



## Otter RUN training plan

### GUIDELINES:

This Otter Trail training plans will include **6 x 4 week build cycles** toward the event date

Each plan is set on a 4 week cycle, where **loads build to week 3** to include an active recovery 4th week

Every **4 week cycle will build progressively** until the 5th cycle, to include a taper (decrease in training load) in cycle 6 in preparation for the event

Training **loads given are designed to start off lightly**, assuming fitness level is low and to then progressively build as the weeks go by

Each training plan is designed to provide **Otter Trail specific guidelines** to trail run training

These plans are structured **for the novice to intermediate trail runner** with a low to moderate fitness level

The structure of the Intermediate RUN plan may be used as a **training guideline to the more elite**

The training plans are specific to running training, but do **provide sessions for alternative sports** ie. MTB / swimming / paddling etc.

Within the right most column, options are given for potential **events to do in preparation** within training. No preferences to any events have been given.

The training plans can be used as a structured guideline for your training where your **own discretion is required on training plan selection and training load.**



# RUN - TRAINING PLAN 2017

# 1

## 4 week build cycle 1 & 2 of 6

by: Ryan Hoderne

The training plan for the RUN is geared to the novice to intermediate runner looking to complete the Otter Trail within 6-8 hours. The plan starts off light, but will progress gradually into weeks of up to 12-15 training hours per week. The rest days are planned in such a way to get the most out of each weeks cycle and still allow for optimum recovery. The plan is based on a 4 week training cycle that builds up to 3 weeks and then includes an active rest week in the 4th week. The plan provides a structured guideline for Otter specific training and should thus be followed at your own discretion and as a guiding tool to your trianing. Never make up for lost time.

colour intensities:		heart rate zone:	perceived effort:
rest	full recovery	1 - 2	60 - 70%
easy	light intensity - talking pace	2 - 3	65 - 75%
steady	medium intensity - max speed min effort	3 - 4	70 - 80%
hard	all out intensity for duration indicated	4 +	80% +

colour intensities:		heart rate zone:	perceived effort:
rest	full recovery	1 - 2	60 - 70%
easy	light intensity - talking pace	2 - 3	65 - 75%
steady	medium intensity - max speed min effort	3 - 4	70 - 80%
hard	all out intensity for duration indicated	4 +	80% +

month	day	session	duration		intensity	detail	possible preparation event?
			novice	intermediate			
15-May	Mon	easy run	0.5	1	easy	road / trail	
16	Tues	rest	0	0		recovery	
17	Wed	steady run	1	2	moderate	trail - hilly route	
18	Thur	rest	0	0		recovery	
19	Fri	easy run	1	1.5	easy	road / trail	
20	Sat	long run	1.5	2	easy	road / trail	Jonkershoek Mountain Challenge; Van Gaalen Trailrun; The Ospecker
21	Sun	alternative	1	1	easy	mtb/swim/paddle	
week 1 - build 1			4.5	6.5			
22	Mon	rest	0	0		recovery	
23	Tues	easy run	1	2	easy	trail	
24	Wed	steady run	1	1.5	moderate	road / trail - varied terrain	
25	Thur	easy run	1	1.5	easy	trail	
26	Fri	rest	0	0		recovery	
27	Sat	long run	2	2.5	easy	road / trail	Montagu Mountain Mania; The Ospecker
28	Sun	alternative	1	1	easy	mtb/swim/paddle	
week 2 - build 2			6	8.5			
29	Mon	rest	0	0		recovery	
30	Tues	steady run	1	1.5	hard	road hills - 5 x 2min / 2 min rest btw	
31	Wed	easy run	1	2	easy	trail	
01-Jun	Thur	steady run	1	1.5	moderate	trail	
2	Fri	pilates	0.5	1	moderate	pilates / yoga / skipping / cross-fit	
3	Sat	long run	2.5	3	moderate	road / trail	
4	Sun	alternative	1	1	easy	mtb/swim/paddle	
week 3 - build 3			7	10			
5	Mon	rest	0	0		recovery	
6	Tues	steady run	1	1.5	moderate	trail	
7	Wed	rest	0	0		recovery	
8	Thur	easy run	1	1.5	easy	road / trail	
9	Fri	rest	0	0		recovery	
10	Sat	2hr time trial	2	2	max	max dist. for given duration - trail/road	Oyster Catcher; The Beast
11	Sun	rest	0	0		recovery	
week 4 - recovery			4	5			

