

Anglesea Roo Run

Intermediate to Advanced 8km Program

By GPC Squad



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	30mins Easy Cross Training: swim, cycle, gym, row or power walk	Easy Run: 5-6km easy run on hilly trail	40min Hill Reps Set: Incl. 2 sets of 200 hill or stair reps hard pace + recovery down the hill	40min Pace Set: 5mins easy + 30mins as 1min steady to hard pace + 1min easy pace + 5mins easy	Day Off or Additional Stretching, Pilates or Yoga	6km Pace Set: 2km easy jog + 2km steady pace + 2km easy jog	Easy Run: 5-6km easy run on hilly trail
Week 2	40mins Easy Cross Training: swim, cycle, gym, row or power walk	Easy Run: 6-8km easy run on hilly trail	50min Hill Reps Set: Incl. 4 sets of 200 hill or stair reps hard pace + recovery down the hill	50min Pace Set: 5mins easy + 40mins as 1min steady to hard pace + 1min easy pace + 5mins easy	Day Off or Additional Stretching, Pilates or Yoga	8km Pace Set: 2km easy jog + 4km steady pace + 2km easy jog	Easy Run: 6-7km easy run on hilly trail
Week 3	50mins Easy Cross Training: swim, cycle, gym, row or power walk	Easy Run: 8-10km easy run on hilly trail	60min Hill Reps Set: Incl. 6 sets of 200 hill or stair reps hard pace + recovery down the hill	60min Pace Set: 10mins easy + 40mins as 1min steady to hard pace + 2min easy pace + 10mins easy	Day Off or Additional Stretching, Pilates or Yoga	10km Pace Set: 2km easy jog + 6km steady pace + 2km easy jog	Easy Run: 7-8km easy run on hilly trail
Week 4 (Recovery)	30mins Easy Cross Training: swim, cycle, gym, row or power walk	Day Off or Additional Stretching, Pilates or Yoga	40min Hill Run Set: Easy paced run including as many hills as possible	Easy Run: 7-8km easy run on hilly trail	Day Off or Additional Stretching, Pilates or Yoga	6km Pace Set: 2km easy jog + 2km steady pace + 2km easy jog	Easy Run: 5-6km easy run on hilly trail
Week 5	50mins Easy Cross Training: swim, cycle, gym, row or power walk	Easy Run: 10-12km easy run on hilly trail	60min Hill Reps Set: Incl. 8 sets of 200 hill or stair reps hard pace + recovery down the hill	60min Pace Set: 10mins easy + 40mins as 1min hard pace + 2min easy pace + 10mins easy	Day Off or Additional Stretching, Pilates or Yoga	10km Pace Set: 1km easy jog + 8km steady to hard pace + 1km easy jog	Easy Run: 8-9km easy run on hilly trail
Week 6	60mins Easy Cross Training: swim, cycle, gym, row or power walk	Easy Run: 10-12km easy run on hilly trail	70min Hill Reps Set: Incl. 2x 6 sets of 200 hill or stair reps hard pace + recovery down the hill	60min Pace Set: 10mins easy + 50mins as 1min max pace + 2min easy pace + 10mins easy	Day Off or Additional Stretching, Pilates or Yoga	10km Pace Set: 1km easy jog + 8km steady to hard pace + 1km easy jog	Easy Run: 9-10km easy run on hilly trail
Week 7	60mins Easy Cross Training: swim, cycle, gym, row or power walk	Easy Run: 12-14km easy run on hilly trail	80min Hill Reps Set: Incl. 2x 10 sets of 200 hill or stair reps hard pace + recovery down the hill	60min Pace Set: 10mins easy + 40mins as 1min max pace + 1min steady pace + 2min easy pace + 10mins easy	Day Off or Additional Stretching, Pilates or Yoga	12km Pace Set: 2km easy jog + 8km steady to hard pace + 2km easy jog	Easy Run: 10-12km easy run on hilly trail
Week 8 (Taper)	30mins Easy Cross Training: swim, cycle, gym, row or power walk	Day Off or Additional Stretching, Pilates or Yoga	Easy Run: 10-12km easy run on hilly trail	Race Prep Set: 8-10km incl. 10x 30sec accel. Pace + 90sec easy	Day Off	Race Prep: 30mins easy jog incl. 10 sets of 100m accelerating pace + walk back recovery	Race Day: Warm Up is 10-15mins easy jog with 5 x 10sec accelerating efforts.