



RUN LARAPINTA

STAGE RACE
TRAINING PACKAGE

BY HANNY ALLSTON

RUN LARAPINTA

Stage Race Training Overview



Week No.	Training Focus	Mandatory Gear Suggestions	Advice
1	Aerobic Training - Moderate	View the Recommended Gear Checklist and 20% OFF Discount Code at Find Your Feet	Investigate the best vest pack & trail shoes for your race day needs. Consider your 'sock status' too.
2	Aerobic Training - Hard	<ul style="list-style-type: none"> • Vest Pack • Space Blanket • Trail Shoes • Trail Socks • Dry Bags 	Ease into training gently. Don't forget to practice walking in training. Where possible add walk into your daily routines ie. taking stairs at work.
3	Mission		Try your vest pack & trail shoes on your mission. Pack your phone & gear inside dry bags to protect them.
4	Aerobic Training - Moderate		Last year achilles, plantar fasciitis & ITB issues were common amongst UTA runners. Consider a musculoskeletal screening by a physio & starting a basic strength & activation routine.
5	Aerobic Training - Hard		I believe weak glutes are common causes of most lower limb injuries. Try to prioritise core & gluteal strength routines in training. I aim for 10-15mins of strength & activation before my hard training days and 1 longer gym session each week.
6	Mission	<ul style="list-style-type: none"> • Rain Jacket • Nutrition & Hydration • Blister Prevention 	As training increases recovery becomes even more important. Review your sleep & nutrition habits.
7	Hills - Moderate		Understanding your sweat rate can really help understand how much volume and thus nutrition & hydration your stomach can tolerate on race day.
8	Aerobic Training - Hard		Check in with your training and review your progress. Sometimes when you take a step back you realise just how far you have already come!
9	Mission		This is the most common month for injuries. Consider initiating massages on a 2-3 week frequency into your training to prevent injury.
10	Hills - Moderate	<ul style="list-style-type: none"> • Head Torch • Backup Head Torch • Buff 	Sweat rates change under different temperatures & humidities. Consider repeating your sweat rate test under different conditions to last time.
11	Hills - Hard		Try practicing some of the tips and tricks we have discussed in the Mastering Hills Podcast. Hills are about efficiency! The biggest secret comes back to small steps and a high cadence.
12	Mission		Ensure that you are constantly monitoring your nutrition & hydration successes. This mission is critical for practicing a consistent & replicable strategy. Don't forget to trial your breakfast too!
13	Recovery + Taper Trial		Check in with your progress on the hills. Now that your strength is growing, consider adding stairs and more downhills into your training where possible.
14	Stage Race Trial	<ul style="list-style-type: none"> • Check Trail Shoes • Check Socks • Thermal Top • Nutrition & Hydration • Compass • Bandage 	Now would be a good time to gather the rest of your mandatory gear together. Consider how you can prepare for either wet and the hot conditions too.
15	Recovery + Time Trial		Practice, practice, practice. Complete this mission as if it were race day - from nutrition to gear. Don't forget to also practice your hiking skills.
16	Speed Endurance - Moderate		Notice how we have slowed the learning. Take some time out to relax and play this week. After all, we do this for fun.
17	Speed Endurance - Hard		I would strongly recommend booking a massage before the upcoming long mission. We don't want to take any risks! I like to get my head around race day long before it comes around. Start preparing your race day strategies, especially how you can optimise your mental strength.
18	Sharpening	<ul style="list-style-type: none"> • Check Nutrition & Hydration • Checkpoint Bags • Ziplock Bags 	Ensure that you have all your nutrition, hydration and mandatory gear requirements ready. Start easing back the training. Avoid ramping up your speed too fast to avoid injury.
19	Taper + Race Week		Increase the quantity and quality of your sleep & nutrition. Many athletes reported getting sick at this time last year. Don't join them! Chill out. You cannot get any fitter or faster. So rest, recoup and enjoy relaxing before the adventures ahead.
20	REST!		Avoid trying to plan your next race or huge adventures this week. You will be filled with adrenalin but also tired, this could be a deadly combination. Plan smart, rest hard!
21	RELAX!		Start gently easing yourself into enjoyable active recovery. You should still be aiming for weeks of active recovery before you start considering the 'what next?'

