

MDS 2016 - Training Plan Scott Longden

All Distances in KM

Long Runs 60% Run / 40% Walk

Include Sand Running in at least 1 Session per week

Week	Mon	Tues	Wed	Thu	Fri	Sat	Sun	Total	Exercise Notes	Nutrition	General Notes
Goal for this Block - Steps & Time on Feet											
27/07/15	1 Rest	8	6	10	8	5	15	52	85000 steps		
3/08/15	2 Rest	8	6	10	8	5	15	52	120000 steps		
Goal for this Block - Combine 1 Weekend block in Long (40km) Prom Run											
10/08/15	3 Rest	10	8	10 Rest	19	8	55	10-15 min Thu Speedwork			
17/08/15	4 Rest	10	8	10 Rest	22.4	8	58.4	10-15 min Thu Speedwork			
24/08/15	5 Rest	10	8	10 Rest	25.6	8	61.6	10-15 min Thu Speedwork			
31/08/15	6 Rest	8	5	8 Rest	22.4	8	51.4	10-15 min Thu Speedwork			
Block Total								226.4			
Goal for this Block - Consistency & Weight Loss											
7/09/15	7 Pilates/Strength	11.2	8	11.2 Rest	25.6	8	64	15-18 min Thu Speedwork			
14/09/15	8 Pilates/Strength	11.2	8	11.2 Rest	28.8	8	67.2	15-18 min Thu Speedwork	Trial 2000kCal/Day for Week		
21/09/15	9 Pilates/Strength	11.2	8	11.2 Rest	28.8	8	67.2	15-18 min Thu Speedwork			
28/09/15	10 Pilates/Strength	10	6.4	10 Rest	22.4	8	56.8	15-18 min Thu Speedwork			
Block Total								255.2			
Goal for this Block - Consistency & Weight Loss											
5/10/15	11 Pilates/Strength	16	8	11.2 Rest	32	8	75.2	20-25 min Thu Speedwork			
12/10/15	12 Pilates/Strength	16	8	11.2 Rest	19.2	16	70.4	20-25 min Thu Speedwork	Trial 2000kCal/Day for Week		
19/10/15	13 Pilates/Strength	11.2	8	11.2 Rest	35.2	8	73.6	20-25 min Thu Speedwork			
26/10/15	14 Pilates/Strength	9.6	6.4	9.6 Rest	22.4	8	56	20-25 min Thu Speedwork			
Block Total								275.2			
Goal for this Block - Build											
2/11/15	15 Pilates/Strength	14.4	8	11.2 Rest	38.4	8	80	20-25min Thu Speedwork			
9/11/15	16 Pilates/Strength	11.2	8	11.2 Rest	28.8	16	75.2	20-25min Thu Speedwork			
16/11/15	17 Pilates/Strength	9.6	6.4	9.6 Rest	22.4	16	64	20-25min Thu Speedwork			
23/11/15	18 Pilates/Strength	16	8	11.2 Rest	38.4	8	81.6	20-25min Thu Speedwork			
Block Total								300.8			
Goal for this Block - Recovery & Race											
30/11/15	19 Pilates/Strength	11.2	8	11.2 Rest	28.8	16	75.2	20-25min Thu Speedwork			
7/12/15	20 Pilates/Strength	9.6	6.4	9.6 Rest	22.4	16	64	20-25min Thu Speedwork			
14/12/15	21 Pilates/Strength	11.2	8	4.8 Rest	50 Rest	8	74	No Speedwork		Key Session (Ultra Race)	
21/12/15	22 Pilates/Strength	9.6	6.4	9.6 Rest	22.4	8	56	20-25min Thu Speedwork			
Block Total								269.2			
Goal for this Block - 90km Run											
28/12/15	23 Pilates/Strength	9.6	6.4	9.6 Rest	40	8	73.6	20-25min Thu Speedwork			
4/01/16	24 Pilates/Strength	8	8	11.2 Rest	28.8 Rest	8	56	20-25min Thu Speedwork			
11/01/16	25 Pilates/Strength	8 Rest	11.2 Rest	16	16	8	43.2	20-25min Thu Speedwork			
18/01/16	26	6.4 Rest	4.8 Rest	3.6	90 Rest	8	98.4	No Speedwork		Key Session (Ultra Trial)	
Block Total								271.2			
Goal for this Block - Race Replication											
25/01/16	27 Easy Walk - 20min	5	8	6 Rest	16	8	43	20-25min Thu Speedwork		All Gear Sorted	
1/02/16	28 Pilates/Strength	11.2	8	11.2 Rest	28.8	8	67.2	20-25min Thu Speedwork			
8/02/16	29 Rest	21	21	21	21	21	126	No Speedwork	Trial Actual Nutrition	Race Simulation (All gear and pack)	
15/02/16	30 Rest	9.6	6.4	9.6 Rest	22.4	8	56	20-25min Thu Speedwork			
Block Total								292.2			
Goal for this Block - Final Shakedown											
22/02/16	31 Pilates/Strength	9.6	6.4	9.6 Rest	28.8	10	64.4	20-25min Thu Speedwork			
29/02/16	32 Pilates/Strength	11.2	8	4.8 Rest	40	8	72	20-25min Thu Speedwork			
7/03/16	33 Rest	11.2	8 Rest	42	42	42	145.2	No Speedwork	Trial Actual Nutrition	Race Simulation (All gear and pack)	
14/03/16	34 Easy Walk - 20min	8	8	11.2 Rest	28.8	10	66	20-25min Thu Speedwork			
Block Total								347.6			
Goal for this block Begin Taper & Travel											
21/03/16	35 Pilates/Strength	14.4	8	14.4 Rest	22.4	10	69.2	No Speedwork			
28/03/16	36 Pilates	8	8	8 Rest	8	8	40	No Speedwork			
4/04/16	37 Rest	4	4	4 MDS	MDS	MDS	12				
11/04/16	38 MDS	MDS	MDS	MDS	MDS	MDS	PARTY!!!!!!				