

# COASTAL ASCENT

TRAINING PROGRAM  
FIXX 11KM-INTERMEDIATE



COASTAL ASCENT

# TRAINING PROGRAM

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## 11KM INTERMEDIATE

**Congratulations on committing to the 2024 Coastal Ascent Trail run.**

RUNLAB have put together a 12 week training programs for all abilities for the 11km event within the Coastal Ascent.

RUNLAB trains runners in multiple locations and the training programs have been prepared by Team Salomon Runner and RUNLAB Founder, Vlad Shatrov. Vlad has combined his experience of training clients through his on ground interval running groups (*MYRUNGROUP* and *MYRTRAILGROUP*), functional in gym strength classes (*RUNSTRONG*) alongside his intimate knowledge of the Coastal Ascent courses to create these programs.

Vlad is one of Australia's best distance runners both on the road and the trails.

To stay updated on the Coastal Ascent, be sure to follow both the Official [Facebook](#) and [Instagram](#) pages.

You can also follow RUNLAB on [Facebook](#) and [Instagram](#), as well as Vlad's [Facebook](#) and [Instagram](#) pages.

We also have a Facebook [Training Group](#) to stay in the loop

**Good luck over the next 12 weeks and see you at the start on Sunday 9<sup>th</sup> June!**



## COASTAL ASCENT

# TRAINING PROGRAM

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## GET THE MOST OUT OF YOUR PROGRAM

**First off, check out these important tips to help you get the most out of your training**

### **Fit to train?**

You should always consider seeking professional medical advice prior to commencing any training program. Talk to your doctor to make sure it's right for you before you begin.

### **Levels**

Ensure you select the training program which is best suited to your abilities.

## INTERMEDIATE

- ✓ Suitable for an experienced trail runner looking for a personal best!
- ✓ You regularly do speed work sessions and/or run 4-5 times per week already. As comparison, be able to run a half marathon sub 2:10, or marathon sub 4:00.
- ✓ What decides whether or not you are an intermediate runner is your training background and your familiarity with this type of training.



COASTAL ASCENT

## TRAINING PROGRAM

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### GET THE MOST OUT OF YOUR PROGRAM (cont.)

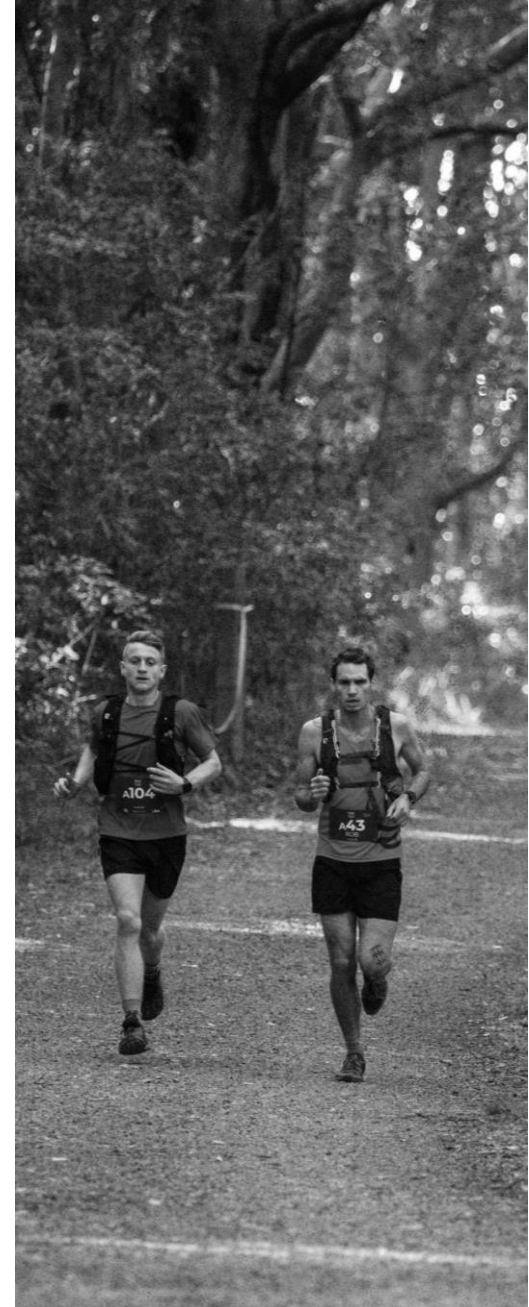
#### Overall program structure

**The program runs for 12 weeks with scheduled session types tailored to how far or close we are to event day .**

The core of all the training programs is the 'Long Run'. This is placed on the weekend as this is generally when most people have the time to complete this run.

