



25km Simpsons Monster 12 week Training Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Week One (12 Weeks Out)	Easy 40 mins	Rest	8-12 x 400 Efforts	Easy 30 mins	Rest	Long Run 10-14km
Week Two (11 Weeks Out)	Easy 40 mins	Rest	4-5 x 1km with 2min recovery	Easy 30 mins	Rest	Long Run 12-14km
Week Three (10 Weeks Out)	Easy 40 mins	Rest	3km Threshold 5min rest, 6-8 x 1min hill reps with jog recovery	Easy 40 mins	Rest	Long Run 12-14km
Week Four (9 Weeks Out)	Easy 40 mins	Rest	4 x 5min efforts with 90 second recovery	Easy 40 mins	Rest	Long Run 14-16km
Week Five (8 Weeks Out)	Easy 40 mins	Rest	8-12 x 400m efforts	Easy 40 mins	Rest	Long Run 16km
Week Six (7 Weeks Out)	Easy 40 mins	Rest	4-6 x 1km efforts with 2 min recovery	Easy 50 mins	Rest	Long Run 18km
Week Seven (6 Weeks Out)	Easy 40 mins	Rest	3km Threshold 5 min rest, 6-8 x 1 min hill reps with jog recovery	Easy 50 mins	Rest	Long Run 18km
Week Eight (5 Weeks Out)	Easy 40 mins	Rest	4 x 5 min efforts with 90 second recovery	Easy 50 mins	Rest	Long Run 20km
Week Nine (4 Weeks Out)	Easy 40 mins	Rest	3 x 2km efforts with 3 min recovery's	Easy 60 mins	Rest	Long Run 22km
Week Ten (3 Weeks Out)	Easy 40 mins	Rest	3km threshold 5 min rest 10 x 1min hill repeats	Easy 50 mins	Rest	Long Run 24km
Week Eleven (2 Weeks Out)	Easy 40 mins	Rest	16 x 1min on 1min jog recovery	Easy 40 mins	Rest	Long Run 16km
Week Twelve (1 Week Out)	Easy 30 mins	Rest	4 x 1km with 2min recovery	Easy 30 mins	Rest	Race Day!!