

## 4 PEAKS - TRAINING PROGRAM

1. Let start of by saying that 4 Peaks is not a trail run ... it is a mountain challenge. There are some hiking paths and tracks but most of the 24km is off-track with steep climbs and descents. With a vertical accent of over 1800m it is arguably the toughest 24km in South Africa. So train hard and be prepared
2. As it is important to simulate conditions it is as important to simulate race day in terms of clothing, shoes, backpack, hydration & nutrition.
3. The training program stretches over 16 weeks. So there is enough time. It also allows you to start slowly and gradually increase volume and intensity. As far as possible have 1 rest day (non-running day) between every session
4. The program is designed on 3 running sessions per week. So your first question might be: Will this be enough? The answer is yes - if you stick to a few basics and supplement your running sessions with some cross training activities (E.g. Functional Strength training, Mountain Biking, Swimming etc.)
5. The basics of 3 running sessions per week: a) Run efficiently b) Run three times per week and no more c) focus on your long runs/hikes d) Put some variety in your sessions e) Cross-train, aim to do 2 sessions per week f) Don't make up for lost time. If you get sick or injured don't double up trying to catch up. Stick to the program. Stuff happens. g) Don't push to the end - ensure a 3 week taper.
6. The main objective of the program (apart from getting you to the finish line) is to ensure high quality training sessions on weekends (LSD's / Fast Hike's). Get the true value of your weekend's sessions by looking after yourself during the week.
7. Your 3 sessions per week:
  - Early Week Session: A time trail. Don't let the wording put you off. It merely suggest that you find a route that works for you and run it at your pace gradually trying to increase your time on the course over the 16 week period. It is a tool to monitor your progress.
  - Mid Week Session: A Tempo Run / Session. Here the aim is do a run at a slightly higher intensity were your heart rate will increase and decrease a few times during the duration of your session. For example do a run/hike at moderate to high intensity were there is some climbs, flats and descents
  - Weekend Session: Priority #1. On the weekend's session it is not so much about the distance as it is about time. You want to go out with your training partners and spend some time in the outdoors. Plan your route. Gear up and hit the trails.

|                | <b>Session 1 - Early Week<br/>Time Trail</b> | <b>Session 2 - Mid-Week<br/>Tempo</b> | <b>Session 3 - Weekend<br/>LSD</b> |
|----------------|--|---------------------------------------|------------------------------------|
| <b>Week 1</b>  | 15-20min Easy Run                            | 20min Run                             | 20 - 30min LSD Trail Run           |
| <b>Week 2</b>  | 4km Time Trail                               | 20min Run                             | 30-45min LSD Trail Run             |
| <b>Week 3</b>  | 4km Time Trail                               | 30min Run                             | 45min LSD Trail Run                |
| <b>Week 4</b>  | 20min Easy Run                               | 30min Run                             | 45min LSD Trail Run                |
| <b>Week 5</b>  | 4km Time Trail                               | 30min Run                             | 60min LSD Trail Run                |
| <b>Week 6</b>  | 6km Time Trail                               | 45min Run                             | 75min LSD Trail Run                |
| <b>Week 7</b>  | 6km Time Trail                               | 45min Run                             | 90min LSD Trail Run                |
| <b>Week 8</b>  | 6km Time Trail                               | 45-60min Run                          | 90min Trail Run/Hike               |
| <b>Week 9</b>  | 30min Easy Run                               | 30min Run                             | 60min LSD Trail Run                |
| <b>Week 10</b> | 6km Time Trail                               | 60min Run                             | 3 Hour Trail Run/Hike              |
| <b>Week 11</b> | 6km Time Trail                               | 45min Run                             | 2 Hour Trail Run/Hike              |
| <b>Week 12</b> | 6km Time Trail                               | 60min Run                             | 4 - 5 Hour Trail Run/Hike          |
| <b>Week 13</b> | 6km Time Trail                               | 45min Run                             | 1 - 2 Hour Trail Run/Hike          |
| <b>Week 14</b> | 30min Easy Run                               | 45min Run                             | 1 - 2 Hour Trail Run/Hike          |
| <b>Week 15</b> | 6km Time Trail                               | 30min Run                             | 45 - 60min LSD Trail run           |
| <b>Week 16</b> | 20- 30min Easy Run                           | Rest or Easy 15 - 20min               | 4 PEAKS                            |

The training program will not have the same training effect for everyone. It is a guideline. Do your training based on your known abilities and listen to your body

Program designed for Pure Adventures by Adrian le Roux (adrian@sportsperformanceclinic.co.za)