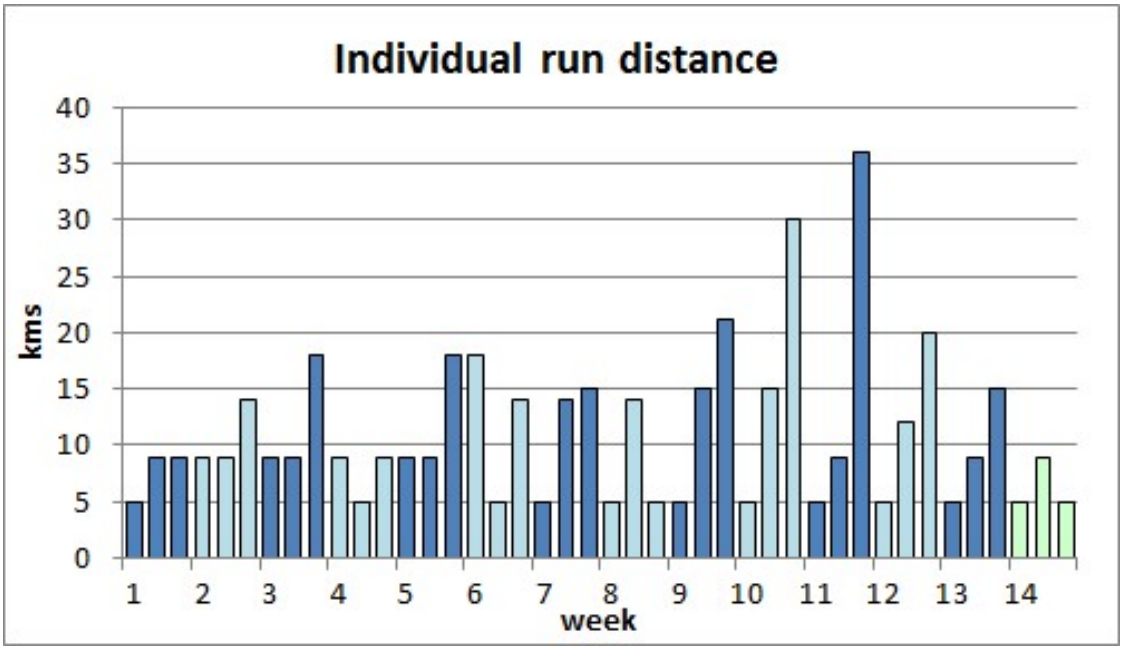
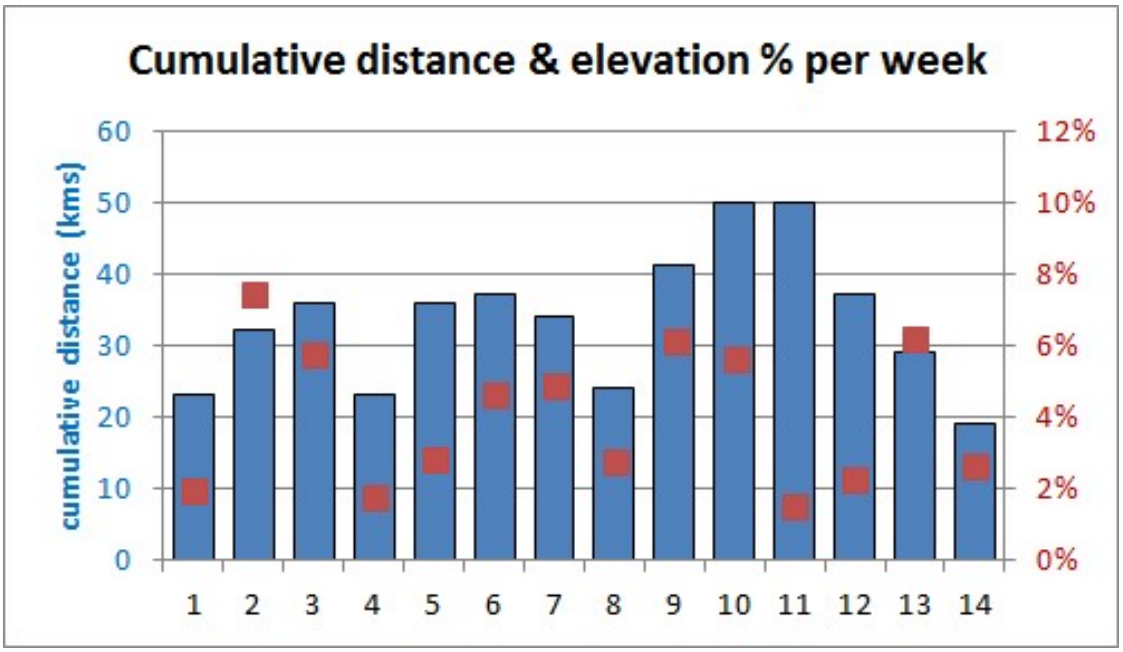
PJ and TT 14-Week Mountain Marathon Training Plan

