



pace
SPORTS FITNESS



Transalpine Run Intermediate Plan

Goal: 2023 WESTERN ROUTE

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Week	Phase	Date	Day	Workout	Purpose	Comments
1	Build	23/1	Mon	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		24/1	Tue	<p>STEP ONE 15 to 20min easy running + some dynamic stretching.</p> <p>STEP TWO 10 total reps of each of the following exercises: 1) Walking, pull alternate knee to chest 2) Walking high front kick, reach to touch toe with opposite hand 3) Squat jump 4) Front lunge 5) Jumping split squat</p>	<p>STEP THREE 2x 30sec med effort hill run 2x30sec skip up hill</p> <p>WORKOUT 3 sets 4 x 10sec sprints Easy 2 min walk down recovery between each sprint. Take 5 min easy stretching between sets.</p> <p>COOL DOWN: 20min cool down run</p>	This workout will build specific strength and power in the uphill running muscles as the base for longer uphill endurance running later. Don't be fooled by the shortness of the repetitions. It is this shortness that allows you build the most power. You need to go as hard as you can. Don't worry about HR on this workout as it bears no relation to the intensity used. The steeper the hill the better: If you don't have ready access to a dirt hill, be creative: Grass embankments on roadsides, stairs in buildings, and stadium stairs etc...
		25/1	Wed	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light. Perform this on road.

		26/1	Thu	2 OPTIONS TO CHOOSE FROM: 1. Repeat Tuesdays hill workout. 2. Easy 60min run.		If your body has recovered well from the first hill spring workout, you have the option to add a 2nd session this week or you can replace it with an easy run.
		27/1	Fri	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		28/1	Sat	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
WEEK ONE RUN HOURS: 6hrs		29/1	Sun	Long Steady Run: 2hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
2	Build	1/30	Mon	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		31/1	Tue	STEP ONE 15 to 20min easy running + some dynamic stretching. STEP TWO 10 total reps of each of the following exercises: 1) Walking, pull alternate knee to chest 2) Walking high front kick, reach to touch toe with opposite hand 3) Squat jump 4) Front lunge 5) Jumping split squat	STEP THREE 2x 30sec med effort hill run 2x30sec skip up hill WORKOUT 3 sets 4 x 10sec sprints Easy 2 min walk down recovery between each sprint. Take 5 min easy stretching between sets. COOL DOWN: 20min cool down run	This workout will build specific strength and power in the uphill running muscles as the base for longer uphill endurance running later. Don't be fooled by the shortness of the repetitions. It is this shortness that allows you build the most power. You need to go as hard as you can. Don't worry about HR on this workout as it bears no relation to the intensity used. The steeper the hill the better: If you don't have ready access to a dirt hill, be creative: Grass embankments on roadsides, stairs in buildings, and stadium stairs etc...
		2/1	Wed	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		2/2	Thu	2 OPTIONS TO CHOOSE FROM: 1. Repeat Tuesdays hill workout. 2. Easy 60min run.		If your body has recovered well from the first hill spring workout, you have the option to add a 2nd session this week or you can replace it with an easy run.
		2/3	Fri	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.

		2/4	Sat	75min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
WEEK ONE RUN HOURS: 6:15hrs		2/5	Sun	Long Steady Run: 2hr 20min	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
3	Build	2/6	Mon	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		2/7	Tue	<p>STEP ONE 15 to 20min easy running + some dynamic stretching.</p> <p>STEP TWO 10 total reps of each of the following exercises: 1) Walking, pull alternate knee to chest 2) Walking high front kick, reach to touch toe with opposite hand 3) Squat jump 4) Front lunge 5) Jumping split squat</p>	<p>STEP THREE 2x 30sec med effort hill run 2x30sec skip up hill</p> <p>WORKOUT 2 sets 6 x 10sec sprints Easy 2 min walk down recovery between each sprint. Take 5 min easy stretching between sets.</p> <p>COOL DOWN: 20min cool down run</p>	This workout will build specific strength and power in the uphill running muscles as the base for longer uphill endurance running later. Don't be fooled by the shortness of the repetitions. It is this shortness that allows you build the most power. You need to go as hard as you can. Don't worry about HR on this workout as it bears no relation to the intensity used. The steeper the hill the better: If you don't have ready access to a dirt hill, be creative: Grass embankments on roadsides, stairs in buildings, and stadium stairs etc...
		2/8	Wed	30min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		2/9	Thu	<p>2 OPTIONS TO CHOOSE FROM:</p> <p>1. Repeat Tuesdays hill workout. 2. Easy 60min run.</p>		If your body has recovered well from the first hill spring workout, you have the option to add a 2nd session this week or you can replace it with an easy run.
		2/10	Fri	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		2/11	Sat	75min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
WEEK ONE RUN HOURS: 6.5hrs		2/12	Sun	Long Steady Run: 2:45hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.