We place an importance on trail specific sessions throughout the 12 weeks to help build you into a more sufficient runner, and we also schedule in dedicated time for strengthening exercises and running drills. There is plenty of opportunity to get comfortable with your target race pace too!

The Coastal Ascent is a challenging course, so you must prepare for it adequately.



## TRAINING PROGRAM

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### GET THE MOST OUT OF YOUR PROGRAM (cont.)

#### Training Advice

Use these tips on a weekly basis to help you alongside your program. 12 weeks is a significant period of time, and you may find obstacles along the way. Got a training question? Jump on and ask Vlad on the [Facebook Training Group](#).

#### Use the program as a guide

The training program is a 'guide' only, and as such, the pace and heart rate data is based on an average guide for that level of the plan. You may need to adjust this data to suit you. If in doubt, you can ask Vlad on the [Facebook Training Group](#).

#### Adjusting the program

Don't ever feel that you can't modify the program if it doesn't work for you – it's flexible. For example, long runs are scheduled for a Sunday when most people have the time to complete them, however, you can always choose to undertake it on a Saturday instead. When adjusting, always take into account your current fitness levels and training history, and look to add variety to your active rest days such as cross training, swimming or gym sessions.

#### Be your own coach

Your training program is like your own little coach. The best thing is that it specifies each week and beyond, and details the type of sessions you should be doing. This means if you miss a session due to family or work commitments, you can adjust it slightly to suit you so that you complete all the recommended sessions.



## COASTAL ASCENT

# SESSIONS

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### General Aerobic

General aerobic is a standard moderate effort run, slightly slower or equal in pace to a 'Long Run' – but just not as long in distance. The aim is to enhance overall aerobic conditioning.



### Strength

Strength work features in the program up to twice a week. Strength training is often neglected but it is so important for many reasons. Performed correctly it can help address underlying imbalances and or weaknesses which if left unattended may result in injuries. Strength has been included into the program together with cross training. We would suggest up to 30 minutes of cardio-based exercise followed by strength work. Heavy weight sessions are not suggested rather functional strength training. The aim is to develop even and necessary strength for distance runners allowing an improved running efficiency and stronger overall body.



### Trail & Trail Specific

Trail sessions are included into the program and serve multiple purposes. Trail running involves more hills and with that you'll get strength adaption when you include these sessions. Where a trail run is scheduled there is an alternate non trail running run also scheduled, only because getting onto trails can often be intimidating or logistically difficult, so only do it if you are comfortable. Trail running also impacts the body less and can break up the routine of road running training. Ensure you have trail specific running shoes for any trail runs of length, on wet trails or technically challenging trails.



## COASTAL ASCENT

# SESSIONS

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### Long Run

The aim of the 'Long Run' is to improve endurance. Do this at the correct intensity which is ideally 10-20% slower than marathon pace. You should be able to carry out a conversation running at this pace. If you prefer to use heart rate zones, try the [runnersweb.com](https://runnersweb.com) online calculator to give you an indication of the range you should be working in.



### Speed

Speed sessions are short repetitions of between 600 – 1,600m at 5km pace. This provides stimulus to increase speed and lactate threshold.

These sessions allow you to become a faster runner and involve a warm-up and cool-down based around a core running set. The key to effective speed training is to aim to have all the repetitions completed within 1-5 seconds of each other. Don't do the first repetition so hard that the following reps become slower; likewise don't take the first 1-2 reps easy then pick it up. Wear a watch to help time and monitor these sessions.



### Tempo

The Tempo Run – Lactate Threshold Pace is close to 15k or half marathon pace and provides stimulus to improve lactate threshold pace. These runs are challenging and you should only be able to talk in short sentences. The 'Tempo' part of the session should be completed on relatively flat ground so you can hold a consistent pace. Training at this pace for certain sessions is very beneficial in preparing you for your best marathon. If you haven't done a half marathon before that is okay too – set this as your desired realistic half marathon target pace.



## SESSIONS

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### Drills

Drills are running specific exercises and are usually performed near the start of certain sessions. Drills will help you warm-up the body prior to exercise but dependant on the type and execution they will actually allow you to become a more efficient and faster runner.



