



TRAINING PLAN -MAY



Notes:	This is a guideline training plan, based on moderate level of fitness to finish the Otter in your goal time. Good luck with your preparation. It is important to listen to your body while you follow this program, rather get to the race start slightly under-trained than not getting there at all. Should you wish to receive daily emails with your exercises and regular feedback sessions via Whatsapp and E-mail, please contact Greyling Coaching to sign-up for more personalized one-on-one training plan. To reduce the risk of injury we recommend weekly strength training with a professional strength coach. Alpasfit by Greyling Coaching also offer customized strength training plans in collaboration with Runstrong, so please contact us should you be interested in making this your best Otter.	
Conditions	We assume that you are currently running 2-3 hours per week. To reduce injury risk, do not follow this program if you are currently doing zero training, rather work your way up to 3 hours of running per week and then follow the program from week 21.	
Core exercises	A strong core is super important in the sport of trail running. We recommend 5-10 mins of core training every second day. If you want personalized core routines, you are welcome to contact Alpasfit by Greyling Coaching for a one-on-one training plan, which includes personalised details on all aspects of your training plan	
Definitions	Easy run*	An Easy run should be in your 5-6/10 Effort level or Zone 1 or 2 out of 5 if you are using a Heart-rate monitor, i.e 50-70% of your Maximum heart-rate. If this is not done correctly, it can lead to overtraining and injuries. Please see article on Greyling Coaching FB page for more information on this: Polarized training
	Strength training*	If you are unsure on what to do here, please contact Greyling Coaching for a customized strength program by Runstrong
	Fartlek*	Fartlek runs are a very simple form of a speed session. Fartlek training "is simply defined as periods of fast running intermixed with periods of slower running."
	Lactate threshold*	If you want to make improvements as a runner, then it's worth learning about this important zone and how to successfully train in it. Contact us to customize your training based on this proven method

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Prep Race **Montage Mountain Maniac 25 May**

	May	Easy	Hills/Stairs	Easy/Strength	Speed/ Fartlek	Rest	Long with hills	Long/Easy	Total weekly hours	Actual weekly hours
Weeks to Race	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
22	06-May-19	6min planking. 30min Easy* run	10min warm-up. 5 x 1min stairs, with Easy jog down to base. 10 min cool down (Bigger stairs are better)	AM: 40min Easy. PM:45min strength training	AM: 6min planking. 10min warm-up. Fartlek. 12 x 45s hard, (8-9/10 effort), 45sec Easy in between (6/10 effort). 10 min cool down	Rest	80min Hilly Run	55min Easy run	5	
21	13-May-19	6min planking. 30min Easy* run	10min warm-up. 5 x 30sec hills, with Easy jog down to base. 3min easy run and then 10x 22sec hills and 10 min cool down	AM: 40min Easy. PM:45min strength training	AM: 6min planking. 10min warm-up. Fartlek. 12 x 45s hard, (8-9/10 effort), 45sec Easy in between (6/10 effort). 10 min cool down	Rest	60min Hilly Run	45min Easy Run	4.25	
20	20-May-19	10min core exercises. 30min Easy* run	10min warm-up. 6 x 1min stairs, with Easy jog down to base. 10 min cool down (Bigger stairs are better)	AM: 30min Easy. PM:45min strength training	10min warm-up. Fartlek. 12 x 45s hard, (8-9/10 effort), 45sec Easy in between (6/10 effort). 10 min cool down	Rest	75min Hilly Run	60min Easy Run	5	
19	27-May-19	10min core exercises. 40min Easy* run	10min warm-up. 5 x 30sec hills, with Easy jog down to base. 3min easy run and then 10x 22sec hills and 10 min cool down	AM: 40min Easy. PM:45min strength training	10min warm-up. 4 x 1km fast (8/10 effort), with 90sec Easy jog (6/10 effort) or rest in-between. 10 min cool down	Rest	90min Hilly Run. Go hard on flats, take it Easy on the ups and downs	60min Easy longer run	6	

Personal Notes	Did I achieve my goal this month? If not, what prevented me from this?
	What did I find hard, and what can I do to improve this?





