

The training schedule:

Training for successful completion of the event needs to be focussed on being able to comfortably cover the 8 miles as well as dealing with the severity of the terrain - so as much of the running as possible should be done off road to get your ankles and other joints used to the lack of stability and grip. The hills on both courses are extremely demanding, so developing both the leg strength and power to get up the ascents and cope with the jarring on the descents is paramount.

The training plan has 'Key' and 'Optional' sessions. The Key sessions are the must do sets as these are progressive in nature to stimulate the fitness improvements needed to tackle the event. The Optional sessions can be completed whenever possible but are less important (but could give any off-road veterans that extra kick).

The Key sessions fall into 3 categories each week: Hills, Acceleration Runs and Long Runs. The hill repetition sessions build up the specific strength in your legs for running uphill and stress your cardiovascular system to its limits. The acceleration runs promote good pace awareness, help to increase aerobic

fitness and raise lactate threshold by working that energy system relatively hard in the final minutes. The long run is simply for endurance and stamina, so progressively builds up to over an hour of continuous running over the 8 weeks.

The plan includes 2 phases of 4 weeks where volume and intensity build for 3 weeks, with a recovery or taper week built in. The fourth recovery week allows the runner to recover from the previous 3 weeks and acts as an insurance policy against illness or injury from over doing it. The taper week ensures you arrive at the race well rested and raring to go, rather than tired and unable to produce the best possible performance on the day.

In terms of other aspects of preparation, the Kamikaze course will place more demands on the upper body than most running events. With rope hauls up very steep sections, rope swings and the infamous votwo 'Wall' at the finish, some light conditioning of the arms chest and back would complement the running programme. Any conditioning work should be done on the optional training days so as not to compromise the quality of the Key sessions though.

Kit and equipment-wise the most important item for any budding Kamikaze competitor will be a well fitting pair of off-road running shoes, well broken in and tied on tight! Off-road shoes tend to be lower profile (so the foot sits closer to the ground) than road shoes to reduce the chance of rolling an ankle and improving balance. They also have much more grip on the soles so that you don't slip going up or down the very steep hills.



	PHASE	DAY	KEY/OPTIONAL	SESSION	SATURDAY
WEEK 1	Build 1	Monday	O	Day off or easy swim/easy bike ride for 30 mins	0:30:00
	Build 1	Tuesday	K	Hill run. Warm up with 10 mins jogging. 8 x 60 second hill reps with walk down recovery. 10 min jog to finish	0:40:00
	Build 1	Wednesday	O	Light recovery run, 20 mins	0:20:00
	Build 1	Thursday	K	Acceleration run. 25 minutes building pace from a light jog to very hard effort evenly over the 25 min period	0:25:00
	Build 1	Friday	O	Light recovery run 20 min	0:20:00
	Build 1	Saturday	O	Day off or easy swim/bike ride for 30 mins	0:30:00
	Build 1	Sunday	K	Long run. 40 mins total, steady to moderate effort. Off road and on rolling or undulating terrain if possible.	0:40:00
				TOTAL	3:25:00
WEEK 2	Build 2	Monday	O	Day off or easy swim/easy bike ride for 30 mins	0:30:00
	Build 2	Tuesday	K	Hill run. Warm up 10 mins jogging. 10 x 60 second hill reps with walk down recovery. 10 min jog to finish	0:45:00
	Build 2	Wednesday	O	Light recovery run for 20 mins	0:20:00
	Build 2	Thursday	K	Acceleration run. 30 mins building pace from a light jog to very hard effort evenly over the 30 min period	0:30:00
	Build 2	Friday	O	Light recovery run for 20 mins	0:20:00
	Build 2	Saturday	O	Day off or easy swim/easy bike ride	0:30:00
	Build 2	Sunday	K	Long run. 50 mins total, steady to moderate effort. Off road and on rolling or undulating terrain if possible.	0:50:00
				TOTAL	3:45:00
WEEK 3	Build 3	Monday	O	Day off or easy swim/easy bike ride	0:30:00
	Build 3	Tuesday	K	Hill run. Warm up 10 min jogging. 12 x 60 second hill reps with walk down recovery. 10 min jog to finish	0:50:00
	Build 3	Wednesday	O	Light recovery run for 20 mins	0:20:00
	Build 3	Thursday	K	Acceleration run. 35 minutes building pace from a light jog to very hard effort evenly over the 35 min period	0:35:00
	Build 3	Friday	O	Light recovery run for 20 mins	0:20:00
	Build 3	Saturday	O	Day off or easy swim/easy bike ride	0:30:00
	Build 3	Sunday	K	Long run. 60 mins total, steady to moderate effort. Off road and on rolling or undulating terrain if possible.	1:00:00
				TOTAL	4:05:00
WEEK 4	Recovery 1	Monday	O	Day off completely	0:00:00
	Recovery 1	Tuesday	K	Steady run for 30 mins on hilly route	0:30:00
	Recovery 1	Wednesday	O	Easy run for 20 mins on flat route	0:20:00
	Recovery 1	Thursday	K	Acceleration run for 20 mins only	0:20:00
	Recovery 1	Friday	O	Day off completely	0:00:00
	Recovery 1	Saturday	O	Easy run for 20 mins on flat route	0:20:00
	Recovery 1	Sunday	K	40 min run off road, steady pace, hilly route	0:40:00
				TOTAL	2:10:00



