

BRAY | HOWTH | WICKLOW
 **GAELFORCE10K**
 TRAIL RUN TRILOGY

Week	Focus	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Early week > Hill legs End of week > Endurance/Ability to cover 10k		30-minute easy run		4 x 90 secs up hills (3-7%) + jog back down *slow between reps (10 mins easy run WU with strides + 10 min easy run CD)		40-60 mins any surface (if on trail, introduce as much power hiking for hills as you wish)	
2	Early week > Hill legs (longer reps) End of week > Endurance/Ability to cover 10k		5 x 2 mins up hills (4-8%) + jog back down *slow between reps (10 mins easy run WU with strides + 15 min easy run CD)		30-40 mins easy (easy trail or flat)		45-60 mins any surface (if on trail, run 2-3 small hills, but no high stress)	
3	Early week > Hill legs (longer reps) End of week > Endurance/Ability to cover 10k		4 x 3.5 mins up hills (5-8%) + jog back down *slow between reps (15 mins easy run WU with strides + 15 min easy run CD)		30-50 mins easy (easy trail or flat)		45-60 mins any surface (if on trail, run some hills but no high stress)	
4	Early week > Understand effort on ups and downs End of week > Endurance/Ability to cover 70-90 mins + back to back hike (optional)		3 x 5 minutes at race effort with 5 minutes active recovery between efforts using rolling terrain similar to course (10-15 mins easy run WU, + 10 min easy run CD)		45-55 mins easy (preferably trail or flat)		8-13k trail run (170-300m elevation)	Optional 4th Hike 90 mins + ideally in terrain bigger than the Howth 10k course
5	Early week > Power hike, running rolling terrain course specific, moving fast on downs and flat		30-40 min run with power hike practice, all hills you will hike, all flats and downhill you run steady with control (WU 5-10 min easy, CD 5 min easy)		45-55 mins easy (just flat)		8-15k trails On downhill move a little quicker (250-350m elevation)	
6	Practice Race effort		6-8k easy on a course with 150 - 200m elevation		35-45 mins easy (flat or trail)		Similar course or partial course 10k run, but the middle 25 mins or 5k at race effort (for example, 50 min run, from 10 to 35 mins run at race effort)	Optional 4th Day Hike 120 mins + ideally in terrain bigger than the Howth 10k course
7	Easy week		5-8k on trail but real easy, power hike all hills		40-50 mins easy with 5 hills you normally wouldn't run lasting 20-30 seconds		7-10k run with half on flat, and half on hills, all hill work slow	
8	Race Week		35 mins (with 3 x 2 mins at race effort) 2-6 minute slow to easy jog between reps)		35 mins easy		Race Day – 12 Oct 2024	

Terms

- WU - Warmup
- CD - Cool Down,
- 3-7%* - This is the gradient of the hill you want to use for a climb.
- Trail - Ideally you want to use a trail similar to the event you are entering which can be found on the course description section:
 - [Gaelforce 10K Bray Route](#)
 - [Gaelforce 10K Howth Route](#)
 - [Gaelforce 10K Wicklow Route](#)
- Flat - Any surface you want, but you can skip the hills today
- Rolling Terrain - This might be a route that goes up and down, so ideally find a course where you can practice both
- No high stress - Never an effort that makes you feel like you are racing, or can't talk to a friend beside you.
- 150-200m (for ex) elevation - This race you are training for is 10k @ 225m elevation. It is good to learn what that feels like before you turn up on the day.
- Active Recovery - Not walking, but can be super slow or easy jogging
- Optional 4th day - Not essential, but if you are struggling to make time for mid week intervals or hills, or you are find it hard to run any hills that the 4th day of fast packing (explained next) might be of benefit. Using a course with a greater elevation that the race day
- Fast packing - Hiking all uphill, running flats and downs easy

Bio - Andrew Moore @fitnessgoose

I am a UESCA qualified running & ultra running coach, a qualified personal trainer, a qualified strength and conditioning coach & group fitness instructor with an internationally recognised qualification - (European Qualification Framework (EQF) Level 4 – the highest fitness instructor standard in Europe).

I have worked with over 250 runners from beginner to running, beginner to 5k, getting into trail running, running programs covering distances from 3k to 50k races, and trail/ultra runners running in races from 50k to 200k.

Learn more @ www.fitnessgoose.com

Who is this plan for?

This plan is suitable for people who have run a few 5, 10 or 21k races within the last 6 months.

This plan is suitable for hikers

This plan is suitable for very active people who might not necessarily run often, but can run a little

This plan is suitable if you have done any other Gaelforce event

Trail runners are highly recommended due to improving confidence and foot placement, better grip for surfaces and more protection if you rolled an ankle