



**WARRIORS**  
**festival.com**  
Strandhill, Co. Sligo

## Training Tips

### Beginner

The first 10 – 12 weeks of the program is devoted to building the base.

Training should be progressive and consistent, e.g. base of 20 – 25 miles per week.

### Hard/Easy Training Days

It is recommended that, for every hard training effort, a sufficient rest period is required to recover and receive the benefit of training.

A hard effort day of training is followed by a day of easy training, such as: swimming; walking; cycling; or an easy run.

### Hill Training

Hill repeats should be done on a sufficient grade with a maximum height of 400 metres.

The effort should be strong, but not at full speed.

After training uphill, a slow jog down. Recovery hill repeats are necessary once a week, followed by a day of rest.

While hill training is an important part of the Warrior's training program, excessive time and abrupt increase on hill training can cause injuries.

### Long Runs

These are generally done once a week, with a guideline of 10% increase of total relay added per week, to allow muscles and connective tissue to respond to the increased workload.

As training builds endurance, and ultimately helps a runner to become more efficient and stronger, long runs are done at a conversation pace.

### Climbing

This increases demands on calf muscles and may include Achille's Strain.



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A gradual increase of time and grade helps maintain strength and flexibility of the calf muscles.

## Warrior's Run Sample Training Program

**Please note:** this program is a guide for beginners who have the recommended training base.

Weeks To Go	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
8	4	3	Off	4	4	5	Off	20
7	3	4	4	Off	3	6	Off	20
6	5	3	Hills 2.5 miles (200 m X 4)	Off	4	7	Off	21.5
5	5	3	Hills 3 miles (200 m X 5)	Off	4	8	Off	23
4	5	3	Hills 3.5 miles (200m X 6)	Off	4	9	Off	23.5
3	5	4	Hills 4 miles (200 m X 6)	Off	3	10	Off	26
2	6	3	3 miles (200 M x 4)	Off	3	8	Off	23
Race Week	4	Off	3	Off	4	3	Race	24



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## Tips Before The Run

- Try and see as much of the course as you can before the race. If this is not possible, then talk to others who have done the run before.
- Make sure not to make any last minute changes: eat normally; and stick to your own routine.
- Drink plenty of water, especially the day before. This ensures you are fully hydrated (thirst is an indication of dehydration).
- Start out slow and build your pace. If you start too fast, you will pay for it later.
- Stay focused on yourself and the surroundings. Try not to look at how other runners are running. Do what suits you.
- Drink some water at the water stations, particularly if it's a hot day, or you sweat a lot.
- The body responds to the thoughts you are having throughout the run. Be as positive as you can. Try to keep a positive dialogue with yourself, especially when things get tough.
- Most of all: enjoy the run and we'll see you at the bar afterwards for the celebrations.