

30 SEP 120k
> 20 OCT 75k
2022 45k
13k
7k



KWay MaxiRace p/b Banhoek Chillii Oil: 16-Week 120km Training Plan by Alpasfit

Start 5am @ Saturday 1 Oct 2022 Franschoek NG Church

Cutoff 11am @ Sunday 2 Oct 2022 HS Stellenbosch Cut-off = 30hrs

COACHING NOTES: So your training for Maxi 120 begins! Consistency is key, even if you can't get to all your workouts, every km counts towards your big Ultra goal. Write down your goal and commit to your 16 week build. You should already be comfortably running 45-50km weeks when starting with this plan. Enjoy the process and good luck out there.

Weeks to go	Focus	Easy run	Speed	Strength / Easy Run	Longer Intervals	Rest Day	Long Run	Easy Run	Weekly Total (hrs)	✓
		MON	TUE	WED	THU	FRI	SAT	SUN		
15	Build	40min easy run	20min WU. 16 reps of 25sec hard (8/10 effort) 35sec recovery (5/10 effort). 15min CD	45 min Strength	50min easy run	Rest	2h00 Trail Run	50min easy run	5h10	
14	Build	40min easy run	20min WU. 10x10sec hills. 40sec recovery between reps. 20min CD	45min Strength	55min easy run	Rest	2h15 Trail Run	55min easy run	6h40	
13	Build	45min easy run	20min WU. 14x45sec hard (8/10). 45sec recovery in between (5/10). 15min CD	45min Strength	55min easy + 10 strides	Rest	2h30 Trail Run	60 min easy run	6h55	
12	Recover	40min easy run + book a sports massage	20min WU. 12x20sec hills. 40sec recovery between reps. 20min CD	45min Strength + 2km run warm up	50min easy + 10 strides	Rest	2h15 Trail Run - run the last 25 minutes slightly harder.	40min easy run	6h00	
11	Build	55 min easy run	15min WU. 10x400m. 60sec recovery in between. 15min CD	45min Strength + 2km run warm up	55min easy + 10 strides	Rest	2h40 Trail run - push the downhill	60min easy run	7h20	
10	Build	50 min easy run	20min WU. 5x1km hard, 2min recovery run in between. 15 min CD	45min Strength + 20 minute easy run	20min WU. 6x20sec + 8x16sec hills. Easy jog down between reps. 15min CD	Rest	2h50 long run on trail. 600m climbing, push the climbs	65min easy run on trail or jeep track	7h55	
9	Build	50min easy run	20min WU. 12x300m. 100m recovery running in between. 15min CD.	45min Strength + 30 minute easy run	20min WU. 14x20sec hills. Easy jog down between reps. 20min CD	Rest	3h30 Trail Run + 700m climbing	75 min easy run on trail or jeep track	8h45	
8	Recover	45min easy run + book a sports massage	20min WU. 12x200m. 45sec recovery. 10min CD	45min Strength	20min WU. 5x3min hard, 90sec recovery between. 15min CD	Rest	3h00 Trail Run +800m climbing	60min easy run	7h30	
7	Build	50min easy run	18min WU. (600, 500, 400) x3. 1min recovery running between. 15min CD	75 min easy run on trail +300m climbing 30min Strength - PM	15min WU 8x200m hills. Easy jog down. 15min CD	Rest	4h00 Trail Run - distance focused. Choose a more runnable terrain instead of long climbs. +25km with some climbing.	1h30 run on trail (back to back trail runs, getting used to running on tired legs)	10h05	
6	Build	50min easy run	15min WU. 5x200m. 4x300m. 3x200m. 50sec recovery run between reps.15min CD	45min Strength + 80 min mid week longrun on trail (400m elevation)	60min: 20min WU. 2min hard, 80sec easy. 7 reps. 20min CD	Rest	4h30 on trail with 1200m climbing. Try to find a route with a long climb, that simulates the Mont Rochelle Climb in Maxi Race. Work on your pace hiking, Run with your race day gear, test your nutrition!	100min on trail with 350m climbing. Flatter trail, taking it easy after yesterdays vert focused run.	11h05	
5	Build	1 hour easy on trail	20min WU. 12x400m. 60sec recovery in between. 20min CD	45min Strength AM + 30 minute warm up run	25min WU. 6x20sec + 14x10sec hills. Easy jog down between reps. 20min CD	Rest	Race Day Simulation Run: A day in the mountains, 10+ hours on trail. +50km with +2000m of climbing. Try to find a B race to test your race strategy for Maxi. Otherwise a long day out in the mountains with a group will work.	60min easy run - on jeep track or flat trail route. Recovery run	14h30	
4	Recover	70min easy run + Get a sports massage after the weekends training	20min WU. 18x200m. 45sec recovery. 20min CD	20min Strength + 35min recovery run	30min WU. 20 reps of 25sec hard (8/10 effort) 35sec recovery (5/10 effort). 20min CD	Rest	3.5 - 4 hour long run with +1000m climbing. Vert focused session, preferably a summit or long climbs. Try to simulate the climbs in the MUT route. Run with your race day gear and nutrition.	Rest/recover/Cross training - anything off your feet	9h00	
3	Build	50min easy run	25min WU. 2:20min hard, 80sec easy. 6 reps. 25min CD	20min Strength + 30min recovery run	25min WU. 20x10sec hills. Easy jog down. 25min CD	Rest	4hr long run - runnable route with short undulating climbs	75min easy run - on trail or jeep track	8h55	
2	Maintain	60min easy run	22min WU. 12x300m. 100m recovery running in between. 20min CD.	20min Strength + 30min recovery run	20min WU. 5x40 + 14x20sec hills. 15min CD	Rest	3h30 Trail Run - Vert focused, try to get 900m+ vert in.	70min easy run - on trail or jeep track	8h30	
1	Taper	60min easy run - last sports massage, no later than 4 days before the event	20min WU. 800m + 3x400m(200m recovery) + 6x150m(100m recovery). 20min CD	20min Strength + 40min recovery run	25min WU. 14x200m. 100m recovery run. 25min CD	Rest	2h Trail Run - runnable route, take it easy on the downhill.	60min easy run	7h	
Race week!	Taper & Race	Rest	10min WU. 8x200m. 130m recovery run. 10min CD	30min Easy run	Rest + Race Plan (layout your gear, study the route, minimize any "last minute" things that could cause stress on race day.	25min Easy run with strides	Race Day Saturday 1 Oct	Rest	Race week	