help you to Crush your goal on Race Day! 8 Hours Sleep, good whole foods/protein, and running easy conversation pace for 80% of your runs and 1-2 harder runs per week will go a long way to a successful race day and staying injury free. Enjoy your training and if you're interested in something more specific feel free to get in touch via social media or email adam@aerobicedge.com

DO
Listen to your body and listen to your running. Run quietly.
Have Recovery days and or easier weeks
Practice with different foods during your longer runs and find what AND how much works for you

Warm UP and CoolDOWN with easy running – side strides, air squats, core exercises, press ups – find what works for you
Replace long runs with easier full day walks/tramping etc. Time on feet and vert are your friends.
Do find your forever pace (easy conversation pace) and use this as a guide for your long runs and for race day.
Train on the course or terrain similar to 3 Peaks ie HILLS 500m climbs are your friend 😊
Train and get good with POLES especially power walking UP HILLS 😊
Maintain a strong upright posture and practice this throughout the day and during your runs
HAVE FUN TRAINING AND GO ON COOL MISSIONS AND TAKE LOTS OF PHOTOS and Tag AerobicEdge and ThreePeaks in your posts 😊
Simulate aspects of the race during your training i.e. vert/distance this maybe over 3 days or even a week depending on your ability and experience. Record your runs on Strava and check the kms and vertical climbing that your doing and see how this compares to the race
DON'T
Overstride to go faster, instead increase your cadence. Train don't Strain.
Stress. It's just a longish day on some epic trail in Dunedin

Program Guide

- **Easy Runs** – Conversation Pace, you should finish this run feeling good.
- **Fartlek Runs** – Perfect on undulating flowing trail, rolling golf courses and parks. Have fun and include short 10 – 30 second hill climbs. Faster 1-minute efforts on the flat 5-6 times throughout the session.
- **Long Runs** – Focus on keeping it easy, pushing a little on the hills and practicing everything you need for race day – nutrition, gear, poles, pacing. These runs/weekends can be changed to longer day walk/runs/missions providing the intensity is kept easy, and ideally on similar terrain to 3Peaks.
- **Intervals** – Aim to be consistent with each interval or hill rep i.e. don't blitz the first one and then be toast for the rest of them. Better to start out a bit easier and build on each one. With these ones work hard but keep in the back of your mind that its not so hard that you couldn't run tomorrow.
- **Hill Reps** – Aim for a certain spot to hit and try to hit that for each rep. Jog down is recovery.
- **Hill Session** – Push comfortably hard for the up and throw in some running bursts followed by powerwalking recoveries. Jog back down. Something like 40minutes up/20 minutes down or similar.
- **Recovery Days** – Can be active, easy recovery like yoga/swimming/strength etc or full rest day.

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
1 Build	Easy 1 Hour	Easy 1 Hour Fartlek	Double Day 2 x Easy 30min (AM and PM)	Active Recovery Sport Strength Massage Yoga	Easy 1 Hour Hill Climb (40min up, 20min down)	Long Run Easy 1 Hour 30	Active Recovery Sport Strength Massage Yoga	5:30 Hours
2 Build	Easy 1 Hour	Easy 1 Hour Fartlek	Double Day 2 x Easy 30min (AM and PM)	Active Recovery Sport Strength	Easy 1 Hour Hill Climb	Long Run Easy 1 Hour 45	Active Recovery Sport Strength	5:45 Hours
3 Peak Week Good Weekend for a tramp/day walking hills	Easy 1 Hour 15	Easy 1 Hour Fartlek	Double Day 2 x Easy 30min (AM and PM)	Active Recovery Sport Strength	5 x 2 Min Hill Reps. Total 45 minutes	Long Run Easy 2 Hours	Easy 1 Hour recovery run	7 Hours
4 Recovery Week	Rest/Recovery	Easy 1 Hour 15	Double Day 2 x Easy 30min (AM and PM)	Active Recovery Sport Strength	6 x 2 Min Hill Reps. Total 1 Hour	Long Run Easy 1 Hour 30	Easy 1 Hour Active Recovery Sport Strength	5:45 Hours
5 Build	Easy 1 Hour	Easy 1 Hour Fartlek	Double Day 2 x Easy 30min (AM and PM)	Active Recovery Sport Strength	Comfortably Hard 1 Hour Hill Climb	Long Run Easy 1 Hour 45	Easy 1 Hour Active Recovery Sport Strength	6:45 Hours
6 Build	Easy 1 Hour 15	Easy 1 Hour Fartlek	Double Day 2 x Easy 30min (AM and PM)	Active Recovery Sport Strength	6 x 2 Min Hill Reps. Total 45 minutes	Long Run Easy 2 Hours	Easy 1 Hour	7 Hours

7 Peak Weekend trip/mission	Active Recovery Sport Strength	Easy 1 Hour 30	Double Day 2 x Easy 30min (AM and PM)	Easy 1 Hour	8 x 2 Min Hill Reps. Total 1 Hour	Long Run Easy 2 Hours 15	Easy 1 Hour	7:45 Hours
8 Recovery Week	Active Recovery Sport Strength	Active Recovery Sport Strength	Easy 1 Hour 15	3 x 1KM Intervals with 3mins Recovery Jogging. Total 1 Hour	Easy 1 Hour	Long Run Easy 2 Hours	Easy 1 Hour	6.15 Hours
9 Build	Active Recovery Sport Strength	Easy 1 Hour 30	4 x 1KM Intervals 3min Recoveries 1 Hour Total	Easy 1 Hour	Easy 1 Hour 30	Long Run Easy 2 Hours	Active Recovery Sport Strength	7 Hours
10 Peak Weekend Mission/Day Walk Hills	Easy 1 Hour 30	5 x 1km Intervals 2min Recoveries Total 1 Hour	Easy 1 Hour	Active Recovery Sport Strength	1 Hour Hill Session Comfortably Hard	Long Run Easy 2 Hours 30	Easy 1 Hour	8 Hours
11 Recovery Week	Active Recovery Sport Strength	Easy 30 minutes	6 x 3min Intervals 3min Recoveries	Easy 1 Hour	Easy 30 minutes	Long Run Easy 1 Hour 30	Easy 1 Hour	5:30 Hours
12 Peak Weekend Mission/Day Walk/Hills	Active Recovery Sport Strength	Easy 1 Hour	8 x 3min Intervals 2min Recoveries	Easy 1hour	1 Hour Hill Session Comfortably Hard	Long Run Easy 3 Hours 30	Long Run 2 Hours	9:30 Hours
13 Recovery	Active Recovery Sport Strength	Easy 30 Minutes	4 x 6min Intervals 3min Recoveries	Easy 30 Minutes	1 Hour Hill Session Comfortably Hard	Long Run Easy 2 Hours	Easy 1 Hour Active Recovery Sport Strength	6 Hours

14	Easy 1 Hour	3 x 8min Intervals 3min Recoveries	Active Recovery Sport Strength	Easy 30 Minutes	1 Hour Hill Session Comfortably Hard	Long Run 2 Hours 30	Long Run Easy 2 Hours	8 Hours
15 Taper	Active Recovery Sport Strength	Easy 30 Minutes	6 x 2mins Intervals 2mins Recoveries	Active Recovery Sport Strength	Easy 30 Minutes	1 Hour Hill Session Comfortably Hard	Easy 1 Hour 30	5 Hours
16 Taper	Rest	Easy 30 Minutes	1 Hour Hill Session Comfortably Hard	Active Recovery	Rest	Easy 30mins PreRace Shakeout	RACE DAY	2 Hours + Race

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