4	Rest	2/13	Mon	45min easy run	Build Endurance	this is a good week for recovery. You may want to run on the low end of the mileage range and take an extra day off
		2/14	Tue	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		2/15	Wed	20min easy conversational pace, followed by 20min Zone 3 effort, finished with 20min very light running	Build leg strength, VO2max and lactic acid tolerance.	Run the first portion at an easy conversational pace and the back half at your Zone 3 effort (comfortably hard, happy hard, fun hard)
		2/16	Thu	OFF	Rest	
		2/17	Fri	30min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light. Perform this on road.
		2/18	Sat	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
WEEK ONE RUN HOURS: 3.5hrs		2/19	Sun	75min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
5	Build	2/20	Mon	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		2/21	Tue	<p>STEP ONE 15 to 20min easy running + some dynamic stretching.</p> <p>STEP TWO 10 total reps of each of the following exercises: 1) Walking, pull alternate knee to chest 2) Walking high front kick, reach to touch toe with opposite hand 3) Squat jump 4) Front lunge 5) Jumping split squat</p>	<p>STEP THREE 2x 30sec med effort hill run 2x30sec skip up hill</p> <p>WORKOUT 2 sets 6 x 10sec sprints Easy 2 min walk down recovery between each sprint. Take 5 min easy stretching between sets.</p> <p>COOL DOWN: 20min cool down run</p>	This workout will build specific strength and power in the uphill running muscles as the base for longer uphill endurance running later. Don't be fooled by the shortness of the repetitions. It is this shortness that allows you build the most power. You need to go as hard as you can. Don't worry about HR on this workout as it bears no relation to the intensity used. The steeper the hill the better: If you don't have ready access to a dirt hill, be creative: Grass embankments on roadsides, stairs in buildings, and stadium stairs etc...
		2/22	Wed	30min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.

		2/23	Thu	2 OPTIONS TO CHOOSE FROM: 1. Repeat Tuesdays hill workout. 2. Easy 60min run.		If your body has recovered well from the first hill spring workout, you have the option to add a 2nd session this week or you can replace it with an easy run.
		2/24	Fri	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		2/25	Sat	90min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
WEEK ONE RUN HOURS: 7hrs		2/26	Sun	Long Steady Run: 3hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long. DOWNHILL STRENGTH & AGILITY Some time in the last 30min of the run, incorporate the following set of high speed downhill repetitions to help develop technique, confidence and leg strength and agility. - 1min high speed downhill running, followed by 2min very easy running or walking and repeat 2 times.
6	Build	2/27	Mon	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		2/28	Tue	STEP ONE 15 to 20min easy running + some dynamic stretching. STEP TWO 10 total reps of each of the following exercises: 1) Walking, pull alternate knee to chest 2) Walking high front kick, reach to touch toe with opposite hand 3) Squat jump 4) Front lunge 5) Jumping split squat	STEP THREE 2x 30sec med effort hill run 2x30sec skip up hill WORKOUT 2 sets 7 x 10sec sprints Easy 2 min walk down recovery between each sprint. Take 5 min easy stretching between sets. COOL DOWN: 20min cool down run	This workout will build specific strength and power in the uphill running muscles as the base for longer uphill endurance running later. Don't be fooled by the shortness of the repetitions. It is this shortness that allows you build the most power. You need to go as hard as you can. Don't worry about HR on this workout as it bears no relation to the intensity used. The steeper the hill the better: If you don't have ready access to a dirt hill, be creative: Grass embankments on roadsides, stairs in buildings, and stadium stairs etc...
		3/1	Wed	45min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light. Perform this on road.

		3/2	Thu	2 OPTIONS TO CHOOSE FROM: 1. Repeat Tuesdays hill workout. 2. Easy 60min run.		If your body has recovered well from the first hill spring workout, you have the option to add a 2nd session this week or you can replace it with an easy run.
		3/3	Fri	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		3/4	Sat	90min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
WEEK ONE RUN HOURS: 7hrs 30min		3/5	Sun	Long Steady Run: 3hrs 20min	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long. PICK-UPS After the first 30-40min of running, incorporate the following set of pick-ups to help develop additional speed and strength: - 8 to 10sec at a fun, fast pace - NOT a full sprint. - repeat 6 times with 2min easy running between reps. Then continue with the remainder of the group long, steady run
7	Build	3/6	Mon	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		3/7	Tue	STEP ONE 15 to 20min easy running + some dynamic stretching. STEP TWO 10 total reps of each of the following exercises: 1) Walking, pull alternate knee to chest 2) Walking high front kick, reach to touch toe with opposite hand 3) Squat jump 4) Front lunge 5) Jumping split squat	STEP THREE 2x 30sec med effort hill run 2x30sec skip up hill WORKOUT 2 sets 7 x 10sec sprints Easy 2 min walk down recovery between each sprint. Take 5 min easy stretching between sets. COOL DOWN: 20min cool down run	This workout will build specific strength and power in the uphill running muscles as the base for longer uphill endurance running later. Don't be fooled by the shortness of the repetitions. It is this shortness that allows you build the most power. You need to go as hard as you can. Don't worry about HR on this workout as it bears no relation to the intensity used. The steeper the hill the better: If you don't have ready access to a dirt hill, be creative: Grass embankments on roadsides, stairs in buildings, and stadium stairs etc...
		3/8	Wed	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.

