

03/07/2023 – 09/07/2023 – WEEK 1

03/07 MONDAY –

- GTR Social Run (\pm 8km) – Easy run.

04/07 TUESDAY –

- Speed Session: Do this on the road. Find a road loop to do this session.

Session: 100m intervals -

Warm up – 10min @YOUR easy pace, HR should be low.

Session – 100m x 8, with 60sec easy jog/walk between efforts.

Cool down – 10min @easy pace, you need to bring you HR down back to normal.

05/07 WEDNESDAY –

- REST DAY – complete rest day/ day off.

06/07 THURSDY –

- GTR Time Trial (5km) – Easy run.

07/07 FRIDAY –

- Vert Session (runnable): Find a runnable hill (I like to use the Witfontein service road for these hills.)

Session: 30sec hills -

Easy running for 30 minutes (In this 30min, run towards a runnable hill to do some hill sprints up). After the 30min, on your chosen hill (runnable) do 10 x 30sec hill sprints, with easy walk to start point between efforts and then repeat. Once you have completed the efforts, easy run/ cool down for 20min.

08/07 SATURDAY –

- Recovery – do a hike (get some vert) eg. Hike at a steady pace up to the cross and then run down. This is great for making the legs strong!

09/07 SUNDAY –

- Long run - Spend 90min on the mountain, try get some vert gain, range from 300 - 400m of vertical gain.

10/07/2023 – 16/07/2023 – WEEK 2

10/07 MONDAY –

- GTR Social Run (±8km) – Easy run.

11/07 TUESDAY –

- REST DAY – complete rest day/ day off.

12/07 WEDNESDAY –

- Vert Session (runnable): Find a runnable hill (I like to use the Witfontein service road for these hills.)

Session: 60sec hills -

Warm up – 15min (I Usually start from Spar/Planet Fitness ±2km) @YOUR easy pace, HR should be low.

Session – 8 x 60sec hill sprints, walk down to start point and repeat.

Cool down – 15min @YOUR easy pace, you need to bring you HR down back to normal.

13/07 THURSDAY –

- GTR Time Trial (5km) – Easy run.

14/07 FRIDAY –

- Speed Session: Do this on the road. Find a road loop to do this session.

Session: 60sec intervals -

Warm up – 10min @YOUR easy pace, HR should be low.

Session – 60sec hard sprint x 12, with 90 sec easy jog/ walk between efforts.

Cool down – 10min @YOUR easy pace, you need to bring you HR down back to normal.

15/07 SATURDAY –

- Recovery Run – 60 – 80min easy recovery run.
It is key to try and keep the HR low (range from 140-150).

16/07 SUNDAY –

- Long run – Spend 90min – 2h in the mountain, aim for 500 – 600m vert gain.
*Route Suggestion – Montagu Pass, up and down.

17/07/2023 – 23/072023 – WEEK 3

17/07 MONDAY –

- GTR Social Run (±8km) – Easy run.

18/07 TUESDAY –

- Speed Session: On runnable trails. (I do these either at the dam or on the Witfontein contour path)

Session: 400m intervals -

Warm up – 15min @YOUR easy pace, HR should be low.

Session – 400m x 6, with 90sec easy jog between efforts.

Cool down – 15min @YOUR easy pace, you need to bring you HR down back to normal.

19/07 WEDNESDAY –

- REST DAY – complete rest day/ day off.

20/07 THURSDAY –

- GTR Time Trial (5km) with a kick!

Session: Tempo Thursday -

Warm up – 5 – 10min @YOUR easy pace (before GTR starts)

Session – Run GTR as a tempo run. Run hard but consistently. Start off at a good/fast pace and try build the pace faster each 1km.

Cool down – 5min easy run.

21/07 FRIDAY –

- Cross Train Day – Ride/ Spin on the bike for 45 – 60min. This is purely for recovery and maintains fitness.

22/07 SATURDAY –

- Long Run – Spend 2 – 3h on the mountain, try aim for 600 – 800m vertical gain.

*Route Suggestion – Cradock Pass, up and down.

