

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



KWay MaxiRace p/b Banhoek Chilli Oil: 16-Week 45km Training Plan by Alpasfit

Start 6am @ Saturday 1 Oct 2022 Franschoek NG Church

Cutoff 4pm @ Saturday 1 Oct 2022 HS Stellenbosch Cut-off = 10hrs

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	35min easy run	20min WU. 14 reps of 25sec hard (8/10 effort) 35sec recovery (5/10 effort). 15min CD	30 min Strength	40min easy run	Rest	1h30 Trail Run	45min easy run	4h50	
14	Build	40min easy run	20min WU. 10x10sec hills. 40sec recovery between reps. 20min CD	30min Strength	45min easy run	Rest	1h45 Trail Run	50min easy run	5h00	
13	Build	45min easy run	20min WU. 12x45sec hard (8/10). 45sec recovery in between (5/10). 15min CD	45min Strength	50min easy + 10 strides	Rest	2h00 Trail Run	50min easy run	6h00	
12	Recover	40min easy run + book a sports massage	20min WU. 10x20sec hills. 40sec recovery between reps. 20min CD	40min Strength + 2km run warm up	45min easy + 10 strides	Rest	1h45 Trail Run - run the last 20 minutes slightly harder.	40min easy run	5h20	
11	Build	55 min easy run	15min WU. 8x400m. 60sec recovery in between. 15min CD	45min Strength + 2km run warm up	55min easy + 10 strides	Rest	2h00 Trail run - push the downhill	60min easy run	6h35	
10	Build	50 min easy run	20min WU. 4x1km hard, 2min recovery run in between. 15 min CD	45min Strength + 20 minute easy run	20min WU. 4x20sec + 6x16sec hills. Easy jog down between reps. 15min CD	Rest	2h15 long run on trail. 600m climbing, push the climbs	60min easy run	7h10	
9	Build	50min easy run	20min WU. 10x300m. 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	2h45 Trail Run + 700m climbing	60min easy run	7h50	
8	Recover	45min easy run + book a sports massage	20min WU. 12x200m. 45sec recovery. 10min CD	45min Strength	20min WU. 4x3min hard, 90sec recovery between. 15min CD	Rest	2h30 Trail Run +600m climbing	60min easy run	6h50	
7	Build	50min easy run	18min WU. (600, 500, 400) x2. 1min recovery running between. 15min CD	30min easy run on trail + 30min Strength	15min WU 8x200m hills. Easy jog down. 15min CD	Rest	2h45 Trail Run - distance focused. Choose a more runnable terrain instead of long climbs. +20km with some climbing.	60min	7h35	
6	Build	50min easy run	15min WU. 5x200m. 4x300m. 3x200m. 50sec recovery run between reps.15min CD	45min Strength + 40min easy run on trail	60min: 20min WU. 2min hard, 80sec easy. 4 reps. 20min CD	Rest	3h00 on trail with 1000m climbing. Choose a run with multiple 200-300m ups and downs. Run with your race day gear, test your nutrition!	60min easy run - on jeep track or flat trail route. Recovery run	8h15	
5	Build	1 hour easy on trail	20min WU. 10x400m. 60sec recovery in between. 20min CD	45min Strength AM + 30 minute warm up run	25min WU. 5x20sec + 12x10sec hills. Easy jog down between reps. 20min CD	Rest	Race Day Simulation Run: A day in the mountains, 3.5-4 hours on trail . +30km with +1200 of climbing.	60min easy run - recovery run easy.	9h15	
4	Recover	60min easy run + Get a sports massage after the weekends training	20min WU. 14x200m. 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	2h45 hour long run with +800m climbing. Vert focused session, preferably 2 small summits one after another, as is found in the Maxi route. Run with your race day gear and nutrition	Rest/recover/Cross training - anything off your feet	6h40	
3	Build	50min easy run	25min WU. 2:20min hard, 80sec easy. 5 reps. 25min CD	20min Strength + 30min recovery run	25min WU. 20x10sec hills. Easy jog down. 25min CD	Rest	2h30 long run - runnable route with short undulating climbs.	40min easy run - on trail or jeep track	6h50	
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	2h Trail Run - Vert focused, try to get 650m+ vert in.	45min easy run - on trail or jeep track	6h35	
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. 12x200m. 100m recovery run. 25min CD	Rest	1h15 Trail Run - runnable route, take it easy on the downhill.	45min easy run	6h00	
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	