

Training for the Summit Run Indrahara 30k

An exercise in holistic programming
For a mountain foot race

History and Basics

- Summit Run is a personal 'push' target, the only race for the year
- Level 4 is 30km with ~2800m of continuous elevation gain



Goal

Push as much as I can

Finish Summit Run Level 4
(RMC → Indrahara Pass → RMC)

Building Blocks

Easy running

- = Mostly in the aerobic zones
- = Walking, hiking added in to keep continuous movement

Muscular endurance (ME)

- = Go up the zones with interval-based work
- = Proper structured sessions with emphasis on warmup, recovery and cooldown

Sport-specific work

- = Mostly to familiarise with race-day locomotion and terrain demands
- = Short spurts of anaerobic work 'up the hill'
- = Proper structured sessions with emphasis on warmup, recovery and cooldown

Strength & conditioning

- = Plyometrics; focused on single-leg power
- = Upper body conditioning; lower back, core and shoulders
- = Lower body conditioning; quads, glutes, knees, hips and ankles

Mobility

- = Backbone of the entire programme
- = Joint and rotational strength

Lifestyle = Good food, good sleep, good everything else

Macro

Base 1

-
- = 4 weeks
- = Baseline ToF
- = Easy running
- = Focus on surface types
- = Mobility
- = S&C

Base 2

-
- = 5 weeks
- = Increased ToF
- = Easy running
- = 1-2 work session (ME + SS)
- = Mobility
- = S&C

Specifics

-
- = 5 weeks
- = Increased ToF
- = Easy running
- = 2-3 work sessions (ME + SS)
- = Mobility
- = S&C

Pre-comp

-
- = 2 weeks
- = Reduced ToF
- = Easy running
- = Mobility
- = No S&C

Total duration: **16 weeks**

Base Phase Structure

- Total duration 9 weeks
- Mobility training 5-6x per week
- 1 upper, 1 lower, 1 plyo session per week
- Mostly easy running (75-80% of weekly volume)
- ME and SS work added towards the second base
- Train on time and effort instead of mileage

Specifics Phase Structure

- Total duration 5 weeks
- Mobility training 5-6x per week
- 1 upper, 1 lower, 1 plyo session per week
- Increased weekly volume by 15-20%
- Reduced contribution from easy runs
- Add more ME and SS work
- Focus on SS for the last 2 weeks of cycle

Pre-comp Phase Structure

- Total duration 2 weeks, leading to race-day
- Reduced time and effort volume
- Only easy running
- No strength training
- Basic unloaded mobility training 5-6x per week

Muscular Endurance Work

Anaerobically Yours

= 20min warmup with last 3min at Z3 effort, followed by 5min of rest and dynamic stretching

= 8x 1min all-out max intensity intervals with 4-5min recovery

= 20min deload and cooldown

Ride the Lightning

= 20min warmup with last 3min at Z3 effort, followed by 5min of rest and dynamic stretching

= 6x 1min 85-90% effort intervals with 4-5min recovery

= 12min tempo

= 20min deload and cooldown

Hindsight 30/30

= 20min warmup with last 3min at Z3 effort, followed by 5min of rest and dynamic stretching

= 2x 8min of 30sec ON / 30sec OFF with 5min recovery between sets

= 20min deload and cooldown

Sport Specific Work

Hill Booster Basic

= 20min warmup with last 3min at Z3 effort, followed by 5min of rest and dynamic stretching

= 40min of continuous hill repeats

= 20min deload and cooldown

Breaking Bounds

= 20min warmup with last 3min at Z3 effort, followed by 5min of rest and dynamic stretching

= 4x 30sec hard hill up effort with 2min recovery

= 8x 10sec max power bounding up with 2min recovery

= 20min deload and cooldown

Vulgar Display of Power

= 20min warmup with last 3min at Z3 effort, followed by 5min of rest and dynamic stretching

= 8x 300-350m hill repeats with alternate run and walk up and down efforts

= 20min deload and cooldown

Hip-Hop-Scotch

= 20min warmup with last 3min at Z3 effort, followed by 5min of rest and dynamic stretching

= 8x 1min uphill alternating between higher cadence and longer stride with 2-3min of easy downs

= 20min deload and cooldown

Mobility, Strength and Conditioning

Mobility (Full-body)

= Full body Controlled Articular Rotations (CARs) focusing on time-under-tension and core anti-rotation

= Dedicated hip mobility work (transitions, stretches, rotations) in the 90/90 seated position

Plyometric Strength (Lower)

= Single-leg power work focusing on explosive (up) and controlled (down) efforts

= Lunges, squats, step ups

= Kettlebells, weights or bands for added resistance

Isometric Strength (Upper and Lower)

= PAILS and RAILS

Rotational Strength (Upper and Lower)

= Hovers and liftoffs

= Passive/end-of-range holds

= Loaded CARs (with weights, kettlebell or bands)

Other Considerations

- Longest single effort ~2:30hrs
- Longest weekly duration ~7:45hrs
- No AM/PM runs
- Back-to-back work days (e.g., 3 back-to-back run → strength → run sessions)
- Non-exercise activities, e.g., walking, climbing stairs etc.
- Fuel and nutrition
- Bring on the spreadsheets and the presentations!

Head Down Put in the Work

Keep the fingers crossed and toes mobile