23/07 SUNDAY –

- Recovery run – 60 – 80min easy run (a run at the dam will be perfect!)

24/07/2023 – 30/07/2023 – WEEK 4 (RECOVERY WEEK)

Use this week as a rest and recovery week, this will allow the body to rest and recover and also to adapt to the training.

24/07 MONDAY –

- GTR Social Run (±8km) – Recovery Run.

25/07 TUESDAY –

- REST DAY – complete rest day/ day off.

26/07 WEDNESDAY –

- Cross Trian Day – 60min recover Spin/ Ride. This is purely for recovery and to get the legs loose.

27/07 THURSDAY –

- GTR Time Trial (5km) – Recovery run.

28/07 FRIDAY –

- REST DAY – complete rest day/ day off.

29/07 SATURDAY –

- 60min easy run, find an undulating runnable route to run, keep it easy and flowing.

30/07 SUNDAY –

- 60 – 90min Hike/Walk, use this for recovery, next week is a big week again!

31/07/2023 – 06/08/2023 – WEEK 5

31/07 MONDAY –

- GTR Social Run (±8km) – Easy run.

01/08 TUESDAY –

- Speed Session: Do this on the road. Find a road loop to do this session.

Session: 200m intervals -

Warm up – 10min @YOUR easy pace, HR should be low.

Session – 200m x 8, with 60sec, with easy jog between efforts.

Cool down – 15min @YOUR easy pace, you need to bring you HR down back to normal.

02/08 WEDNESDAY –

- Cross Train Day – 45 – 60min Spin/Ride. This is purely for recovery and maintains fitness.

03/08 THURSDAY –

- GTR Time Trial (5km) – Easy run.

04/08 FRIDAY –

- Vert Session (runnable): Find a runnable hill (I like to use the Witfontein service road for these hills.)

Session: 500m hills -

Warm up – 15min @YOUR easy pace, HR should be low.

Session – 500m x 6, after each effort run down to start point and repeat.

Cool down – 15min @YOUR easy pace, you need to bring you HR down back to normal.

05/08 SATURDAY –

- REST DAY – complete rest day/ day off.

06/08 SUNDAY –

- Long Run – Spend 2h on the mountain. Try aim for 400 – 500m vertical gain.
*Rout Suggestion – Vensterberg or Losberg.

07/08/2023 – 13/08/2023 – WEEK 6

07/08 MONDAY –

- GTR Social Run (± 8 km) – Easy run.

08/08 TUESDAY –

- Speed Session: Do this on the road. Find a road loop to do this session.

Session: Pyramid -

Warm up - 15min @YOUR easy pace, HR should be low.

Session – 100m, 200m, 300m, 400. 500m, 500m, 400m, 300m, 200m, 100m.

small to big, big to small. Run at a comfortably fast pace for these and maintain it, try stay consistent. Rest for 90sec between each effort.

Cool down – 15min @YOUR easy pace, you need to bring you HR down back to normal.

09/08 WEDNESDAY –

- REST DAY – complete rest day/ day off.

10/08 THURSDAY –

- GTR Time Trial (5km) – Easy run.

11/08 FRIDAY –

- Vert Session (steep hill): Find a steep hill (I like to use The Link up for these hills.)

Session: 200m hills -

Warm up - 10min @YOUR easy pace, HR should be low.

Session – 200m x 6, after each effort run down to start point and repeat.

Cool down – 10min @YOUR easy pace, you need to bring you HR down back to normal.

12/08 SATURDAY –

- Long Run “recce” – this weekend run Vensterberg and Losberg and then back to Sputnik.
Distance - ± 10 km
Vert gain - ± 100 m

13/08 SUNDAY –

- Easy run – 45 - 60min easy run.
It is key to try and keep the HR low (range from 140-150).

14/08/2023 – 20/08/2023 – WEEK 7

14/08 MONDAY –

- GTR Social Run (±8km) – Easy run.

15/08 TUESDAY –

- Vert Session (steep hill): Find a steep hill (I like to use The Link up for these hills.)

Session: 3min hills –

Warm up – 10min @YOUR easy pace, HR should be low.