		3/9	Thu	2 OPTIONS TO CHOOSE FROM: 1. Repeat Tuesdays hill workout. 2. Easy 60min run.		If your body has recovered well from the first hill spring workout, you have the option to add a 2nd session this week or you can replace it with an easy run.
		3/10	Fri	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		3/11	Sat	75min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
WEEK ONE RUN HOURS: 8hrs		3/12	Sun	Long Steady Run: 3hrs 45min	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long. PICK-UPS After the first 30-40min of running, incorporate the following set of pick-ups to help develop additional speed and strength: - 8 to 10sec at a fun, fast pace - NOT a full sprint. - repeat 6 times with 2min easy running between reps. Then continue with the remainder of the group long, steady run
8	Rest	3/13	Mon	OFF	Recovery Day	this is a good week for recovery. You may want to run on the low end of the mileage range and take an extra day off
		3/14	Tue	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		3/15	Wed	20min zone 1 20min zone 2 25min zone 3	Build speed, aerobic capacity (VO2 max)	Thirds progression Run. Run the first 3rd very, very easy (zone 1). Run the second 3rd easy (zone 2) Run the last 3rd comfortably hard, happy hard, fun hard. (zone 3)
		3/16	Thu	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light. Perform this on road.
		3/17	Fri	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		3/18	Sat	Long Steady Run: 90min	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
WEEK ONE RUN HOURS: 3.5hrs		3/19	Sun	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.

9	Build	3/20	Mon	45min easy run	Build Endurance	this is a good week for recovery. You may want to run on the low end of the mileage range and take an extra day
		3/21	Tue	<p>STEP ONE 15 to 20min easy running + some dynamic stretching.</p> <p>STEP TWO 10 total reps of each of the following exercises: 1) Walking, pull alternate knee to chest 2) Walking high front kick, reach to touch toe with opposite hand 3) Squat jump 4) Front lunge 5) Jumping split squat</p>	<p>STEP THREE 2x 30sec med effort hill run 2x30sec skip up hill</p> <p>WORKOUT 3 sets 5 x 10sec sprints Easy 2 min walk down recovery between each sprint. Take 5 min easy stretching between sets.</p> <p>COOL DOWN: 20min cool down run</p>	This workout will build specific strength and power in the uphill running muscles as the base for longer uphill endurance running later. Don't be fooled by the shortness of the repetitions. It is this shortness that allows you build the most power. You need to go as hard as you can. Don't worry about HR on this workout as it bears no relation to the intensity used. The steeper the hill the better: If you don't have ready access to a dirt hill, be creative: Grass embankments on roadsides, stairs in buildings, and stadium stairs etc...
		3/22	Wed	45min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		3/23	Thu	<p>2 OPTIONS TO CHOOSE FROM:</p> <p>1. Repeat Tuesdays hill workout. 2. Easy 60min run.</p>		If your body has recovered well from the first hill spring workout, you have the option to add a 2nd session this week or you can replace it with an easy run.
		3/24	Fri	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		3/25	Sat	Long Steady Run: 4hrs	Build Endurance & Stamina.	VERTICAL FOCUS: Choose a hill that takes you approx. 30-60min to ascend and then run down and repeat for the duration of time.
WEEK ONE RUN HOURS: 8hrs 30min		3/26	Sun	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
10	Build	3/27	Mon	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.

		3/28	Tue	<p>STEP ONE 15 to 20min easy running + some dynamic stretching.</p> <p>STEP TWO 10 total reps of each of the following exercises: 1) Walking, pull alternate knee to chest 2) Walking high front kick, reach to touch toe with opposite hand 3) Squat jump 4) Front lunge 5) Jumping split squat</p>	<p>STEP THREE 2x 30sec med effort hill run 2x30sec skip up hill</p> <p>WORKOUT 3 sets 5 x 10sec sprints Easy 2 min walk down recovery between each sprint. Take 5 min easy stretching between sets.</p> <p>COOL DOWN: 20min cool down run</p>	<p>This workout will build specific strength and power in the uphill running muscles as the base for longer uphill endurance running later. Don't be fooled by the shortness of the repetitions. It is this shortness that allows you build the most power. You need to go as hard as you can. Don't worry about HR on this workout as it bears no relation to the intensity used. The steeper the hill the better: If you don't have ready access to a dirt hill, be creative: Grass embankments on roadsides, stairs in buildings, and stadium stairs etc...</p>
		3/29	Wed	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light. Perform this on road.
		3/30	Thu	<p>2 OPTIONS TO CHOOSE FROM:</p> <p>1. Repeat Tuesdays hill workout. 2. Easy 60min run.</p>		<p>If your body has recovered well from the first hill spring workout, you have the option to add a 2nd session this week or you can replace it with an easy run.</p>
		3/31	Fri	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		4/1	Sat	Fast Finish Long Run: 3:30hr	Build Endurance, leg resistance to fatigue, practice race pace, try equipment and nutritional routine.	Time on your feet is more important than pace in a long, steady run. Run easy and run long with the last 20-30min at comfortably hard tempo pace. (80-90% MHR)
WEEK ONE RUN HOURS: 8hrs 30min		4/2	Sun	Long Steady Run: 2hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
11	Build	4/3	Mon	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.