month	day	session	duration		intensity	detail	possible preparation event?
			novice	intermediate			
12	Mon	easy run	1	1.5	easy	road / trail	
13	Tues	rest	0	0		recovery	
14	Wed	steady run	1.5	2	moderate	trail - hilly route	
15	Thur	rest	0	0		recovery	
16	Fri	easy run	0.5	1	easy	road / trail	
17	Sat	long run	2	2.5	easy	road / trail	Kruger2Canyon Fernskloof Trail Run; Spur Gauteng Winter Series 2
18	Sun	alternative	1	1	easy	mtb/swim/paddle	
week 5 - build 1			6	8			
19	Mon	rest	0	0		recovery	
20	Tues	easy run	1	1.5	easy	trail	
21	Wed	steady run	1.5	2	moderate	trail hills - 5 x 3min / 2min rest btw	
22	Thur	easy run	1	1.5	easy	trail	
23	Fri	pilates	0.5	1	moderate	pilates / yoga / skipping / cross-fit	
24	Sat	long run	2	3	moderate	trail	Spur Gauteng Winter Trail Series 3
25	Sun	alternative	1	1	easy	mtb/swim/paddle	
week 6 - build 2			7	10			
26	Mon	rest	0	0		recovery	
27	Tues	steady run	1.5	2	hard	road hills - 8 x 2min / 2min rest btw	
28	Wed	easy run	1	1.5	easy	trail	
29	Thur	steady run	1.5	2	moderate	road tempo - 75 - 80%	
30	Fri	pilates	0.5	1	moderate	pilates / yoga / skipping / cross-fit	
01-Jul	Sat	long run	2.5	3.5	moderate	road / trail	
2	Sun	alternative	1	1	easy	mtb/swim/paddle	Aloe Wildlife Trail Run
week 7 - build 3			8	11			
3	Mon	rest	0	0		recovery	
4	Tues	steady run	1	1.5	moderate	trail	
5	Wed	rest	0	0		recovery	
6	Thur	easy run	1.5	2	easy	road / trail	
7	Fri	rest	0	0		recovery	
8	Sat	2hr time trial	2	2	max	max dist. for given duration - trail/road	iSimangaliso Trail Challenge; Simola Phantom Night run
9	Sun	rest	0	0		recovery	
week 8 - recovery			4.5	5.5			



# RUN - TRAINING PLAN 2017

# 2

## 4 week build cycle 3 & 4 of 6

by: Ryan Hodierna

The "RUN" training plan is geared to the novice to intermediate runner looking to complete the Otter Trail within 6-8 hours. The plan starts off light, but will progress gradually into weeks of up to 12-15 training hours per week. The rest days are planned in such a way to get the most out of each weeks cycle and still allow for optimum recovery. The plan is based on a 4 week training cycle that builds up to 3 weeks and then includes an active rest week in the 4th week. The plan provides a structured guideline for Otter specific training and should thus be followed at your own discretion and as a guiding tool to your trianing. Never make up for lost time.

colour intensities:		heart rate zone:	perceived effort:
rest	full recovery	1 - 2	60 - 70%
easy	light intensity - talking pace	2 - 3	65 - 75%
steady	medium intensity - max speed min effort	3 - 4	70 - 80%
hard	all out intensity for duration indicated	4 +	80% +

colour intensities:		heart rate zone:	perceived effort:
rest	full recovery	1 - 2	60 - 70%
easy	light intensity - talking pace	2 - 3	65 - 75%
steady	medium intensity - max speed min effort	3 - 4	70 - 80%
hard	all out intensity for duration indicated	4 +	80% +