TRAINING PLAN - JUNE



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Prep Race		BEAST 30km run									
Weeks to Race	June	Easy	Hills/Stairs	Easy/Strength	Speed/ Fartlek	Rest	Long with hills	Long/Easy	Total weekly hours	Actual weekly hours	
	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
18	03-Jun-19	10min core exercises. 30min Easy* run	10min warm-up. 8 x 1min30 stairs or hills, with Easy jog down to base. 10 min cool down	AM: 30min Easy. PM:45min strength training	10min warm-up. 10 x 400m fast (8-9/10 effort), with 60sec Easy jog (6/10 effort) or rest in-between. 10 min cool down	Rest	1:45h Hilly Run /Trail race (Effort = 7-8/10)	90 min Easy Run	7		
17	10-Jun-19	10min core exercises. 40min Easy* run	10min warm-up. 10 x 1min30 stairs, with Easy jog down to base. 10 min cool down	AM: 40min Easy. PM:45min strength training	10min warm-up. 6 x 800m fast (8-9/10 effort), with 75sec Easy jog (6/10 effort) or rest in-between. 10 min cool down	Rest	2h Hilly Run (Effort = 6/10)	40min Easy longer run	6		
16	17-Jun-19	10min core exercises. 40min Easy* run	10min warm-up. 5 x 30sec hills, with Easy jog down to base. 3min easy run and then 10x 22sec hills and 10 min cool down	AM: 40min Easy. PM:45min strength training	10min warm-up. 6 x 800m fast (8-9/10 effort), with 75sec Easy jog (6/10 effort) or rest in-between. 10 min cool down	Rest	2h Hilly Run /Trail race (Effort = 7-8/10)	40min Easy longer run	6		
15	24-Jun-19	10min core exercises. 45min Easy* run	10min warm-up. 8 x 2min hills or stairs, with Easy jog down to base. 10 min cool down	AM: 45min Easy. PM:45min strength training	10min warm-up. Fartlek. 6 x 3min fast (8-9/10 effort), 90sec Easy (6/10 effort). 10 min cool down	Rest	2h30 Hilly Run	60min Easy longer run	7		
Personal Notes	Did I achieve my goal this month? If not, what prevented me from this?										
	What did I find hard, and what can I do to improve this?										





TRAINING PLAN -JULY



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Prep Race	Grootvadersbosch Trail NUM-NUM TRAIL or Whale of Trail

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	July	Easy	Hills/Stairs	Easy/Strength	Speed/ Fartlek	Rest	Long with hills	Long/Easy	Total weekly hours	Actual weekly hours
Weeks to Race	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
14	01-Jul-19	10min core exercises. 40min Easy* run	15min warm-up. Find a run-able hill on jeep track or trail, measure 200m in length (30-50m vertical gain) Do 8 repeats in the same time. jog down and start immediately	AM: 40min Easy. PM:45min strength training	15min warm-up. Fartlek. 18 x 45s hard, (8-9/10 effort), 45sec Easy in between (6/10 effort). 10 min cool down	Rest	2h Hilly Run /Trail race (Effort = 7-8/10)	90min Easy longer run	6	
13	08-Jul-19	10min core exercises. 45min Easy* run	10min warm-up, then 1km at Lactate threshold* (8/10 Effort level) then 1min of dynamic exercise: Jumping lunges, Jump squats, Push-ups, Sit-ups, Burpees, plank. Repeat 2 times and cool down for 10min	AM: 45min Easy. PM:45min strength training	15min warm-up. 6 x 1km fast (8/10 effort), with 90sec Easy jog (6/10 effort) or rest in-between. 10 min cool down	Rest	2h30 Hilly Run	60min Easy longer run	7	
12	15-Jul-19	10min core exercises. 50min Easy* run	10min warm-up. 10 x 2min stairs, with Easy jog down to base. 10 min cool down	AM: 50min Easy. PM:45min strength training	10min warm-up. 12 x 400m fast (8-9/10 effort), with 60sec Easy jog (6/10 effort) or rest in-between. 10 min cool down	Rest	3h Hilly Run	90min Easy longer run or Otter training camp with Greyling Coaching	8	
11	22-Jul-19	10min core exercises. 45min Easy* run	10min warm-up, then 1km at Lactate threshold* (8/10 Effort level) then 1min of dynamic exercise: Jumping lunges, Jump squats, Push-ups, Sit-ups, Burpees, plank. Repeat 2 times and cool down for 10min	AM: 45min Easy. PM:45min strength training	10min warm-up. 8 x 800m fast (8-9/10 effort), with 75sec Easy jog (6/10 effort) or rest in-between. 10 min cool down	Rest	Otter Training Camp with Greylings Stellenbosch https://qkt.io/otter	Otter Training Camp with Greylings Stellenbosch https://qkt.io/otter	7	
10	29-Jul-19	10min core exercises. 50min Easy* run	10min warm-up. Fartlek. 8 x 45s hard, (8-9/10 effort), 45sec Easy in between (6/10 effort). 10 min cool down	AM: 50min Easy. PM:45min strength training	Rest	Rest	Whale of trail or 3h run on trail	2h30 Hilly Run (7-8/10 Effort level)	8	