		4/4	Tue	<p>STEP ONE 15 to 20min easy running + some dynamic stretching.</p> <p>STEP TWO 10 total reps of each of the following exercises: 1) Walking, pull alternate knee to chest 2) Walking high front kick, reach to touch toe with opposite hand 3) Squat jump 4) Front lunge 5) Jumping split squat</p>	<p>STEP THREE 2x 30sec med effort hill run 2x30sec skip up hill</p> <p>WORKOUT 3 sets 6 x 10sec sprints Easy 2 min walk down recovery between each sprint. Take 5 min easy stretching between sets.</p> <p>COOL DOWN: 20min cool down run</p>	<p>This workout will build specific strength and power in the uphill running muscles as the base for longer uphill endurance running later. Don't be fooled by the shortness of the repetitions. It is this shortness that allows you build the most power. You need to go as hard as you can. Don't worry about HR on this workout as it bears no relation to the intensity used. The steeper the hill the better: If you don't have ready access to a dirt hill, be creative: Grass embankments on roadsides, stairs in buildings, and stadium stairs etc...</p>
		4/5	Wed	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		4/6	Thu	<p>2 OPTIONS TO CHOOSE FROM:</p> <p>1. Repeat Tuesdays hill workout. 2. Easy 60min run.</p>		<p>If your body has recovered well from the first hill spring workout, you have the option to add a 2nd session this week or you can replace it with an easy run.</p>
		4/7	Fri	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		4/8	Sat	Long Steady Run: 4hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
WEEK ONE RUN HOURS: 9hrs		4/9	Sun	Long Steady Run: 2hrs	Build Endurance & Stamina.	<p>Time on your feet is more important than pace in a long, steady run. Run easy and run long.</p> <p>DOWNHILL STRENGTH & AGILITY Some time in the last 30min of the run, incorporate the following set of high speed downhill repetitions to help develop technique, confidence and leg strength and agility. - 1min high speed downhill running, followed by 2min very easy running or walking and repeat 2 times.</p>
12	Rest	4/10	Mon	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	this is a good week for recovery. You may want to run on the low end of the mileage range and take an extra day off

		4/11	Tue	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		4/12	Wed	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		4/13	Thu	45min easy run	Build Endurance	
		4/14	Fri	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		4/15	Sat	Long Steady Run: 90min	Build Endurance	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
WEEK ONE RUN HOURS: 4:45hrs		4/16	Sun	Long Steady Run: 90min	Build Endurance	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
13	Build	4/17	Mon	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		4/18	Tue	<p>STEP ONE 15 to 20min easy running + some dynamic stretching.</p> <p>STEP TWO 10 total reps of each of the following exercises: 1) Walking, pull alternate knee to chest 2) Walking high front kick, reach to touch toe with opposite hand 3) Squat jump 4) Front lunge 5) Jumping split squat</p>	<p>STEP THREE 2x 30sec med effort hill run 2x30sec skip up hill</p> <p>WORKOUT 3 sets 6 x 10sec sprints Easy 2 min walk down recovery between each sprint. Take 5 min easy stretching between sets.</p> <p>COOL DOWN: 20min cool down run</p>	This workout will build specific strength and power in the uphill running muscles as the base for longer uphill endurance running later. Don't be fooled by the shortness of the repetitions. It is this shortness that allows you build the most power. You need to go as hard as you can. Don't worry about HR on this workout as it bears no relation to the intensity used. The steeper the hill the better: If you don't have ready access to a dirt hill, be creative: Grass embankments on roadsides, stairs in buildings, and stadium stairs etc...
		4/19	Wed	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		4/20	Thu	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	This session can be 30min to 60min. Very light and easy effort.
		4/21	Fri	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		4/22	Sat	Long Steady Run: 3:30hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.

WEEK ONE RUN HOURS: 9hrs 30min		4/23	Sun	Long Steady Run: 3hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long. PICK-UPS After the first 30-40min of running, incorporate the following set of pick-ups to help develop additional speed and strength: - 8 to 10sec at a fun, fast pace - NOT a full sprint. - repeat 6 times with 2min easy running between reps. Then continue with the remainder of the group long, steady run
14	Build	4/24	Mon	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
Run Goal:	9:45hrs	4/25	Tue	Vertical training: find a hill that takes approx. 30-45min to climb up and down. Repeat 2-3 times with no rest in-between (total time approx. 90min)	Build leg strength, VO2max and lactic acid tolerance.	Try to work on your power hiking. Most athletes use walking/hiking as recovery. This workout challenges you to hike strong and steady.
		4/26	Wed	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		4/27	Thu	STEP ONE 15 to 20min easy running + some dynamic stretching. STEP TWO 10 total reps of each of the following exercises: 1) Walking, pull alternate knee to chest 2) Walking high front kick, reach to touch toe with opposite hand 3) Squat jump 4) Front lunge 5) Jumping split squat	STEP THREE 2x 30sec med effort hill run 2x30sec skip up hill WORKOUT 3 sets 7 x 10sec sprints Easy 2 min walk down recovery between each sprint. Take 5 min easy stretching between sets. COOL DOWN: 20min cool down run	This workout will build specific strength and power in the uphill running muscles as the base for longer uphill endurance running later. Don't be fooled by the shortness of the repetitions. It is this shortness that allows you build the most power. You need to go as hard as you can. Don't worry about HR on this workout as it bears no relation to the intensity used. The steeper the hill the better: If you don't have ready access to a dirt hill, be creative: Grass embankments on roadsides, stairs in buildings, and stadium stairs etc...
		4/28	Fri	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		4/29	Sat	Long Steady Run: 2hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.