### Time Trial

A time trial is a timed effort that you can use to assess current fitness levels, and refer back to over in time to monitor fitness adaptations. There are a couple of time trials scheduled within the program. Ensure you warm-up well before these efforts and take a record of the time you achieved.



### Rest



Rest is an important component of this or any training program. It is during the rest period (the 24 to 72 hours between hard bouts of exercise) that the muscles regenerate and get stronger. If you're constantly fatigued, you will fail to reach your potential. We have designated rest days depending on your level. These are usually on Fridays to prepare for the weekends long run and / or Monday to recover after the weekend. If you need to take more rest days because of a sickness or a late night at the office etc. do so.





# COASTAL ASCENT

## 11KM INTERMEDIATE : WEEK 1

WEEK 1	SESSION	DESCRIPTION
Monday <b>18 MARCH</b>	General Aerobic & Drills  	30 minutes of easy pace running + Drills. Check the <a href="#">Training Facebook Group</a> for a list of the drills to do for this session.
Tuesday	Trail 	Trail or undulating run of 40-60 minutes. Ease into the run but after the first 20 minutes, surge the remaining hills.
Wednesday	Strength 	<b>Functional strength work</b> (Runstrong) or similar. Sets x 3 / Complete 30 seconds each side reps. Pick 4 from A or B + add 4 core exercises of choice. A: Deadlifts single leg, Alternating Rear Lunges, Step Ups onto Box, Bulgarian squat wide stance, B: Goblet Squat Bulgarian Lunges narrow stance, Calf raises, Wall Sit – Single Leg
Thursday	Trail Specific 	<b>Downhill efforts:</b> Warm-up 10 minutes easy jog. Run downhill on short sections of even steady downslope trail. Focus on relaxed upper body, shorter steps and fast cadence. Complete 8 fast 30 seconds with a walk back recovery. Warm-down 10 minutes easy jog.
Friday	Rest 	
Saturday	Trail 	Aim to cover approximately 12km or complete 1 – 1.5 hours on the trails.
Sunday	Strength 	60 minutes including 30 minutes of cross training / cardio work and up to 30 minutes of functional strength work.

## COASTAL ASCENT

# 11KM INTERMEDIATE : WEEK 2

WEEK 2	SESSION	DESCRIPTION
Monday <b>25 MARCH</b>	General Aerobic & Drills  	30 minutes of easy pace running + drills. Check the <a href="#">Training Facebook Group</a> for a list of the drills to do for this session.
Tuesday	Trail 	Trail or undulating run of 40-60 minutes. Steady run.
Wednesday	Strength 	<b>Functional strength work</b> (Runstrong) or similar. Sets x 3 / Complete 30 seconds each side reps. Pick 4 from A or B + add 4 core exercises of choice. A: Deadlifts single leg, Alternating Rear Lunges, Step Ups onto Box, Bulgarian squat wide stance, B: Goblet Squat Bulgarian Lunges narrow stance, Calf raises, Wall Sit – Single Leg
Thursday	Speed 	<b>Short Hill Repetitions.</b> 15 x 30 seconds approximately. Run hard up a hill of gradual incline for about 30 seconds and jog / walk back. Easy 2km warm-up and 2km cool-down jog.
Friday	Rest 	
Saturday	Time Trial 	<b>3km or 5km Time Trial.</b> Start with an easy 10-15 minutes warm-up then run 3km hard, timing yourself. You may wish to do a 5km parkrun as your time trial. The choice of 3km or 5km is dependent on you and your running history. If you have completed many fun runs - aim for the 5km.
Sunday	Long Run 	60 minutes steady pace run.

## COASTAL ASCENT

# 11KM INTERMEDIATE : WEEK 3

WEEK 3	SESSION	DESCRIPTION
Monday <b>1 APRIL</b>	General Aerobic & Drills  	30 minutes easy pace running + Drills. Check the <a href="#">Training Facebook Group</a> for a list of the drills to do for this session.
Tuesday	Trail 	Trail or undulating run of 40-60 minutes. Ease into the run but after the first 20 minutes, surge the remaining hills.
Wednesday	Strength 	<b>Functional strength work</b> (Runstrong) or similar. Sets x 3 / Complete 30 seconds each side reps. Pick 4 from A or B + add 4 core exercises of choice. A: Deadlifts single leg, Alternating Rear Lunges, Step Ups onto Box, Bulgarian squat wide stance, B: Goblet Squat Bulgarian Lunges narrow stance, Calf raises, Wall Sit – Single Leg
Thursday	Trail 	<b>Stairs:</b> Warm-up 10 minute easy jog. Complete 4-6 run-throughs of up to 100 metres. Run / walk 6 stair sets of approximately 100 stairs. Hard up, easy but quick down. Stay tall on the up. Cool-down 10 minutes easy jogging.
Friday	Rest 	
Saturday	Trail 	Aim to cover approximately 12km or complete 1 – 1.5 hours on the trails.
Sunday	Strength 	60 minutes including 30 minutes of cross training / cardio work and up to 30 minutes of functional strength work.









