

6 WEEKS TO
TRAIL
CROSS
TRAININGGUIDE



WEEK 1

MONDAY

5 ROUNDS
5 PUSHUPS
10 SITUPS
20 LUNGES

TUESDAY

RUN: 4 X 400M
REST 2:1
(REST TWICE AS LONG
AS IT TOOK TO RUN
PREVIOUS INTERVAL)

WEDNESDAY

20 BURPEES
3 ROUNDS:
5 PULLUPS
15 SITUPS
20 SQUATS
20 BURPEES

THURSDAY

RUN: 6 X 200M
REST 1:1

FRIDAY

3 ROUNDS
20 SQUATS
10 JUMPING SQUATS
1 MIN PLANK HOLD

SATURDAY

REST

SUNDAY

REST

TRAIN TRAIL REPEAT

WEEK 2

MONDAY

10 V-SNAPS

20 SITUPS

400M RUN

20 V-SNAPS

40 SITUPS

800M RUN

TUESDAY

RUN: 10X 100M
WALK TO START
FOR
RECOVERY

WEDNESDAY

5 ROUNDS:

15 JUMPING JACKS

25 SITUPS

THURSDAY

TRAIL RUN:

6 X 2 MIN ON

1 MIN WALK

FRIDAY

3 MIN MAX SQUATS

3 MIN MAX PUSHUPS

3 MIN MAX BURPEES

SATURDAY

REST

SUNDAY

REST

TRAIN TRAIL REPEAT

WEEK 3

MONDAY

25 SQUATS
25 SITUPS
20 LUNGES (PER LEG)
20 SITUPS
10 JUMPING SQUATS
10 SITUPS
5 JUMPING LUNGES (PER LEG)
5 SITUPS

WEDNESDAY

4 ROUNDS:
2 MIN OF BURPEES
2 MIN REST

FRIDAY

8 X 20SEC ON 10
SECONDS OFF SQUATS

END WITH AS MANY SQUATS
AS YOU CAN DO WITH 20 SEC-
ONDS

SUNDAY

30 MINUTE TRAIL RUN

TUESDAY

RUN: 10 GRASS HILL RE-
PEATS

WALK BACK DOWN HILL
FOR RECOVERY

RUN: 200M REST 1 MIN

200M REST 1 MIN

400M REST 2MIN

400M REST 2MIN

800M REST 3MIN

1600M

COOL DOWN

THURSDAY

SATURDAY

REST

TRAIL

CROSS

TRAIN TRAIL REPEAT

WEEK 4

MONDAY

3 ROUNDS:
20 BURPEES
20 SQUATS
20 SITUPS
20 PUSHUPS
REST 2MIN

TUESDAY

RUN: 4X 400M
REST: 2:1
TARGET: BEAT
INTERVALS FROM
WEEK 1

REST
ROLL
AND
STRETCH
FOR
MOBILITY

WEDNESDAY

THURSDAY

RUN: 10 ROUNDS
1 MIN ON: 30 SECONDS
WALK

5 ROUNDS:
5 PUSHUPS
10 SITUPS
20 LUNGES

TARGET BEAT TIME
FROM WEEK 1

*MAINTAIN GOOD

REST

FRIDAY

SATURDAY

SUNDAY

45 MINUTE TRAIL RUN

TRAIN TRAIL REPEAT

WEEK 5

MONDAY

3 ROUNDS:

6 SQUATS

6 JUMPING SQUATS

6 LUNGES

6 JUMPING LUNGES

6 BURPEES

TUESDAY

RUN: 5 MIN

REST: 3 MIN

WEDNES

DAY

AS MANY ROUNDS
IN 10 MIN

5 PUSHUPS

10 SITUPS

15 SQUATS

THURSDAY

RUN: 10 GRASSHILL

REPEATS

WALK BACK DOWN

THE HILL FOR

RECOVERY

FRIDAY

4 ROUNDS:

25 LUNGES

(PER LEG)

50 SQUATS

SATURDAY

REST

SUNDAY

30 MINUTES TRAIL RUN OUT

RACE BACK TO START

TARGET: UNDER 30 MINUTES

TRAIN TRAIL REPEAT

WEEK 6

**MON
DAY**

50 SQUATS REST 2 MIN
50 SQUATS REST 2 MIN
50 SQUATS

TUESDAY

RUN: 8 X 200M

WEDNESDAY

REST

ROLL AND STRETCH
FOR MOBILITY

THURSDAY

RUN: 4 X 400M @ 65%
EFFORT
REST 1:1

FRIDAY

REST

SATURDAY

RACEDAY

TRAIN TRAIL REPEAT