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TRAINING PLAN-AUGUST



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Prep Race SOX Trail Run (10-12 August)

Weeks to Race	August	Easy	Hills/Stairs	Easy/Strength	Speed/ Fartlek	Rest	Long with hills	Long/Easy	Total weekly hours	Actual weekly hours
	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
9	05-Aug-19	Rest	10min core exercises. 45min Easy* run	AM: 60min Easy. PM:40min strength training	Warm up 20 min, then 15 sec @ 9/10 Effort level, Easy jog (6/10) until 2min lapse, 30 sec @ 9/10 Effort level, Easy jog (6/10) until 2min lapse, 45 sec @ 9/10 Effort level, Easy run (6/10) until 2min lapse, 1 min @ 9/10 Effort level, Easy run (6/10) until 2min lapse. Repeat 3 times	Rest or SOX stage race	SOX Stage race or similar run	SOX Stage race or similar run	9	
8	12-Aug-19	10min core exercises. 50min Easy* run	10min warm-up. 10 x 1min30 stairs, with Easy jog down to base. 10 min cool down	AM: 50min Easy. PM:45min strength training	15min warm-up. Fartlek. 20 x 45s hard, (8-9/10 effort), 45sec Easy in between (6/10 effort). 10 min cool down	Rest	3h Hilly Run at constant pace (6/10) Effort level	10min warm-up, then 1km at Lactate threshold* (8/10 Effort level) then 1min of dynamic exercise: Jumping lunges, Jump squats, Push-ups, Sit-ups, Burpees, plank. Repeat 2 times and cool down for 10min	8	
7	19-Aug-19	10min core exercises. 60min Easy* run	15min warm-up. Find a run-able hill on jeep track or trail, measure 200m in length (30-50m vertical gain) Do 10 repeats in the same time. jog down and start immediately	AM: 50min Easy. PM:45min strength training	15min warm-up. 7 x 1km fast (8/10 effort), with 90sec Easy jog (6/10 effort) or rest in-between. 10 min cool down	Rest	3-4h Hilly Run /Trail race (Effort = 7-8/10)	2-3h Hilly Run /Trail race (Effort = 7-8/10)	9	
6	26-Aug-19	10min core exercises. 60min Easy* run	10min warm-up. 10 x 1min30 stairs, with Easy jog down to base. 10 min cool down	AM: 60min Easy. PM:45min strength training	10min warm-up. 12 x 400m fast (8-9/10 effort), with 60sec Easy jog (6/10 effort) or rest in-between. 10 min cool down	Rest	4h Hilly Run at constant and Easy pace (6/10 Effort level)	90min Easy longer run	10	

Personal Notes	Did I achieve my goal this month? If not, what prevented me from this?
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TRAINING PLAN-SEPTEMBER



