

**Xterra Wellington Multisport Festival**  
 XTERRA 14km Trail Run Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	16 Cross-Training (30min)	17 Run - Intervals (40min)	18 Cross-Training (30min)	19 Run - Hills (40min)	20 REST DAY	21 Run - Trail (1hr)	22 Run - Easy (30min)
2	23 Cross-Training (40min)	24 Run - Intervals (40min)	25 Cross-Training (40min)	26 Run - Hills (45min)	27 REST DAY	28 Run - Trail (1hr15)	29 Run - Easy (40min)
3	30 Cross-Training (45min)	31 Run - Easy (45min)	1 January Cross-Training (50min)	2 Run - Hills (50min)	3 REST DAY	4 Run - Trail (1hr15)	5 Cross-Training (45min)
4	6 Cross-Training (45min)	7 Run - Easy (50min)	8 Cross-Training (50min)	9 Run - Intervals (50min)	10 REST DAY	11 Run - Trail (1hr30)	12 Run - Easy (45min)
5	13 Cross-Training (45min)	14 Run - Intervals (50min)	15 Cross-Training (60min)	16 Run - Hills (55min)	17 REST DAY	18 Run - Trail (1hr45)	19 Run - Easy (50min)
6	20 Cross-Training (45min)	21 Run - Intervals (50min)	22 Cross-Training (60min)	23 Run - Hills (55min)	24 REST DAY	25 Run - Trail (1hr15)	26 Cross-Training (45min)
7	27 REST DAY	28 Run - Easy (30min)	29 Yoga / Mobility (30min)	30 REST DAY	31 Run - Easy (15min)	1 February <b>RACE DAY!!</b>	2 Recovery (15min)

This 7-week training plan is best suited to helping a newbie finish their very first XTERRA Wellington 14km Trail Run.

- To start this training plan, it is recommended that you have trained 3 to 5 hours per week for the past 6 weeks prior.
- There are 8 training sessions per week with an average training volume of 4 to 6 hours per week.
- Prior to commencing please ensure you are in good physical health.

### **Training Notes:**

Cross-Training Below is a selection of alternatives to running that contribute to your overall progression and are also a great form of active recovery:

- swimming is a fantastic aerobic workout without the impact of running
- cycling, mountain biking, and spinning classes compliments the running muscles, improving strength, stamina, and balance
- yoga, strength, mobility and balance – any activity that incorporates some or all of these will also minimize the risk of injury

Running - trail is best due to its technical aspect and is kinder on the body. Where possible, incorporate off-road into your urban runs with sections such as reserves, parks, volcanoes (great for hills!), and beaches. In regards to running on the beach, please approach this with caution. Whilst soft sand is great resistance training, it can also pose a risk to calf/Achilles strains so it is important to build time on the sand slowly.

- hills: option is either an undulating course or hill repeats with easy running pre and post.
- intervals: incorporate a fartlek set/s in the middle such as 3-2-1 minutes of effort with 1-minute recovery between each effort.
- Saturday runs are a great time to make an effort to run completely on trails. Use this opportunity to explore New Zealand's amazing network of trails, or even run the XTERRA course. This run is at a medium-to-slow pace, this is your endurance run.
- Sunday run: is at a slow pace, this is your recovery.
- walking is part of every athlete's running repertoire, even for the pro's! If your 'running' incorporates walking, that's absolutely fine, it still counts towards the total time spent on your feet. As long as you cross the finish line, no one asks how much walking you did!

### **Be prepared:**

For the longer and more remote runs, please ensure you pack sufficient fluid and nutrition, a charged mobile phone, a whistle, and a basic first-aid kit that includes an emergency blanket and strapping. And reef-friendly sunscreen is a good idea too.

### **Environment:**

The trails we run on are becoming fragile. This is our playground and we need to care for it. If you see any rubbish along the way, please pick it up. The rest of us will appreciate it.

If you have a particular goal in mind and require a more personalised approach to your training or plant-based nutrition, then please feel free to contact **Fitness Locker's** XTERRA-certified coach **Ben** at [benjamin@fitnesslocker.co.nz](mailto:benjamin@fitnesslocker.co.nz) or go to [www.fitnesslocker.co.nz](http://www.fitnesslocker.co.nz) for more information about how we can help you achieve your sporting goals. Make sure you follow [Fitness Locker](#) on Facebook and [Fitness.Locker](#) on Instagram for updates on upcoming XTERRA training camps.