

**TROOPER 25KM**  
TRAINING PROGRAMME



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	EASY RUN 40MIN	REST	WARM UP 20MIN  20MIN BODY WORKOUT (SQUATS, SHORT SPRINTS, STAIRS, PLANK)  COOL DOWN 10MIN	WARM UP 20MIN  ON UPHILL: 8X (2MIN AT 85- 90% / RECOVERY 45SEC WALKING UPHILL)  COOL DOWN 10MIN	REST	MOUNTAIN RUN: ELEVATION >600M / 2H	REST
WEEK 2	EASY RUN 45MIN	BIKE/SPINNING 1H15MIN	REST	WARM UP 20MIN  ON UPHILL: 6X (3MIN AT 85- 90% / RECOVERY 1MIN WALKING UPHILL),  COOL DOWN 10MIN	REST	MOUNTAIN RUN: ELEVATION >700M / 2H15MIN	REST
WEEK 3	EASY RUN 50MIN	REST	WARM UP 20MIN  20MIN BODY WORKOUT (SQUATS, SHORT SPRINTS, STAIRS, PLANK)  COOL DOWN 10MIN	WARM UP 20MIN  ON UPHILL: 4X (6MIN AT 85-90%/ RECOVERY 1MIN30 WALKING UPHILL)  COOL DOWN 10MIN	REST	MOUNTAIN RUN: ELEVATION >800M / 2H30MIN	REST
WEEK 4	EASY RUN 55MIN	WARM UP 20MIN  ON UPHILL: 3X (8MIN AT 85- 90% / RECOVERY 2MIN WALKING UPHILL)  COOL DOWN 10MIN	REST	BIKE/SPINNING 1H30MIN	WARM UP 20MIN  25MIN BODY WORKOUT (SQUATS, SHORT SPRINTS, STAIRS, PLANK)  COOL DOWN 10MIN	MOUNTAIN RUN: ELEVATION >900M / 2H45MIN	REST
WEEK 5	EASY RUN 1H	WARM UP 20MIN  ON UPHILL: 10X 30SEC/30SEC (30SEC SPRINT UPHILL, 30SEC COOL DOWNHILL)  COOL DOWN 10MIN	REST	WARM UP 20MIN  30MIN BODY WORKOUT (SQUATS, SHORT SPRINTS, STAIRS, PLANK)  COOL DOWN 10MIN	WARM UP 20MIN  20MIN ACTIVE 75-80%  COOL DOWN 10MIN	MOUNTAIN RUN: ELEVATION >1000M / 3H	REST
WEEK 6	EASY RUN 1H05MIN	WARM UP 20MIN  ON UPHILL: 8X1MIN/1MIN (1MIN SPRINT UPHILL, 1MINC COOL DOWNHILL)  COOL DOWN 10MIN	REST	WARM UP 20MIN  30MIN BODY WORKOUT (SQUATS, SHORT SPRINTS, STAIRS, PLANK)  COOL DOWN 10MIN	WARM UP 20MIN  25MIN ACTIVE 75-80%  COOL DOWN 10MIN	MOUNTAIN RUN: ELEVATION >1200M / 3H30MIN	REST
WEEK 7	EASY RUN 1H10MIN	WARM UP 20MIN  ON UPHILL: 10X1MIN/1MIN (1MIN SPRINT UPHILL, 1MIN COOL DOWNHILL)  COOL DOWN 10MIN	REST	EASY RUN 50MIN	WARM UP 20MIN  30MIN BODY WORKOUT (SQUATS, SHORT SPRINTS, STAIRS, PLANK)  COOL DOWN 10MIN	MOUNTAIN RUN: ELEVATION >800M / 2H	REST
WEEK 8	BIKE/SPINNING 1H	EASY RUN 50MIN	REST	REST	EASY RUN 30MIN	DODO TRAIL <b>TROOPER</b>	