WEEK 1	DAY	MALBUNKA				NAMATJIRA			
		Intensity	Activity	Distance	Duration	Intensity	Activity	Distance	Duration
	Moderate Week		Aerobic: Moderate						
Podcast Episode #17 Psychological Foundations of Performance	Mon	Rest				Rest			
	Tue	Easy	Active recovery activities such as easy jogging or crosstraining		0:30	Easy	Active recovery activities such as easy jogging or crosstraining		0:30
	Wed	Moderate	Mid-week longer run at talking pace. Can be on trail or can be run somewhere close to home		1:10	Moderate	Mid-week longer run at talking pace. Can be on trail or can be run somewhere close to home		0:50
	Thu	Hard	Tempo Run: Warm up then attempt 3x10min tempo run at HR>75% maximum. Take 2-5min jog recovery between each Finish with a short c'down		1:10	Hard	Tempo Run: Warm up then attempt 2x10min tempo run at HR>75% maximum. Take 2-5min jog recovery between each Finish with a short c'down		0:50
	Fri	Rest				Rest			
	Sat	Moderate	Semi-long run on smoother, flatter surfaces		1:15	Moderate	Semi-long run on smoother, flatter surfaces		0:50
	Sun	Hard	Long Run along hilly tracks and trails		1:45	Hard	Long Run along hilly tracks and trails		1:15
Comments or Considerations?		This week the training starts for your Larapinta Stage Race goal! A crucial part of preparing for this event is to prepare for the heat & dryness. If you create ways of running in a warmer, dry environment and practice your race day nutrition & hydration this will really help you come August. I also strongly encourage you to pace yourself. Consistency is the key when it comes to preparing for multi day endurance events. Respect the recovery as much as the hard training!							
NOTES:									

WEEK 2	DAY	MALBUNKA				NAMATJIRA			
		Intensity	Activity	Distance	Duration	Intensity	Activity	Distance	Duration
	Hard Week	Aerobic: Hard							
Read: Emily's Larapinta Stage Race Experience	Mon	Rest				Rest			
	Tue	Easy	Active recovery activities such as easy jogging or crosstraining		0:40	Easy	Active recovery activities such as easy jogging or crosstraining		0:30
	Wed	Moderate	Mid-week longer run at talking pace. Can be on trail or can be run somewhere close to home		1:20	Moderate	Mid-week longer run at talking pace. Can be on trail or can be run somewhere close to home		1:00
	Thu	Hard	Hilly Tempo: 15min w'up; 15-20min strong uphill run or over rolling hills; 15min cool down		1:00	Hard	Hilly Tempo: 10-15min w'up; 2x6-8min strong uphill run or over rolling hills; 15min cool down		0:50
	Fri	Easy	Choose from easy jogging or crosstraining activities		0:30	Rest			
	Sat	Moderate	Hilly Run aiming to run all the hills comfortably and work the downhill's a little stronger (to simulate race day)		1:00	Moderate	Hilly Run aiming to run all the hills comfortably and work the downhill's a little stronger (to simulate race day)		1:00
		Sun	Hard	Long Run: add some hills and trails in if you can. Run this at a talking pace. This will be your standard long run from now on.	2:00	Hard	Long Run: add some hills and trails in if you can. Run this at a talking pace.		1:30
		Comments or Considerations? The Larapinta Stage Race is full of hills and requires four days of back to back running. Therefore, if possible try to incorporate lots of hills in your training. We are also using Saturdays & Sundays to get used to completing back to back solid sessions. If you don't have many hills, then aim to complete a 15-20min tempo over rolling hills during the Thursday session.							
		NOTES:							