WEEK ONE RUN HOURS: 10hrs		4/30	Sun	Long Steady Run: 4.5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
15	Build	5/1	Mon	90min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		5/2	Tue	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		5/3	Wed	<p>WARM UP</p> <ul style="list-style-type: none"> - 10 air squats - 10 knee to chest hugs - High-Knee running in place for 20 seconds - Bouncing on your toes 10 seconds <p>WORKOUT SUMMARY</p> <p>30min at Zone 1, very, very light running</p> <p>10-20min Zone 3 tempo running</p> <p>30min at Zone 1, very, very light running</p> <p>TOTAL TIME = 80min</p>	Zone 3 is considered comfortably hard, happy hard or fun hard. It should not be exhausting.	This workout involves continuous fun, fast efforts (zone 3) and is categorized as a "tempo" workout. Best performed on flat terrain
		5/4	Thu	45min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		5/5	Fri	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		5/6	Sat	Long Steady Run: 4hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
WEEK ONE RUN HOURS: 10.5hrs		5/7	Sun	Long Steady Run: 3hrs	Build Endurance & Stamina.	<p>Time on your feet is more important than pace in a long, steady run. Run easy and run long.</p> <p>PICK-UPS</p> <p>After the first 30-40min of running, incorporate the following set of pick-ups to help develop additional speed and strength:</p> <ul style="list-style-type: none"> - 8 to 10sec at a fun, fast pace - NOT a full sprint. - repeat 6 times with 2min easy running between reps. <p>Then continue with the remainder of the group long, steady run</p>

16	rest	5/8	Mon	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	this is a good week for recovery. You may want to run on the low end of the mileage range and take an extra day off
		5/9	Tue	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		5/10	Wed	20min easy conversational. 30min tempo run. 20min easy conversational.	Build stamina - lactate threshold speed.	85-90% MHR. Slightly more intense than steady state effort. Comfortably hard effort. This workout is continuous running.
		5/11	Thu	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light. Perform this on road.
		5/12	Fri	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		5/13	Sat	Long Steady Run: 90min	Build Endurance	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
WEEK ONE RUN HOURS: 5hrs		5/14	Sun	Long Steady Run: 90min	Build Endurance	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
17	Build	5/15	Mon	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		5/16	Tue	WARM UP - 10 air squats - 10 knee to chest hugs - High-Knee running in place for 20 seconds - Bouncing on your toes 10 seconds WORKOUT SUMMARY - 20min warm up jog - 22min of intervals (2 repeats of 8min x 3min) - 20min cool down TOTAL = 60min	Zone 3 is considered comfortably hard, happy hard or fun hard. It should not be exhausting.	This is a continuous workout, meaning the goal is to run the whole duration and avoid taking walk breaks. The intervals are 8min at Zone 3 effort followed by 3min, Zone 2, recovery jog.
		5/17	Wed	30min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		5/18	Thu	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.

		5/19	Fri	Vertical training: find a hill that takes approx. 30-45min to climb up and down. Repeat 2-3 times with no rest in-between (total time approx. 90min)	Build leg strength, VO2max and lactic acid tolerance.	Try to work on your power hiking. Most athletes use walking/hiking as recovery. This workout challenges you to hike strong and steady.
		5/20	Sat	Long Steady Run: 4hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
WEEK ONE RUN HOURS: 11hrs		5/21	Sun	Long Steady Run: 4hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
18	Build	5/22	Mon	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		5/23	Tue	Long Steady Run: 2hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		5/24	Wed	<p>WARM UP</p> <ul style="list-style-type: none"> - 10 air squats - 10 knee to chest hugs - High-Knee running in place for 20 seconds - Bouncing on your toes 10 seconds <p>WORKOUT SUMMARY</p> <ul style="list-style-type: none"> - 30min warm up - 24min of intervals (8 repeats) - 20min cool down <p>TOTAL = 74min</p>	This is a continuous workout, meaning the goal is to run the whole duration and avoid taking walk breaks. This type of workout focuses on building leg strength, VO2max and lactic tolerance.	<p>Find a moderately sloped hill (that is more gradual than steep) that will take 90sec to ascend. Ascend at zone 3 effort (comfortably hard, happy hard, fun hard) and then recover by jogging down the hill.</p> <p>Perform 2 of these strides after your hill workout and before your cool-down.</p> <p>Strides are a running workout where you accelerate into your sprint and run 60-100m and then slow back down to recovery for 1min of walking. The accelerations are gradual and progressive. You will want to start your strides easy and slowly build into top speed. Please note that you're only running at top speed for 3-5 seconds before you stop and take your walk recovery.</p>
		5/25	Thu	45min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light. Perform this on road.
		5/26	Fri	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		5/27	Sat	Long Steady Run: 3hrs	Build Endurance & Stamina.	VERTICAL FOCUS: Choose a hill that takes you approx. 30-60min to ascend and then run down and repeat for the duration of time.
WEEK ONE RUN HOURS: 12hrs		5/28	Sun	Long Steady Run: 5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.

