

4 day block training- run/walking

Date	Run/walk 1	Run/walk 2	Run/walk 3	Run/walk 4	Total
25/11/19	4 Miles	10 Miles	6 Miles	4 Miles	24 miles
02/12/2019	4	10	6	4	24
09/12/2019	4	10	6	4	24
16/12/2019	4	10	6	4	24
23/12/2019	6	5	4	2	17
30/12/2019	6	12	8	4	30
06/01/2020	6	12	8	4	30
13/01/2020	6	12	8	4	30
20/01/2020	6	5	4	2	17
27/01/2020	6	15	10	4	35
03/02/2020	6	15	10	4	35
10/02/2020	6	15	10	4	35
17/02/2020	6	5	6	4	21
24/02/2020	6	18	12	4	40
02/03/2020	6	18	12	4	40
09/03/2020	6	18	12	4	40
16/03/2020	6	10	6	4	26
23/03/2020	6	20	15	4	45
30/03/2020	6	20	15	4	45
06/04/2020	6	20	20	4	50
13/04/2020	6	10	8	4	28
20/04/2020	6	25	20	4	55
27/04/2020	6	25	20	4	55
04/05/2020	6	10	10	4	30
11/05/2020	6	10		4	20
18/05/2020			Day1	Day 2	

This plan is for those who are going to run/walk the whole of Run The wall. It may be that you are able to run now for up to an hour. But going forward in that the long runs are broken down into run/walk (Jeffing) to enable the doubles to be done and recovered from. For example 1 mile run and 1 mile walk, this will enable fluids and food to be taken on board. Or even 5 minutes run then 2 minutes walk. This is very individual and needs to be worked on till you settle on the best method for you.

The plan is organised around 4 week cycles, 3 training, with 1 recovery week. Rest is essential so recovery days must be just that.

It's important to build a block of 4 day training to resemble the actual event. But lots of the training can be fast walking. The long running weekend, is formed by a long run on Saturday followed by a medium run on Sunday. These are built from running and walking varying amounts to get time on your feet. The taper is for 3weeks, but may be extended to 4 weeks if carrying a niggles. On this plan we are looking for time on the feet rather than speed.

Another alternative would be to split the total mileage differently between the 4 runs. So for example a 42 mile run/walk week might be 10, 12, 10, 10 miles.