month	day	session	duration		intensity	detail	possible preparation event?
			novice	intermediate			
10	Mon	rest	0	0		recovery	
11	Tues	easy run	1	1.5	easy	road / trail	Featherbed Trail Run, WC
12	Wed	steady run	1.5	2	moderate	trail - hilly route (run climbs hard)	
13	Thur	rest	0	0		recovery	
14	Fri	easy run	1	2	easy	trail	
15	Sat	long run	2	2.5	easy	road / trail	Salomon Bastille Day, WC
16	Sun	alternative	1	1.5	easy	mtb/swim/paddle	
week 1 - build 1			6.5	9.5			
17	Mon	rest	0	0		recovery	
18	Tues	steady run	1.5	2	moderate	trail tempo - 70 - 80%	
19	Wed	run + steps	1	1.5	moderate / hard	road / trail - incl. 10 x 2min intervals of steps	
20	Thur	easy run	1.5	2	easy	trail	
21	Fri	rest	0	0		recovery	
22	Sat	long run	2	2.5	easy	road / trail	
23	Sun	alternative	1	2	easy	mtb/swim/paddle	Spur Cape and PE Trail Series 1
week 2 - build 2			7	10			
24	Mon	rest	0	0		recovery	
25	Tues	hill running	1	2	moderate / hard	hills - 2 x ( 5 x 2min / 1 min rest) 2min btw sets	
26	Wed	easy run	1.5	2	easy	trail	
27	Thur	steady run	1	2	moderate	trail - hilly route (run descents hard)	
28	Fri	pilates	1	1	moderate	pilates / yoga / skipping / cross-fit	
29	Sat	long run	2.5	3	moderate	trail - technical terrain	Merrell Whale of Trail, WC; 1000 Hills Challenge; Spur Cape and PE Trail Series 2
30	Sun	alternative	1.5	2	easy	mtb/swim/paddle	
week 3 - build 3			8.5	12			
31	Mon	rest	0	0		recovery	
01-Aug	Tues	steady run	1.5	2	moderate	trail tempo - 65 - 75%	
2	Wed	rest	0	0		recovery	
3	Thur	easy run	1	1.5	easy	road / trail	
4	Fri	rest	0	0		recovery	
5	Sat	2hr time trial	2	2	max	max dist. for given duration - trail/road	Circles in the Forest Spur Cape Winter Trail Series
6	Sun	rest	0	0		recovery	
week 4 - recovery			4.5	5.5			

month	day	session	duration		intensity	detail	possible preparation event?
			novice	intermediate			
7	Mon	steady run	1.5	2	moderate	trail - hilly route (run climbs hard)	
8	Tues	rest	0	0		recovery	
9	Wed	easy run	1	1.5	easy	trail	
10	Thur	rest	0	0		recovery	
11	Fri	steady run	1.5	2	moderate	trail tempo - 70 - 80%	
12	Sat	long run	3	4	easy	road / trail	Merrell Whale of Trail, WC
13	Sun	pilates	1	1	moderate	pilates / yoga / skipping / cross-fit	
week 5 - build 1			8	10.5			
14	Mon	rest	0	0		recovery	
15	Tues	easy run	2.5	3	easy	trail	
16	Wed	rest	0	0		recovery	
17	Thur	run + steps	2	2.5	moderate / hard	road / trail - incl. 15 x 2min intervals of steps	
18	Fri	rest	0	0		recovery	
19	Sat	long run	4	5	easy	trail	
20	Sun	alternative	1	2	easy	mtb/swim/paddle	
week 6 - build 2			9.5	12.5			
21	Mon	rest	0	0		recovery	
22	Tues	interval run	2.5	3	moderate / hard	incl - ( 45min @ 70-80% / 30min @ 80%+ / 45min @ 70-80%)	
23	Wed	rest	0	0		recovery	
24	Thur	steady run	2	2.5	moderate	trail tempo - 70 - 80% (run descents hard)	
25	Fri	rest	0	0		recovery	
26	Sat	long run	5	6	moderate	trail - technical terrain	Crazy Store Magaliesburg Challenge, Gauteng
27	Sun	pilates	1	1.5	moderate	pilates / yoga / skipping / cross-fit	
week 7 - build 3			10.5	13			
28	Mon	rest	0	0		recovery	
29	Tues	steady run	1.5	2	moderate	trail tempo - 65 - 75%	
30	Wed	rest	0	0		recovery	
31	Thur	easy run	1.5	2	easy	road / trail	
01-Sep	Fri	rest	0	0		recovery	
2	Sat	2hr time trial	2	2	max	max dist. for given duration - trail/road	
3	Sun	rest	0	0		recovery	
week 8 - recovery			5	6			



# RUN - TRAINING PLAN 2017

# 3

## 4 week build cycle 5 & 6 of 6

by: Ryan Hodierne

The "RUN" training plan is geared to the novice to intermediate runner looking to complete the Otter Trail within 6-8 hours. The plan starts off light, but will progress gradually into weeks of up to 12-15 training hours per week. The rest days are planned in such a way to get the most out of each weeks cycle and still allow for optimum recovery. The plan is based on a 4 week training cycle that builds up to 3 weeks and then includes an active rest week in the 4th week. The plan provides a structured guideline for Otter specific training and should thus be followed at your own discretion and as a guiding tool to your trianing. Never make up for lost time.