19	Build	5/29	Mon	OFF	Recovery Day	this is a good week for recovery. You may want to run on the low end of the mileage range and take an extra day off
		5/30	Tue	60min fast finish	Build Endurance, leg resistance to fatigue, practice race pace, try equipment and nutritional routine.	Time on your feet is more important than pace in a long, steady run. Run easy and run long with the last 20min at comfortably hard tempo pace. (80-90% MHR)
		5/31	Wed	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		6/1	Thu	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		6/2	Fri	Long Steady Run: 2hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		6/3	Sat	Long Steady Run: 5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
N HOURS: 13hrs		6/4	Sun	Long Steady Run: 4hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
20	Rest	6/5	Mon	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	this is a good week for recovery. You may want to run on the low end of the mileage range and take an extra day off
		6/6	Tue	75min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		6/7	Wed	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		6/8	Thu	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		6/9	Fri	Long Steady Run: 90min	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		6/10	Sat	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
N HOURS: 5hrs 15min		6/11	Sun	Long Steady Run: 90min	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
21	Build	6/12	Mon	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		6/13	Tue	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.

		6/14	Wed	<p>WARM UP</p> <ul style="list-style-type: none"> - 10 air squats - 10 knee to chest hugs - High-Knee running in place for 20 seconds - Bouncing on your toes 10 seconds <p>WORKOUT SUMMARY</p> <ul style="list-style-type: none"> - 30min warm up - 30min of intervals (6 repeats) - 30min cool down <p>TOTAL = 90min</p>	<p>This is a continuous workout, meaning the goal is to run the whole duration and avoid taking walk breaks. This type of workout focuses on building leg strength, VO2max and lactic tolerance.</p>	<p>Find a moderately sloped hill (that is more gradual than steep) that will take 3min to ascend. Ascend at zone 3 effort (comfortably hard, happy hard, fun hard) and then recover by jogging down the hill.</p> <p>Perform 2 of these strides after your hill workout and before your cool-down.</p> <p>Strides are a running workout where you accelerate into your sprint and run 60-100m and then slow back down to recovery for 1min of walking. The accelerations are gradual and progressive. You will want to start your strides easy and slowly build into top speed. Please note that you're only running at top speed for 3-5 seconds before you stop and take your walk recovery.</p>
		6/15	Thu	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		6/16	Fri	Long Steady Run: 90min	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		6/17	Sat	Long Steady Run: 5hrs	Build Endurance & Stamina.	<p>Time on your feet is more important than pace in a long, steady run. Run easy and run long.</p> <p>PICK-UPS</p> <p>After the first 30-40min of running, incorporate the following set of pick-ups to help develop additional speed and strength:</p> <ul style="list-style-type: none"> - 8 to 10sec at a fun, fast pace - NOT a full sprint. - repeat 6 times with 2min easy running between reps. <p>Then continue with the remainder of the group long, steady run</p>
N HOURS: 14hrs		6/18	Sun	Long Steady Run: 5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
22	Build	6/19	Mon	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.

		6/20	Tue	Vertical training: find a hill that takes approx. 30-45min to climb up and down. Repeat with no rest in-between (total time approx. 2hrs)	Build leg strength, VO2max and lactic acid tolerance.	Perform 2 of these strides after your hill workout. Strides are a running workout where you accelerate into your sprint and run 60-100m and then slow back down to recovery for 1min of walking. The accelerations are gradual and progressive. You will want to start your strides easy and slowly build into top speed. Please note that you're only running at top speed for 3-5 seconds before you stop and take your walk recovery.
		6/21	Wed	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		6/22	Thu	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		6/23	Fri	Long Steady Run: 2hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		6/24	Sat	Long Steady Run: 5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
N HOURS: 15hrs		6/25	Sun	Long Steady Run: 3hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long. PICK-UPS After the first 30-40min of running, incorporate the following set of pick-ups to help develop additional speed and strength: - 8 to 10sec at a fun, fast pace - NOT a full sprint. - repeat 6 times with 2min easy running between reps. Then continue with the remainder of the group long, steady run
23	Rest	6/26	Mon	OFF	Recovery Day	this is a good week for recovery. You may want to run on the low end of the mileage range and take an extra day off
		6/27	Tue	75min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		6/28	Wed	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		6/29	Thu	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		6/30	Fri	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		7/1	Sat	Long Steady Run: 90min	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.