Session – 3min x 5, after each effort run down to start point and repeat.

Cool down – 10min @YOUR easy pace, you need to bring you HR down back to normal.

16/08 WEDNESDAY –

- REST DAY – complete rest day/ day off.

17/08 THURSDAY –

- GTR Time Trial (5km) – Easy run.

18/08 FRIDAY –

- Speed Session: On runnable trails. (I do these either at the dam or on the Witfontein contour path)

Session: endurance intervals -

Warm up – 10 – 15min @YOUR easy pace, HR should be low.

Session – After warm up do the following; run HARD for 3min and directly after the 3min, run HARDER for 1min, then RECOVER for 3min by either an easy jog or easy walking, repeat this 4 times.

Cool down – 10 – 15min @YOUR easy pace, you need to bring you HR down back to normal.

19/08 SATURDAY –

- Easy run – 45 - 60min easy run.
It is key to try and keep the HR low (range from 140-150).

20/08 SUNDAY –

- Long Run 3h – 4h - “recce” this week run George Peak. This will be your last big run before 6Peaks!

21/08/2023 – 27/08/2023 – WEEK 8 (RECOVERY WEEK)

This is a recovery week, let your body recover.

21/08 MONDAY –

- GTR Social Run (±8km) – Recovery Run.

22/08 TUESDAY –

- REST DAY – complete rest day/ day off.

23/08 WEDNESDAY –

- Cross Trian Day – 60min recover Spin/ Ride. This is purely for recovery and to get the legs loose.

24/08 THURSDAY –

- GTR Time Trial (5km) – Recovery run.

25/08 FRIDAY –

- REST DAY – complete rest day/ day off.

26/08 SATURDAY –

- Long Run - easy 90min on undulating trails.

27/08 SUNDAY –

- Easy run 45 – 60min, find an undulating runnable route to run, keep it easy and flowing.

28/08/2023 – 03/08/2023 – WEEK 9

28/08 MONDAY –

- GTR Social Run (±8km) – Easy run.

29/08 TUESDAY –

- Light Vert Session (runnable): Find a runnable hill (I like to use the Witfontein service road for these hills.)

Session: 30sec hills -

Easy running for 30 minutes (In this 30min, run towards a runnable hill to do some hill sprints up). After the 30min, on your chosen hill (runnable) do 10 x 30sec hill sprints, with easy walk to start point between efforts and then repeat. Once you have completed the efforts, easy run/ cool down for 20min.

30/08 WEDNESDAY –

- Cross Trian Day – 60min recover Spin/ Ride. This is purely for recovery and to get the legs loose.

31/08 THURSDAY –

- GTR Time Trial (5km) – Easy run.

01/09 FRIDAY –

- Light Speed Session: Do this on the road. Find a road loop to do this session.

Session: 25sec Hard, 35sec Easy -

Warm up - 10min @YOUR easy pace, HR should be low.

Session – Hard 25sec, Easy 35sec, repeat 15 times

Cool down - 10min @YOUR easy pace, you need to bring you HR down back to normal.

02/09 SATURDAY –

- Long run – 90min vert run.
*Route Suggestion – Vensterberg.

03/09 SUNDAY –

- REST DAY – complete rest day/ day off.

04/09/2023 – 10/09/2023 – WEEK 10

TAPER WEEK!

04/09 MONDAY –

- GTR Social Run (±8km) – Easy run.

05/09 TUESDAY –

- REST DAY – complete rest day/ day off.

06/09 WEDNESDAY –

- Recovery Run: 45 – 60min run.

07/09 THURSDAY –

- GTR Time Trial (5km) – Easy run.

08/09 FRIDAY –

- Pre 6Peaks FKT Shakeout run –
Easy 30min with 30sec x 6 strides.

09/09 SATURDAY –

- 6Peaks FKT!

10/09 FRIDAY –

- REST DAY – complete rest day/ day off.

Seeking_Trails Academy

If you are looking for a coach or more personalized training/ training programs, contact Rebecca or Mentz from Seeking Trails to get more info!

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