

TRAIL MARATHON TRAINING PLANNER



Hanny
ALLSTON

TESTIMONIES

"Having never trained like this before. I was blown away on race day at how much I had progressed! I was easily inside what I expected and loved every minute of the run! Never knew what it felt like to be so well prepared! And the training was doable. Other planners out there are way more daunting but not sure I'd get better results..."

"I think the training planner and principles that go behind it are amazing and had me perfectly trained come race day."

I recently bought your trail running guide and the 24 week plan. I have just started the plan and am really enjoying it! I am a mother of 3, 45 years old and a barrister...so life is quite busy. I have run a couple of marathons in the past (not fast - but I did it!) but have always wanted to do trail running and this year I decided to stop thinking about it and just do it. I am just reaching out to say I really enjoyed your book and I like your approach - that it is about taking a long term view to have an active lifestyle and to avoid injury.

I used planner for Sunday's Melbourne Marathon with some surprising results. My previous marathon times were around 3hr30mins and have been there for many years. On Sunday I applied your suggestions such as pacing, posture, use of gels, on course hydration, using the crowd, relaxing, cadence, uphill/downhill technique and above all being in the moment with a positive mindset. I was staggered how comfortable and in control I was through out the run....well up to the 36km mark anyway. I held form well when going deep and was amazed to close the line in 2hr58min. Achieving a life long goal of running a marathon under 3 hours! I thought it might take another year of focused training but managed to achieve it this year. I just wanted to thank you immensely as I was channelling a lot of your words and advice during the race and I believe it made all the difference.

"My wife and I used your program. Being time based we can train together. I run back to her at each track junction when we train together. It was great to know in advance the week month ahead. We didn't follow the last 3 weeks as at 53 years of age we find that more rest and recovery in taper better. This was our third year using your program."



TRAIL MARATHON RUNNING - SUGGESTED EQUIPMENT & APPAREL

I founded Find Your Feet's retail stores in 2014, striving to provide high quality and ethically made product for all your wild adventures. Find Your Feet now have a comprehensive range of trail running equipment as well as a team who also love to help you to play wilder. Therefore, I strongly recommend you visit their website and reach out if you need any further assistance- www.findyourfeet.com.au

***** DON'T FORGET YOUR FIND YOUR FEET 20% DISCOUNT CODE – [PlayWilder](#) *****

| ESSENTIAL ITEMS | MEN'S | WOMEN'S |
|-------------------------------------|--|---|
| Training + Race Shoes | Our Collection | Our Collection |
| | Depends on the individual however something with light cushioning and well-spaced lugs such as the Salomon S/LAB range, The North Face and La Sportiva. Call Find Your Feet or email us if you have any questions. | |
| Socks | Find Your Feet Coolmax Socks (Long) | Find Your Feet Coolmax Socks (Long) |
| | Find Your Feet Coolmax Socks (Short) | Find Your Feet Coolmax Socks (Short) |
| Headband | Find Your Feet Headbands (Great for comfort under headtorches, as a sweat band, warmth in the cold weather... everything!) | |
| IN THE EVENT OF SEVERE COLD WEATHER | MEN'S | WOMEN'S |
| Thermal Top | Long Sleeve Thermal Top | Long Sleeve Thermal Top |
| Rain Jacket | Salomon Bonatti Trail Running Jacket | Salomon Lightening Trail Running Jacket |

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| WEEK 1 | DAY | KEY SESSION | | | | OPTIONAL EXTRA TRAINING | | | |
|---|----------------------|-------------|--|----------|----------|-------------------------|--|----------|----------|
| | | Intensity | Activity | Distance | Duration | Intensity | Activity | Distance | Duration |
| | Moderate Week | | Aerobic: Moderate | | | | | | |
| | Mon | Easy | Easy jog - stretch out today and try to take yourself on your 'favourite run' | | 0:30 | Rest | | | 0:00 |
| Podcast Episode #19 Base Training | Tue | Moderate | Aerobic run - comfortable talking intensity and preferably on softer terrain such as trails or grass | | 0:45 | Easy | Short walk after work to unwind & regain presence after the day | | 0:30 |
| | Wed | Hard | Tempo Run: 10min very easy jog then 10min aerobic run for w'up; 8min tempo/6min easy walk or jog; 6min tempo; 4min easy walk or jog; 4min tempo; 2min easy walk or jog; then c'down | | 0:50 | Easy | Yin-style yoga for recovery and mindfulness | | 0:30 |
| | Thu | Easy | Rest or gentle cross-training for recovery purposes - non-weightbearing would be excellent | | 0:40 | Rest | | | 0:00 |
| | Fri | Moderate | Aerobic run - comfortable talking intensity and preferably on softer terrain such as trails or grass. Finish with 5x1min slightly harder efforts with 1min jog recoveries. This gets your legs spinning. | | 0:45 | Easy | Strength training: focus on activating your core and running muscles | | 0:30 |
| | Sat | Hard | Longer run - At talking effort but add in some gentle, rolling uphill, downhill and trails. | | 1:15 | Rest | Optional passive recovery activities | | 0:00 |
| | Sun | Rest | Optional passive recovery activities | | 0:00 | Rest | | | 0:00 |

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|--|------------------------------------|--------------------|--|-----------------|-----------------|--------------------------------|--|-----------------|-----------------|--|
| | Comments or Considerations? | | I suggest that you begin on this plan following a period of at least 3 weeks of regular walking & jogging to build up your fitness. Ideally this would be 4-5 easy jogs each week until your body feels it has adjusted to consistent running-related exercise. Once you are ready to start this planner then it is really important for you to begin like you wish to finish. That is, ensure that you build routines that you can maintain. I personally advocate doing your sessions in the morning, prioritizing them before the busyness of the day. I would recommend getting up, put on your training clothes, have a cup of tea and a handful of dried fruit, stretch or core exercises to wake body up, then head straight out the door. This week I also introduce you to the important concept of Tempo Runs (Wednesday). The idea of a tempo run is to hold a comfortably-uncomfortable effort of running for the whole effort. Ideally, if you had to you should be able to just hold this effort for double the nominated time (i.e. if an 8min tempo then you should be just able to hold it for 16mins although you would collapse in a heap at the end if you did!). So, the tempo effort should always feel hard but achievable. | | | | Weekly Totals: | | 6:15 | |
| WEEK 2 | DAY | KEY SESSION | | | | OPTIONAL EXTRA TRAINING | | | | |
| | | Intensity | Activity | Distance | Duration | Intensity | Activity | Distance | Duration | |
| | Hard Week | | Aerobic: Hard | | | | | | | |
| | Mon | Easy | Easy jog or walk - ease into the week and ensure you are ready for leaning into the harder sessions this week | | 0:30 | Rest | | | 0:00 | |
| Podcast Episode #17 Psychological Foundations of Performance | Tue | Moderate | Aerobic run - comfortable talking intensity and preferably on softer terrain such as trails or grass | | 0:45 | Easy | Strength training: focus on activating your core and running muscles | | 0:30 | |