N HOURS: 5hrs 15min		7/2	Sun	Long Steady Run: 90min	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
24	Build	7/3	Mon	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		7/4	Tue	<p>WARM UP</p> <ul style="list-style-type: none"> - 10 air squats - 10 knee to chest hugs - High-Knee running in place for 20 seconds - Bouncing on your toes 10 seconds <p>WORKOUT SUMMARY</p> <ul style="list-style-type: none"> - 30min warm up - 30min of intervals (6 repeats) - 30min cool down <p>TOTAL = 90min</p>	This is a continuous workout, meaning the goal is to run the whole duration and avoid taking walk breaks. This type of workout focuses on building leg strength, VO2max and lactic tolerance.	<p>Find a moderately sloped hill (that is more gradual than steep) that will take 6min to ascend. Ascend at zone 3 effort (comfortably hard, happy hard, fun hard) and then recover by jogging down the hill.</p> <p>Perform 2 of these strides after your hill workout and before your cool-down.</p> <p>Strides are a running workout where you accelerate into your sprint and run 60-100m and then slow back down to recovery for 1min of walking. The accelerations are gradual and progressive. You will want to start your strides easy and slowly build into top speed. Please note that you're only running at top speed for 3-5 seconds before you stop and take your walk recovery.</p>
		7/5	Wed	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		7/6	Thu	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		7/7	Fri	Long Steady Run: 3hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		7/8	Sat	Long Steady Run: 5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
N HOURS: 16hrs		7/9	Sun	Long Steady Run: 5.5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
25	Build	7/10	Mon	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		7/11	Tue	Fast Finish Long Run: 3hr	Build Endurance, leg resistance to fatigue, practice race pace, try equipment and nutritional routine.	Time on your feet is more important than pace in a long, steady run. Run easy and run long with the last 20-30min at comfortably hard tempo pace. (80-90% MHR)
		7/12	Wed	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.

		7/13	Thu	<p>WARM UP</p> <ul style="list-style-type: none"> - 10 air squats - 10 knee to chest hugs - High-Knee running in place for 20 seconds - Bouncing on your toes 10 seconds <p>WORKOUT SUMMARY</p> <ul style="list-style-type: none"> - 30min warm up with the last 3-4 min at Zone 3. - 14min of intervals - 30min cool down <p>TOTAL = 76min</p>	Build speed, aerobic capacity (VO2 max) and strength, lactic acid tolerance.	<p>WORKOUT</p> <p>2x6min of 30/30's with 2min easy running in-between the sets.</p> <ul style="list-style-type: none"> - start off with Zone 2 (easy running) for the first 30secs and then build into the next 30seconds so that by the middle of the second 30 seconds, you're hitting zone 4. Repeat 6 times. - take 2min easy running - repeat second set of 6min intervals.
		7/14	Fri	45min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light. <i>Perform this on the road.</i>
		7/15	Sat	Long Steady Run: 5.5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
N HOURS: 16min		7/16	Sun	Long Steady Run: 5.5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
26	Build	7/17	Mon	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		7/18	Tue	<p>WARM UP</p> <ul style="list-style-type: none"> - 10 air squats - 10 knee to chest hugs - High-Knee running in place for 20 seconds - Bouncing on your toes 10 seconds <p>WORKOUT SUMMARY</p> <ul style="list-style-type: none"> - 30min warm up with the last 3-4 min at Zone 3. - 18min of intervals - 30min cool down <p>TOTAL = 78min</p>	Build speed, aerobic capacity (VO2 max) and strength, lactic acid tolerance.	<p>WORKOUT</p> <p>2x8min of 30/30's with 2min easy running in-between the sets.</p> <ul style="list-style-type: none"> - start off with Zone 2 (easy running) for the first 30secs and then build into the next 30seconds so that by the middle of the second 30 seconds, you're hitting zone 4. Repeat 8 times. - take 2min easy running - repeat second set of 8min intervals.
		7/19	Wed	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		7/20	Thu	Long Steady Run: 3hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		7/21	Fri	Long Steady Run: 3hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.

		7/22	Sat	Long Steady Run: 5.5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
N HOURS: 17hrs		7/23	Sun	Long Steady Run: 4hrs	Build Endurance & Stamina.	VERTICAL FOCUS: Choose a hill that takes you approx. 30-60min to ascend and then run down and repeat for the duration of time.
27	Rest	7/24	Mon	OFF	Recovery Day	this is a good week for recovery. You may want to run on the low end of the mileage range and take an extra day off
		7/25	Tue	75min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		7/26	Wed	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		7/27	Thu	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light. Perform this on the road.
		7/28	Fri	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		7/29	Sat	Long Steady Run: 90min	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
N HOURS: 5.5hrs		7/30	Sun	Long Steady Run: 90min	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
28	Build	7/31	Mon	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		8/1	Tue	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light. Perform this on the road.
		8/2	Wed	<p>WARM UP</p> <ul style="list-style-type: none"> - 10 air squats - 10 knee to chest hugs - High-Knee running in place for 20 seconds - Bouncing on your toes 10 seconds <p>WORKOUT SUMMARY</p> <ul style="list-style-type: none"> - 30min warm up with the last 3-4 min at Zone 3. - 22min of intervals - 30min cool down <p>TOTAL = 82min</p>	Build leg strength, VO2max and lactic acid tolerance.	<p>WORKOUT</p> <p>2x10min of 30/30's with 2min easy running in-between the sets.</p> <ul style="list-style-type: none"> - start off with Zone 2 (easy running) for the first 30secs and then build into the next 30seconds so that by the middle of the second 30 seconds, you're hitting zone 4. Repeat 10 times. - take 2min easy running - repeat second set of 10min intervals.