WEEK	SUN	MON	TUES	WED	THUR	FRI	SAT
1 23 km 1.9%	REST	REST	Dist: 5 km Elev: 0 m Pace: 6:00 min/km	REST	Dist: 9 km Elev: 100 m Pace: 6:00 min/km	REST	Dist: 9 km Elev: 120 m Pace: 5:15 min/km
2 32 km 7.4%	REST	REST	Dist: 9 km Elev: 500 m Pace: 5:30 min/km	REST	Dist: 9 km Elev: 480 m Pace: 5:40 min/km	REST	Dist: 14 km Elev: 210 m Pace: 5:15 min/km
3 36 km 5.7%	REST	REST	Dist: 9 km Elev: 100 m Pace: 4:45 min/km	REST	Dist: 9 km Elev: 330 m Pace: 5:27 min/km	REST	Dist: 18 km Elev: 600 m Pace: 5:50 min/km
4 23 km 1.7%	REST	REST	Dist: 9 km Elev: 100 m Pace: 4:45 min/km	REST	Dist: 5 km Elev: 0 m Pace: 6:00 min/km	REST	Dist: 9 km Elev: 100 m Pace: 4:30 min/km
5 36 km 2.8%	REST	REST	Dist: 9 km Elev: 100 m Pace: 5:00 min/km	REST	Dist: 9 km Elev: 200 m Pace: 4:45 min/km	REST	Dist: 18 km Elev: 200 m Pace: 5:25 min/km
6 37 km 4.6%	REST	REST	Dist: 18 km Elev: 585 m Pace: 6:30 min/km	REST	Dist: 5 km Elev: 0 m Pace: 6:00 min/km	REST	Dist: 14 km Elev: 270 m Pace: 5:15 min/km
7 34 km 4.9%	REST	REST	Dist: 5 km Elev: 0 m Pace: 6:00 min/km	REST	Dist: 14 km Elev: 250 m Pace: 5:05 min/km	REST	Dist: 15 km Elev: 580 m Pace: 7:00 min/km
8 24 km 2.8%	REST	REST	Dist: 5 km Elev: 0 m Pace: 6:00 min/km	REST	Dist: 14 km Elev: 330 m Pace: 5:20 min/km	REST	Dist: 5 km Elev: 0 m Pace: 3:40 min/km
9 41 km 6.1%	REST	REST	Dist: 5 km Elev: 200 m Pace: 7:00 min/km	REST	Dist: 15 km Elev: 380 m Pace: 6:10 min/km	REST	Dist: 21.1 km Elev: 677 m Pace: 7:15 min/km
10 50 km 5.6%	REST	REST	Dist: 5 km Elev: 0 m Pace: 6:00 min/km	REST	Dist: 15 km Elev: 350 m Pace: 4:50 min/km	REST	Dist: 30 km Elev: 1050 m Pace: 7:00 min/km
11 50 km 1.5%	REST	REST	Dist: 5 km Elev: 0 m Pace: 6:00 min/km	REST	Dist: 9 km Elev: 0 m Pace: 4:50 min/km	REST	Dist: 36 km Elev: 370 m Pace: 5:45 min/km
12 37 km 2.3%	REST	REST	Dist: 5 km Elev: 0 m Pace: 6:00 min/km	REST	Dist: 12 km Elev: 120 m Pace: 5:05 min/km	REST	Dist: 20 km Elev: 300 m Pace: 5:05 min/km
13 29 km 6.2%	REST	REST	Dist: 5 km Elev: 0 m Pace: 6:00 min/km	REST	Dist: 9 km Elev: 250 m Pace: 5:30 min/km	REST	Dist: 15 km Elev: 650 m Pace: 7:00 min/km
14 19 km 2.6%	REST	REST	Dist: 5 km Elev: 0 m Pace: 6:00 min/km	REST	Dist: 9 km Elev: 100 m Pace: 4:55 min/km	REST	Dist: 5 km Elev: 150 m Pace: 6:00 min/km
15 42 km 5.7%	**RACE DAY!**	REST	REST	REST	REST	REST	REST


Individual run distance
kms
40
35
30
25
20
15
10
5
0
1
2
3
4
5
6
7
8
9
10
11
12
13
14
week


Cumulative distance & elevation % per week
cumulative distance (kms)
60
50
40
30
20
10
0
12%
10%
8%
6%
4%
2%
0%
1
2
3
4
5
6
7
8
9
10
11
12
13
14