

4 PEAKS - TRAINING PROGRAM

- 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
- As it is important to simulate conditions it is as important to simulate race day in terms of clothing, shoes, backpack, hydration & nutrition.
- 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
- 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.)
- 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.
- 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.
- 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.

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

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