		8/3	Thu	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		8/4	Fri	Long Steady Run: 3-4hrs	Build Endurance & Stamina.	VERTICAL FOCUS: Choose a hill that takes you approx. 30-60min to ascend and then run down and repeat for the duration of time.
		8/5	Sat	Long Steady Run: 5-6hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
N HOURS: 14hrs to 17.5hrs		8/6	Sun	Long Steady Run: 4-5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
29	Build	8/7	Mon	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		8/8	Tue	Long Steady Run: 3hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		8/9	Wed	Long Steady Run: 2hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		8/10	Thu	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		8/11	Fri	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		8/12	Sat	Long Steady Run: 4.5 to 5.5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
N HOURS: 14.5hrs to 17.5 hrs		8/13	Sun	Long Steady Run: 4 to 5.5 hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
30	Peak	8/14	Mon	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		8/15	Tue	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		8/16	Wed	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		8/17	Thu	Long Steady Run: 3-4hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		8/18	Fri	Long Steady Run: 2-3hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		8/19	Sat	Long Steady Run: 5-6hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.

N HOURS: 19hrs		8/20	Sun	Long Steady Run: 4-5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
31	Taper	8/21	Mon	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		8/22	Tue	75min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		8/23	Wed	60 to 90min booster run: Run 5k at steady stage pace in the middle of the run	Build stamina, lactate threshold	85-90% MHR. Slightly more intense than steady state effort. Comfortably hard effort. This workout is continuous running.
		8/24	Thu	45min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		8/25	Fri	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		8/26	Sat	Long Steady Run: 3hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
N HOURS: 8.5hrs		8/27	Sun	Long Steady Run: 2hrs	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
32	Taper	8/28	Mon	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		8/29	Tue	20min warm up. 10min tempo run. 20min cool	Build stamina - lactate threshold speed.	85-90% MHR. Slightly more intense than steady state effort. Comfortably hard effort. This workout is continuous
		8/30	Wed	45min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		8/31	Thu	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	This session can be 30min to 90min depending on the cross-training base you have when starting this program.
		9/1	Fri	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		9/2	Sat	90min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
N HOURS: 5.5hrs		9/3	Sun	90min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
33	TAPER	9/4	Mon	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.

		9/5	Tue	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		9/6	Wed	30-40min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		9/7	Thu	60-80min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		9/8	Fri	OFF	Recovery Day	
		9/9	Sat	STAGE ONE	33km	↑1.800 Hm ↓1.930 Hm
		9/10	Sun	STAGE TWO	31km	↑2.100 Hm ↓2.000 Hm
34	RACE	9/11	Mon	STAGE THREE	42km	↑2.550 Hm ↓2.320 Hm
		9/12	Tue	STAGE FOUR	42km	↑2.200 Hm ↓2.250 Hm
		9/13	Wed	STAGE FIVE	48km	↑2.300 Hm ↓2.300 Hm
		9/14	Thu	STAGE SIX	32km	↑2.730 Hm ↓2.460 Hm
		9/15	Fri	STAGE SEVEN	40km	↑1.650 Hm ↓2.220 Hm
		9/16	Sat	CELEBRATE!	SEE YOU NEXT YEAR!	#TARFAMILY
		9/17	Sun		DANKE! THANK YOU!	

Liability Waiver to Utilize P.A.C.E. Sports Fitness Training Program and Waive Liability

I voluntarily choose to utilize the **Transalpine-Run** online coaching services of P.A.C.E Sports Fitness in order to improve my training and racing. I understand that the training philosophy of P.A.C.E. Sports Fitness is to very gradually increase my ability to train and race more effectively. I also understand that this training philosophy may create certain potential risks such as abnormalities in my blood pressure, breathing, heart rate, and/or muscular-skeletal system that cannot be predicted with complete accuracy. I understand that I am responsible for monitoring my own condition throughout the **Transalpine-Run** training program developed by this online coaching service which I have chosen and agreed to undertake, and should any unusual symptoms or conditions occur, I will immediately cease following the training program and inform my doctor of the symptoms or condition. In stating that I agree to this agreement and waiver of liability, I acknowledge that I have read this form in its entirety and that I understand the potential risks associated with these on-line coaching services. I also agree to consult with and obtain written permission from my primary care physician prior to undertaking this new training program. If I do not consult with and obtain permission from my primary care physician, I accept any and all consequences that may result from this inaction on my part. Finally, in consideration for being allowed to participate and choosing to engage in this training program, I agree to assume the risks of such training, and further agree to hold harmless P.A.C.E. Sports Fitness from any and all claims, suits, losses, and/or related causes of actions and damages, including, but not limited to, such claims that may result from my injury or death, accidental or otherwise, during or arising in any way from, these personal coaching services.

Choosing to utilize the Transalpine-Run online coaching services indicates that you have read, understand and agree to the above Agreement.