# COASTAL ASCENT

## 11KM INTERMEDIATE : WEEK 4 RECOVERY WEEK

WEEK 4	SESSION	DESCRIPTION
Monday <b>8 APRIL</b>	General Aerobic & Drills  	30 minutes of easy pace running + drills. Check the <a href="#">Training Facebook Group</a> for a list of the drills to do for this session.
Tuesday	Trail 	Trail or undulating run of 30 minutes. Steady run.
Wednesday	Strength 	<b>Functional strength work</b> (Runstrong) or similar. Sets x 3 / Complete 30 seconds each side reps. Pick 4 from A or B + add 4 core exercises of choice. A: Deadlifts single leg, Alternating Rear Lunges, Step Ups onto Box, Bulgarian squat wide stance, B: Goblet Squat Bulgarian Lunges narrow stance, Calf raises, Wall Sit – Single Leg
Thursday	Speed 	<b>Short Hill Repetitions.</b> 20 x 30 seconds approximately. Run hard up a hill of gradual incline for about 30 seconds and jog / walk back. Easy 2km warm-up and 2km cool-down jog.
Friday	Rest 	
Saturday	Trail 	Aim to cover approximately 8km or complete 1 hour on the trails.
Sunday	Strength 	60 minutes including 30 minutes of cross training / cardio work and up to 30 minutes of functional strength work.








# COASTAL ASCENT

## 11KM INTERMEDIATE : WEEK 5

WEEK 5	SESSION	DESCRIPTION
Monday <b>15 APRIL</b>	General Aerobic & Drills  	30 minutes of easy pace running + drills. Check the <a href="#">Training Facebook Group</a> for a list of the drills to do for this session.
Tuesday	Trail 	Trail or undulating run of 40-60 minutes. Ease into the run but after the first 20 minutes, surge the remaining hills.
Wednesday	Strength 	<b>Functional strength work</b> (Runstrong) or similar. Sets x 3 / Complete 30 seconds each side reps. Pick 4 from A or B + add 4 core exercises of choice. A: Deadlifts single leg, Alternating Rear Lunges, Step Ups onto Box, Bulgarian squat wide stance, B: Goblet Squat Bulgarian Lunges narrow stance, Calf raises, Wall Sit – Single Leg
Thursday	Trail 	<b>Combo Sand + Stairs:</b> Warm-up 10 minute easy jog. Complete 4-6 run-throughs of up to 100 metres. Run approximately 5 minutes in semi hard sand followed immediately by 2 stair sets. Run / walk up and recover back to start of sand effort. Repeat this for 2 efforts. Cool down 10 minutes easy jogging.
Friday	Rest 	
Saturday	Trail 	Aim to cover approximately 14km or complete 1 – 1.5 hours on the trails.
Sunday	Strength 	60 minutes including 30 minutes of cross training / cardio work and up to 30 minutes of functional strength work.








## COASTAL ASCENT

# 11KM INTERMEDIATE : WEEK 6

WEEK 6	SESSION	DESCRIPTION
Monday <b>22 APRIL</b>	Tempo 	<b>4 x 5 minutes (target half marathon pace).</b> 2km easy warm-up then run 5 minutes tempo, 2 minutes walk / jog break and repeat for 4 efforts. Easy cool-down jog.
Tuesday	Trail 	Trail or undulating run of 40-60 minutes. Ease into the run but after the first 20 minutes, surge the remaining hills.
Wednesday	Strength 	<b>Functional strength work</b> (Runstrong) or similar. Sets x 3 / Complete 30 seconds each side reps. Pick 4 from A or B + add 4 core exercises of choice. A: Deadlifts single leg, Alternating Rear Lunges, Step Ups onto Box, Bulgarian squat wide stance, B: Goblet Squat Bulgarian Lunges narrow stance, Calf raises, Wall Sit – Single Leg
Thursday	Trail 	<b>Combo Sand + Stairs + Hills:</b> Warm-up 10 minute easy jog. Complete 4-6 run-throughs of up to 100 metres. Run approximately 5 minutes in semi hard sand followed immediately by 2 stair sets. Run / walk up and recover back then immediately follow this with 1 hill repetition, running hard up for 5 minutes, return to start of sand effort. Repeat this for 2 efforts. Cool down 10 minutes easy jogging.
Friday	Rest 	
Saturday	Trail 	Aim to cover approximately 16km or complete 2 – 2.5 hours on the trails.
Sunday	Strength 	60 minutes including 30 minutes of cross training / cardio work and up to 30 minutes of functional strength work.

