



# Workout Schedule GORE-TEX™ Transalpine-Run 2007

## Aerobic Endurance Conditioning

## Build-up Training

January

February

March

April

May

June

### Weekly # of training sessions

3 to 4

3 to 4

3 to 4

4 to 5

4 to 5

4 to 5

### Weekly training regime

#### Distance

40 - 60 km, made up of:

40 - 60 km, made up of:

40 - 60 km, made up of:

55 - 75 km, made up of:

55 - 75 km, made up of:

55 - 75 km, made up of:

1 x 7,5 km Regen  
1 x 15 km BT1

1 x 7,5 km Regen  
1 x 15 km BT1

1 x 7,5 km Regen  
1 x 15 km BT1

1 x 7,5 km Regen  
1 x 15 km BT1

1 x 7,5 km Regen  
1 x 15 km BT1

1 x 7,5 km Regen  
1 x 15 km BT1

1 x 20 km BT1  
1 x 12 km BT2

1 x 20 km BT1  
1 x 12 km BT2

1 x 20 km BT1  
1 x 12 km BT2

1 x 25 km BT1  
1 x 12 - 15 km BT2  
Trail Run

1 x 25 km BT1  
1 x 12 - 15 km BT2  
Trail Run

1 x 25 km BT1  
1 x 12 - 15 km BT2  
Trail Run

1 x 10 - 12 km BT2 & DPT

1 x 10 - 12 km BT2 & DPT

1 x 10 - 12 km BT2 & DPT

#### Duration

5 - 7 h, thereof:

5 - 7 h, made up of:

5 - 7 h, made up of:

7,5 - 9,5 h, made up of:

7,5 - 9,5 h, made up of:

7,5 - 9,5 h, made up of:

1 x 45 - 60 min Regen  
1 x 90 - 120 min BT1  
1 x 120 - 150 min BT1  
1 x 45 - 90 min BT2

1 x 45 - 60 min Regen  
1 x 90 - 120 min BT1  
1 x 120 - 150 min BT1  
1 x 45 - 90 min BT2

1 x 45 - 60 min Regen  
1 x 90 - 120 min BT1  
1 x 120 - 150 min BT1  
1 x 45 - 90 min BT2

1 x 45 - 60 min Regen  
1 x 90 - 120 min BT1  
1 x 150 - 180 min BT1  
1 x 60 - 120 min BT2  
1 x 45 - 90 min DPT

1 x 45 - 60 min Regen  
1 x 90 - 120 min BT1  
1 x 150 - 180 min BT1  
1 x 60 - 120 min BT2  
1 x 45 - 90 min DPT

1 x 45 - 60 min Regen  
1 x 90 - 120 min BT1  
1 x 150 - 180 min BT1  
1 x 60 - 120 min BT2  
1 x 45 - 90 min DPT

### Exercise units

Endurance Runs

Endurance Runs

Endurance Runs

Endurance Runs, Fartlek  
High Paced Runs  
Trail Runs

Endurance Runs, Fartlek  
High Paced Runs  
Trail Runs

Endurance Runs, Fartlek  
High Paced Runs  
Trail Runs

### Training intensity

**Regen:** Regeneration Training (active recovery) at 55-65 % of maximum heart rate (*H<sub>rmax</sub>*)

**BT1:** Basic Training 1 (low intensity aerobic endurance training = fat burning) at 60-75 % of *H<sub>rmax</sub>*

**BT2:** Basic Training 2 (high intensity aerobic endurance training = carbohydrate burning) at 70-80% of *H<sub>rmax</sub>*

**DPT:** Developmental Phase Training / race specific training (incomplete carb burning with accumulation of lactic acid) = 75-90% of *H<sub>rmax</sub>*

**PIT:** Peak Intensity Training / race specific endurance training (incomplete carb burning with of lactic acid) at

1 x 90-100% of *H<sub>rmax</sub>*



# Trainingsplan GORE-TEX™ Transalpine-Run 2007

**Weekly # of training sessions**

**Weekly training regime**

**Distance**

**Duration**

**Exercise units**

**Training intensity**

<u>Strength Endurance / Pace Intensity</u>	<u>Pre-Race Prep.</u>	<u>Race Event</u>	<u>Post-Race Recovery</u>	<u>Transition Phase</u>
July	August	1.- 8. 9 2007	2nd, 3rd, 4th week of September	October
5 to 6	5 to 6	prior to the race: 4	after the race: 3	2 to 4
<b>70 - 90 km, made up of:</b>	<b>70 - 90 km, made up of:</b>	<b>40 - 60 km, made up of:</b>	<b>15 - 25 km, made up of:</b>	<b>30 - 40 km, made up of:</b>
1 x 7,5 km Regen	1 x 7,5 km Regen	2 x 7,5 km Regen	3 x 7,5 km Regen	2 x 7,5 km Regen
1 x 15 km BT1 Trail Run	1 x 15 km BT1 Trail Run			1 x 15 km BT1
1 x 25 - 30 km BT1	1 x 25 - 30 km BT1	1 x 25 - 30 km BT1		
1 x 12 - 15 km BT2 Trail Run	1 x 12 - 15 km BT2 Trail Run	1 x 12 - 15 km BT2 Trail Run		1 x 7,5 km BT2
1 x 10 - 12 km BT2 & DPT	1 x 10 - 12 km BT2 & PIT			
1 x ca. 10 km PIT	1 x ca. 10 km PIT			
Interval Training, i.e.10 x 1000 m or 5 x 2000 m	Interval Training, i.e. 10 x 1000 m or 5 x 2000 m			
<b>9 - 12,5 h, made up of:</b>	<b>9 - 12,5 h, made up of:</b>	<b>9 - 12,5 h, made up of:</b>	<b>3 h, made up of:</b>	<b>3 - 4 h, made up of:</b>
1 x 45 - 60 min Regen	1 x 45 - 60 min Regen	2 x 45 - 60 min Regen	3 x 45 - 60 min Regen	1 x 45 - 60 min Regen
1 x 90 - 120 min BT1	1 x 90 - 120 min BT1			1 x 90 - 120 min BT1
1 x 120 - 240 min BT1	1 x 120 - 240 min BT1	1 x 120 - 240 min BT1		
1 x 60 - 120 min BT2	1 x 60 - 120 min BT2	1 x 60 - 120 min BT2		1 x 45 - 60 min BT2
1 x 45 - 90 min DPT	1 x 45 - 90 min DPT			
1 x 60 - 120 min PIT	1 x 60 - 120 min PIT			
Endurance Runs, Fartlek High Paced Runs Trail Runs Interval Training	Endurance Runs , Fartlek High Paced Runs Trail Runs Interval Training	Endurance runs  Trail Runs	Endurance Runs	Endurance Runs
<b>Regen:</b> Regeneration Training (active recovery) at 55-65 % of maximum heart rate ( <i>H<sub>rmax</sub></i> )				
<b>BT1:</b> Basic Training 1 (low intensity aerobic endurance training = fat burning) at 60-75 % of HR <sub>max</sub>				
<b>BT2:</b> Basic Training 2 (high intensity aerobic endurance training = carbohydrate burning) at 70-80% of HR <sub>max</sub>				
<b>DPT:</b> Developmental Phase Training / race specific training (incomplete carb burning with accumulation of lactic acid) = 75-90% of HR <sub>max</sub>				
<b>PIT:</b> Peak Intensity Training / race specific endurance training (incomplete carb burning with of lactic acid) at 1 x 90-100% of H <sub>rmax</sub>				

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