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	colour intensities:	heart rate zone:	perceived effort:
rest	full recovery	1 - 2	60 - 70%
easy	light intensity - talking pace	2 - 3	65 - 75%
steady	medium intensity - max speed min effort	3 - 4	70 - 80%
hard	all out intensity for duration indicated	4 +	80% +

month	day	session	duration		intensity	detail	possible preparation event?
			novice	intermediate			
4	Mon	steady run	1.5	2	moderate	trail - hilly route (run climbs hard)	
5	Tues	rest	0	0		recovery	
6	Wed	easy run	1	1.5	easy	trail	
7	Thur	rest	0	0		recovery	
8	Fri	steady run	1.5	2	moderate	trail tempo - 70 - 80%	
9	Sat	long run	3	4	easy	road / trail	
10	Sun	pilates	1	1	moderate	pilates / yoga / skipping / cross-fit	
week 1 - build 1			8	10.5			
11	Mon	steady run	1	1.5	moderate	trail - hilly route (run climbs hard)	
12	Tues	easy run	1	1.5	easy	road / trail	
13	Wed	rest	0	0		recovery	
14	Thur	long run	2	2.5	easy	trail	
15	Fri	run + steps	1.5	2	moderate / hard	road / trail - incl. 3 x (5 x 2min intervals) of steps	
16	Sat	long run	3	4	easy	road / trail	Namaqua Flower Run, Northern Cape
17	Sun	pilates	1	1	moderate	pilates / yoga / skipping / cross-fit	
week 2 - build 2			9.5	12.5			
18	Mon	rest	0	0		recovery	
19	Tues	hill running	1	1.5	moderate / hard	hills - 3 x (5 x 3min / 1 min rest) 2min btw sets	
20	Wed	easy run	1.5	2	easy	trail	
21	Thur	steady run	1	1.5	moderate	trail tempo - 75 - 85%	
22	Fri	pilates	1	1	moderate	pilates / yoga / skipping / cross-fit	
23	Sat	long run	4	5	moderate	trail - technical terrain	Crazy Store Table Mountain Challenge, WC
24	Sun	alternative	1	1.5	easy	mtb/swim/paddle	
week 3 - build 3			9.5	12.5			
25	Mon	rest	0	0		recovery	
26	Tues	steady run	1.5	2	moderate	trail - hilly route (run descents hard)	
27	Wed	rest	0	0		recovery	
28	Thur	easy run	1	1.5	easy	road / trail	
29	Fri	rest	0	0		recovery	
30	Sat	2hr time trial	2	2	max	max dist. for given duration - trail	
01-Oct	Sun	rest	0	0		recovery	
week 4 - recovery			4.5	5.5			

month	day	session	duration		intensity	detail	possible preparation event?	
			novice	intermediate				
2	Mon	easy run	1	1.5	easy	road / trail		
3	Tues	rest	0	0		recovery		
4	Wed	run + steps	1	1.5	moderate / hard	road / trail - incl. 2 x (5 x 2min intervals) of steps		
5	Thur	rest	0	0		recovery		
6	Fri	steady run	1	1.5	moderate	trail tempo - 70 - 80%		
7	Sat	long run	2	2.5	easy	road / trail	Marloth Mountain Challenge, WC	
8	Sun	alternative	1	1	easy	mtb/swim/paddle		
week 5 - build 1			6	8				
9	Mon	rest	0	0		recovery		
10	Tues	steady run	1.5	2	moderate	trail tempo - 75 - 85%		
11	Wed	easy run	1	1.5	easy	road / trail		
12	Thur	interval run	2	2.5	moderate / hard	incl - 2 x (20min @ 70-80% / 15min @ 80%+ / 20min @ 70-80%)		
13	Fri	rest	0	0		recovery		
14	Sat	steady run	2	2.5	moderate	tempo - (45min @ 60 - 70% / 30min @ 75 - 85% / 45min @ 80%+)	Ultra Trail Cape Town, WC	
15	Sun	easy run	1	1.5	easy	trail		
week 6 - build 2			7.5	10				
16	Mon	rest	0	0		recovery		
17	Tues	interval run	1.5	2	moderate / hard	incl - (30min @ 60-70% / 15min @ 70-80% / 10min @ 80%+ / 30min very easy)		
18	Wed	rest	0	0		recovery		
19	Thur	steady run	1	1.5	moderate	road tempo - 70 - 80% (run descents hard)		
20	Fri	rest	0	0		recovery		
21	Sat	long easy run	2	2.5	easy	trail - varied terrain		
22	Sun	rest	0	0		recovery		
week 7 - build 3			4.5	6				
23	Mon	easy run	1	1.5	easy	road / trail		
24	Tues	steady run	1	1.5	moderate	trail tempo - 65 - 75%		
25	Wed	rest	0	0		recovery		
26	Thur	easy run	0.75	1	easy	road - include 5 x 1min bursts (activation)		
27	Fri	Prologue						
28	Sat	OTTER RUN						