



RUNNING THIS LINE WILL SAVE LIVES

5 weeks to prepare for the mountains

If you are training specifically for the “Run the Line” event, begin by counting back the number of weeks between the beginning of your training and the race. A minimum of 12 weeks is ideal for any event but as we only have about 5 weeks, let me try and illustrate what you can do in 5 weeks.

Both events are long enough that most of your energy will come from fat, what sports scientists term the “aerobic system”. Training this type of steady effort pace is best done by avoiding very intense shorter work such as intervals and focusing on more relevant work instead.

WEEK 1 TO 4									
Phase	Date	Priority	Workout	I can run 1 hour	I can run 1.5 hours	I can run 2 hours	Intensity	Focus on:	Details
Conditioning	Sunday	1	Long run	1 hour	1.5 hours	2 hours	3-5	EFFORT	Run over forest track, hills or undulating road
Conditioning	Monday	7	Fartlek	25 min	40 min	50 min	2-6	RECOVERY	Easy enjoyable fartlek over varied terrain (such as parkland)
Conditioning	Tuesday	3	Medium long run	45 min	70 min	90 min	3-5	EFFORT	Even or mixed terrain as you feel
Conditioning	Wednesday	5	Hill session	25 min	40 min	50 min	2-6	RECOVERY	See below
Conditioning	Thursday	4	Medium long run	50 min	75 min	100 min	3-5	EFFORT	Even or mixed terrain as you feel
Conditioning	Friday	6	Strides (15 minutes warm up, 15 minutes cool down)	15 min	20 min	25 min	2-6	RECOVERY	Grass, track or good quality road
Conditioning	Saturday	2	Out & Back	30 min	45 min	60 min	4-7	EFFORT	Fast flat course - run equal distance out and back

RACE WEEK									
Phase	Date	Priority	Workout	I can run 1 hour	I can run 1.5 hours	I can run 2 hours	Intensity	Focus on:	Details
Sharpening	Sunday	2	Long recovery run	45 min	55 min	70 min	3-5	EFFORT	Run over forest track, hills or undulating road
Sharpening	Monday	4	Windsprints	10 min	10 min	10 min	6-7	RECOVERY	Over grass or on track
Sharpening	Tuesday	5	Fartlek	20 min	30 min	40 min	3-5	EFFORT	Even or mixed terrain as you feel
Sharpening	Wednesday	3	Race pace run	10 min	10 min	10 min	2-6	RECOVERY	See below
Sharpening	Thursday	6	Recovery run	15 min	25 min	30 min	3-5	EFFORT	Even or mixed terrain as you feel
Sharpening	Friday	7	Recovery run	10 min	20 min	25 min	2-6	RECOVERY	Grass, track or good quality road
THE RACE	Saturday	1	RUN THE LINE	13km to 28km			4-7	EFFORT	ENJOY YOUR RACE!

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The programme included here does not mean you have to run seven days per week, just that it is an advantage if you have the ability to do so without getting injured or overly fatigued. If you want or need to run less, remove the workouts with the lowest priority.

Workout descriptions

Long run: A run primarily to teach your body to burn fat effectively and become more efficient at running over long distances. Ease into these runs and don't push the pace until you're well warmed up. [A full description is here.](#)

Medium-long runs: These runs have the same purpose as the long run but are not quite as lengthy as few runners can take the cumulative effect of several long runs per week. A full description is [here.](#)

Hill session: This session is one I have created so you can train multiple hill skills at once without burning yourself out early on. Run steadily up a hill for around 2 to 5 minutes focusing on running strongly but without tension and with good posture. Find a climb with a flatter section at the top where you can run easily for a few minutes and once recovered run back down the hill focusing on running tall, relaxed and picking your legs off the ground very quickly. Then run easily again at the bottom for a few minutes. Keep repeating this for the allotted time or until you can no longer hold good form.

Fartlek: This session allows you to play with faster paces and keep your body's other energy systems stimulated for the few sections of very hard effort you may need in the race. Read more about it [here.](#)

Strides: Run 6 to 10 times at very fast but relaxed pace: almost as fast as sprinting but not quite (like running for a bus) and then run easily for several minutes after reach stride out until your heart rate has come down fully. This is an excellent and simple section to maintain the leg speed you'll need for downhills and keep you flexible and nimble. [Read more...](#)

Out and Back: A signature workout from Lydiard – run on an even flat course at the fastest pace you can maintain for about an hour. This will feel hard but not so hard that you feel your lungs burning or want to stop “any minute”. Run from your starting point for half the time and then return. You should be able to cover the same distance or more coming back if you have picked the right intensity. [Read more.](#)

Recovery runs: Very similar to the long runs and medium-long runs but shorter and easier. This workout is purely to maintain your fitness, not to try and stress your body into building more. If people with trolleys pass you out so be it, just take it easy and enjoy. [Read more.](#)

DUBLIN & WICKLOW MOUNTAIN RESCUE TEAM



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Windsprints: A quick booster for your race engine this system is done in the last week and you simply run 100m (or about 20-25 seconds) at a fast aggressive pace and then you run at your normal long run pace for another 100m (or about 30-40 seconds). Do this for 10 minutes or until your legs feel very heavy and then stop. Make sure you get at least 10-15 minutes easy running in before and after this section. [Read more.](#)

Race pace run: This simple workout is used as a final dress rehearsal and confidence booster ahead of race day. Run for 10 minutes on a trail similar to the Dublin Mountain Way at the intensity you plan to keep throughout. This should be quite easy and you should feel sharp and refreshed. If tired, leave it alone and take it as a sign you need to ease up more in the final days.