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Prep Race

	September	Easy	Hills/Stairs	Easy/Strength	Speed/ Fartlek	Rest	Long with hills	Long/Easy		
Weeks to Race	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total weekly hours	Actual weekly hours
5	02-Sep-19	10min core exercises. 45min Easy* run	15min warm-up. Find a run-able hill on jeep track or trail, measure 300m in length (40-60m vertical gain) Do 8 repeats in the same time. jog down and start immediately	AM: 45min Easy. PM:45min strength training	10min warm-up. 6 x 800m fast (8-9/10 effort), with 75sec Easy jog (6/10 effort) or rest in-between. 10 min cool down	Rest	3h Hilly Run at constant and Easy pace (6/10 Effort level)	2h Hilly Run at constant pace and Easy pace (6/10 Effort level)	9	
4	09-Sep-19	10min core exercises. 60min Easy* run	Downhill stairs: 10min warm-up. 10 x 1min30 stairs down, with walk back to base. 10 min cool down	AM: 60min Easy. PM:45min strength training	15min warm-up. Fartlek. 20 x 45s hard, (8-9/10 effort), 45sec Easy in between (6/10 effort). 10 min cool down	Rest	6h Hilly Run at constant and Easy pace (6/10 Effort level)	90min Easy longer run	10	
3	16-Sep-19	10min core exercises. 60min Easy* run	10min warm-up, then 1km at Lactate threshold* (8/10 Effort level) then 1min of dynamic exercise: Jumping lunges, Jump squats, Push-ups, Sit-ups, Burpees, plank. Repeat 2 times and cool down for 10min	AM: 60min Easy. PM:45min strength training	15min warm-up. 8 x 1km fast (8/10 effort), with 90sec Easy jog (6/10 effort) or rest in-between. 10 min cool down	Rest	4h Hilly Run at constant and Easy pace (6/10 Effort level)	2h Hilly Run at constant pace and Easy pace (6/10 Effort level)	11	
2	23-Sep-19	10min core exercises. 45min Easy* run	Downhill stairs: 10min warm-up. 10 x 1min30 stairs down, with walk back to base. 10 min cool down	AM: 45min Easy. PM:45min strength training	10min warm-up. 12 x 400m fast (8-9/10 effort), with 60sec Easy jog (6/10 effort) or rest in-between. 10 min cool down	Rest	3h Hilly Run at constant and Easy pace (6/10 Effort level)	2h Easy longer run	10	
1	30-Sep-19	10min core exercises. 45min Easy* run	10min warm-up. 8 x 1min stairs, with Easy jog down to base. 10 min cool down (Bigger stairs are better)	AM: 30min Easy. PM:45min strength training	10min warm-up. 2 x 800m, 3 x 400m, 4 x 200m fast (8-9/10 effort), with 75sec Easy jog (6/10 effort) or rest in-between. 10 min cool down	Rest	90min Easy longer run	Rest	5.5	

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TRAINING PLAN - OCTOBER



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My Personal story: Otter to me is a very special race, as my journey my dream started on a plane in 2011 after we ran 4 days on the Appalachian trail in USA. My dream was to run a 5-day trail under 5 hours. It took me 3 years of hard work to eventually reach my goal and I ran my first sub 5 in 2014 and finished in 12th position. I then set my goals on winning the race and it took me another 3 years to finally break the tape in 2017 in a time of 4 hours 13 minutes. What's your goal?



Ever since hearing about running the Otter in 2010 I could not get it out of my mind. What could be more thrilling than running this unique trail with the most breathtaking views and scenery that I hiked as a child in 5 days, in ONE DAY!?? Little did I know that 3 years later I would become the first South African women to break the magical 5 hour barrier, what a special moment that was. What stands out about the Otter trail is the exquisite natural beauty, the fact that it is a single trail for almost the entire duration of the race and that one only has access to this holy trail once a year!

	October	Easy	Hills/Stairs	Easy/Strength	Speed/ Fartlek	Rest	Long with hills	Long/Easy	Total weekly hours	Actual weekly hours
Weeks to Race	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Race week	07-Oct-19	10min core exercises. 25min Easy* run	AM: 20min Easy	Race Challenge Prologue / 5km Easy run with strides	Race Challenge	Race Prologue	Race	REST		