	PHASE	DAY	KEY/OPTIONAL	SESSION	SATURDAY
WEEK 5	Build 4	Monday		Day off or easy swim/easy bike ride 30 min	0:30:00
	Build 4	Tuesday		Hill run. Warm up with 10 mins jogging, 6 x 90 second hill reps with walk down recovery. 10 min jog to finish	0:50:00
	Build 4	Wednesday		Light recovery run for 20 mins	0:20:00
	Build 4	Thursday		Acceleration run. 35 mins building pace from a light jog to very hard effort evenly over the 35 min period	0:35:00
	Build 4	Friday		Light recovery run for 20 mins	0:20:00
	Build 4	Saturday		Day off or easy swim/easy bike ride for 30 mins	0:30:00
	Build 4	Sunday		Long run. 60 mins total, steady to moderate effort. Off road and on rolling or undulating terrain if possible.	1:00:00
				TOTAL	4:05:00
WEEK 6	Build 5	Monday		Day off or easy swim/easy bike ride	0:30:00
	Build 5	Tuesday		Hill run. Warm up with 10 mins jogging, 10 x 90 second hill reps with walk down recovery. 10 min jog to finish	0:55:00
	Build 5	Wednesday		Light recovery run for 20 mins	0:20:00
	Build 5	Thursday		Acceleration run. 35 minutes building pace from a light jog to very hard effort evenly over the 35 min period	0:35:00
	Build 5	Friday		Light recovery run for 20 mins	0:20:00
	Build 5	Saturday		Day off or easy swim/easy bike ride	0:30:00
	Build 5	Sunday		Long run. 70 mins total, steady to moderate effort. Off road and on rolling or undulating terrain if possible.	1:10:00
				TOTAL	4:20:00
WEEK 7	Build 6	Monday		Day off or easy swim/easy bike ride	0:30:00
	Build 6	Tuesday		Hill run. Warm up with 10 mins jogging, 12 x 90 second hill reps with walk down recovery. 10 min jog to finish	0:55:00
	Build 6	Wednesday		Light recovery run 20 min	0:20:00
	Build 6	Thursday		Acceleration run. 40 minutes building pace from a light jog to very hard effort evenly over the 40 min period	0:40:00
	Build 6	Friday		Light recovery run for 20 mins	0:20:00
	Build 6	Saturday		Day off or easy swim/bike ride	0:30:00
	Build 6	Sunday		Long run. 50 mins total, steady to moderate effort. Off road and on rolling or undulating terrain if possible.	0:50:00
				TOTAL	4:05:00
WEEK 8	Taper	Monday		Day off completely	0:00:00
	Taper	Tuesday		Warm up for 10 mins. 5 x 30 second hill reps, walking back to recover. 5 min jog to finish	0:30:00
	Taper	Wednesday		Easy run 20 min flat route	0:20:00
	Taper	Thursday		Acceleration run, 15 min only	0:15:00
	Taper	Friday		Day off completely	0:00:00
	Race prep	Saturday		Light jog, 15 min	0:15:00
	Race day	Sunday		The Kamikaze!	