## COASTAL ASCENT

# 11KM INTERMEDIATE : WEEK 7

WEEK 7	SESSION		DESCRIPTION
Monday <b>29 APRIL</b>	Speed		4 x 1km at 3km race pace. Warm-up 2km then 1km hard with 90 seconds jog recovery. Repeat for 4 efforts in total. 2km warm-down.
Tuesday	Trail		Trail or undulating run of 60-75 minutes. Ease into the run but after the first 20 minutes, surge the remaining hills.
Wednesday	Strength		<b>Functional strength work</b> (Runstrong) or similar. Sets x 3 / Complete 30 seconds each side reps. Pick 4 from A or B + add 4 core exercises of choice. A: Deadlifts single leg, Alternating Rear Lunges, Step Ups onto Box, Bulgarian squat wide stance, B: Goblet Squat Bulgarian Lunges narrow stance, Calf raises, Wall Sit – Single Leg
Thursday	Speed		<b>Combo Sand + Stairs + Hills:</b> Warm-up 10 minute easy jog. Complete 4-6 run-throughs of up to 100 metres. Run approximately 5 minutes in semi hard sand followed immediately by 2 stair sets. Run / walk up and recover back then immediately follow this with 1 hill repetition, running hard up for 5 minutes, return to start of sand effort. Repeat this for 2 efforts. Cool down 10 minutes easy jogging.
Friday	Rest		
Saturday	Time Trial		<b>3km or 5km Time Trial.</b> Start with an easy 10-15 minutes warm-up then run 3km hard, timing yourself. You may wish to do a 5km parkrun as your time trial. The choice of 3km or 5km is dependent on you and your running history. If you have completed many fun runs - aim for the 5km.
Sunday	Strength		60 minutes including 30 minutes of cross training / cardio work and up to 30 minutes of functional strength work.

# COASTAL ASCENT




## 11KM INTERMEDIATE : WEEK 8 RECOVERY WEEK

WEEK 8	SESSION	DESCRIPTION
Monday <b>6 May</b>	General Aerobic & Drills  	30 minutes of easy pace running + drills. Check the <a href="#">Training Facebook Group</a> for a list of the drills to do for this session.
Tuesday	Trail 	Trail or undulating run of 40-60 minutes. Ease into the run but after the first 20 minutes, surge the remaining hills.
Wednesday	Strength 	<b>Functional strength work</b> (Runstrong) or similar. Sets x 3 / Complete 30 seconds each side reps. Pick 4 from A or B + add 4 core exercises of choice. A: Deadlifts single leg, Alternating Rear Lunges, Step Ups onto Box, Bulgarian squat wide stance, B: Goblet Squat Bulgarian Lunges narrow stance, Calf raises, Wall Sit – Single Leg
Thursday	Trail 	<b>Downhill efforts:</b> Warm-up 10 minutes easy jog. Run downhill on short sections of even steady downslope trail. Focus on relaxed upper body, shorter steps and fast cadence. Complete 8 fast 30 seconds with a walk back recovery. Warm-down 10 minutes easy jog.
Friday	Rest 	
Saturday	Road 	90 minute steady pace run on road.
Sunday	Strength 	60 minutes including 30 minutes of cross training / cardio work and up to 30 minutes of functional strength work.



