



TRAINING PLAN - Solo 35km

This plan is designed to help you peak for your 35km solo race! 35km is a long distance for any runner. Proper preparation and training should be conducted both for your safety and to ensure the race is completed! With steady progression and de-loading phases Wadi Bih can ensure you perform to your maximum ability on race day. A brief overview of what each day is targeting during the plan, can be seen below:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Longer Set distance work	rest & Mobility work	Intervals	Shorter Set distance work	Active rest & mobility work	Long run (terrain specific, up/downhills)	Active rest & mobility work

The total distance you will be running each week over the course of the 8 week program can be seen below, and shows how we are following a gradual progression method to target the solo 35km

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Weekly running volume	30km	32km	36km	45km	20km	49km	55km	61km



Week 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10km run	rest & mobility work	1km x 5 (1:1 work to rest ratio)	5km run	rest & mobility work	10km run	rest & mobility work

Week 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10km run	rest & mobility work	1km x 5 (1:1 work to rest ratio)	5km run	rest & mobility work	12km run	rest & mobility work

Week 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12km run	rest & mobility work	1km x 5 (1:1 work to rest ratio)	5km run	rest & mobility work	14km run	rest & mobility work

Week 4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15km run	rest & mobility work	1km x 5 (1:1 work to rest ratio)	8km run	rest & mobility work	17km run	rest & mobility work

Week 5: De-load week

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No run	rest & mobility work	1km x 5 (1:1 work to rest ratio)	No run.	rest & mobility work	15km run	rest & mobility work



Week 6

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15km run	rest & mobility work	1km x 5 (1:1 work to rest ratio)	10km run	rest & mobility work	19km run	rest & mobility work

Week 7

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18km run	rest & mobility work	1km x 5 (1:1 work to rest ratio)	10km run	rest & mobility work	22km run	rest & mobility work

Week 8

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20km run	rest & mobility work	1km x 5 (1:1 work to rest ratio)	10km run	rest & mobility work	26km run	rest & mobility work

Congratulations! You have now completed your training program and should be at your best physical level ever. The final week leading up the Wadi Bih race is used to rest and allow you to recover for the event. Good luck and have an amazing time from everyone at the Wadi Bih team!

Week 9: Final tapering

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rest week*	Rest week *	Rest week *	Rest week *	Rest week *	SOLO 35KM!	

Should you have any questions about the training program, or require more detailed training please do not hesitate to contact the Wadi Bih team!