## COASTAL ASCENT

# 11KM INTERMEDIATE : WEEK 9

WEEK 9	SESSION	DESCRIPTION
Monday <b>13 May</b>	General Aerobic & Drills  	30 minutes of easy pace running + drills. Check the <a href="#">Training Facebook Group</a> for a list of the drills to do for this session.
Tuesday	Trail 	Trail or undulating run of 40-60 minutes. Ease into the run but after the first 20 minutes, surge the remaining hills.
Wednesday	Strength 	<b>Functional strength work</b> (Runstrong) or similar. Sets x 3 / Complete 30 seconds each side reps. Pick 4 from A or B + add 4 core exercises of choice. A: Deadlifts single leg, Alternating Rear Lunges, Step Ups onto Box, Bulgarian squat wide stance, B: Goblet Squat Bulgarian Lunges narrow stance, Calf raises, Wall Sit – Single Leg
Thursday	Speed 	<b>Long Hill Repetitions.</b> 60-90 seconds approximately. Run hard up a hill of gradual incline for about 90 seconds and jog / walk back. Easy 2km warm-up and 2km cool-down jog.
Friday	Rest 	
Saturday	Trail 	Aim to cover approximately 16km or complete 2 – 2.5 hours on the trails.
Sunday	Strength 	60 minutes including 30 minutes of cross training / cardio work and up to 30 minutes of functional strength work.










# COASTAL ASCENT

## 11KM INTERMEDIATE : WEEK 10

WEEK 10	SESSION	DESCRIPTION
Monday <b>20 May</b>	General Aerobic & Drills  	30 minutes of easy pace running + drills. Check the <a href="#">Training Facebook Group</a> for a list of the drills to do for this session.
Tuesday	Trail 	Trail or undulating run of 40-60 minutes. Ease into the run but after the first 20 minutes, surge the remaining hills.
Wednesday	Strength 	<b>Functional strength work</b> (Runstrong) or similar. Sets x 3 / Complete 30 seconds each side reps. Pick 4 from A or B + add 4 core exercises of choice. A: Deadlifts single leg, Alternating Rear Lunges, Step Ups onto Box, Bulgarian squat wide stance, B: Goblet Squat Bulgarian Lunges narrow stance, Calf raises, Wall Sit – Single Leg
Thursday	Trail 	<b>Downhill efforts:</b> Warm-up 10 minutes easy jog. Run downhill on short sections of even steady downslope trail. Focus on relaxed upper body, shorter steps and fast cadence. Complete 8 fast 30 seconds with a walk back recovery. Warm-down 10 minutes easy jog.
Friday	Rest 	
Saturday	Trail 	60 minute steady pace run on road.
Sunday	Strength 	60 minutes including 30 minutes of cross training / cardio work and up to 30 minutes of functional strength work.

## COASTAL ASCENT

# 11KM INTERMEDIATE : WEEK 11 TAPER

WEEK 11	SESSION	DESCRIPTION
Monday <b>27 May</b>	General Aerobic & Drills  	30 minutes of easy pace running + drills. Check the <a href="#">Training Facebook Group</a> for a list of the drills to do for this session.
Tuesday	Trail 	Trail or undulating run of 40-60 minutes. Ease into the run but after the first 20 minutes, surge the remaining hills.
Wednesday	Strength 	<b>Functional strength work</b> (Runstrong) or similar. Sets x 3 / Complete 30 seconds each side reps. Pick 4 from A or B + add 4 core exercises of choice. A: Deadlifts single leg, Alternating Rear Lunges, Step Ups onto Box, Bulgarian squat wide stance, B: Goblet Squat Bulgarian Lunges narrow stance, Calf raises, Wall Sit – Single Leg
Thursday	Speed 	<b>Short Hill Repetitions.</b> 20 x 30 seconds approximately. Run hard up a hill of gradual incline for about 30 seconds and jog / walk back. Easy 2km warm-up and 2km cool-down jog.
Friday	Rest 	
Saturday	Road/Trail  	60 minute steady pace run on Road or Trail.
Sunday	Strength 	60 minutes including 30 minutes of cross training / cardio work and up to 30 minutes of functional strength work.

## COASTAL ASCENT

# 11KM INTERMEDIATE : WEEK 12 TAPER

WEEK 12	SESSION	DESCRIPTION
Monday <b>3 JUNE</b>	General Aerobic & Drills 	30 minutes of easy pace running
Tuesday	Trail 	Trail or undulating run of 40 minutes.
Wednesday	Rest 	
Thursday	Trail 	<b>Easy Paced Run:</b> 20 - 30 minutes of easy paced running
Friday	Rest 	
Saturday	Trail 	20 minute steady pace run on road.
Sunday	Strength 	60 minutes including 30 minutes of cross training / cardio work and up to 30 minutes of functional strength work.

COASTAL ASCENT

# 11KM INTERMEDIATE : RACE WEEK

## Welcome to race week!

Keep an eye on the event's [Facebook Page](#) & [Training Group](#) where we will post recommended race week training and preparation tips.



[@TheCoastalAscent](#)



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