

2023 TAR TRAINING ACCOMPANIMENT

TRAINING BLOCK	DATES	NOVICE PLAN STARTING WEEKLY VOLUME	NOVICE PLAN STARTING WEEKLY VOLUME	INTERMEDIATE STARTING WEEKLY VOLUME	INTERMEDIATE STARTING WEEKLY VOLUME	NOTES
1	JAN. 23 - Feb 19	4hrs	5:15hrs	6hrs	6:30hrs	Build Consistency. Gradual builds/progress.
						Commit to the training plan.
						Hill strength
2	FEB 20 - MAR 19	5:30hrs	7hrs	7hrs	8hrs	Intro. vert focused workouts
						Intro. back to back runs
						Intro. pick ups & running drills
3	MAR 20 - APR 16	7:15hrs	8:15hrs	8hrs	9hrs	intro fast finish runs
						Building back to back base
4	APR 17 - MAY 14	8:15hrs	9hrs	9.5hrs	10.5hrs	Wrap up short hill strength workouts
						Varied interval focus
						Shorter vertical workouts
5	MAY 15 - JUNE 11	10hrs	10.5hrs	11hrs	13hrs	Building back to back running volume
6	JUNE 12 - JULY 9	11.5hrs	13.5hrs	14hrs	15hrs	Into mid-week endurance run
7	JULY 10 - AUG 6	13:45hrs	14:15hrs	16hrs	17hrs	Longer back to back runs
						Zone 4 training
8	AUG 7 - AUG 27	15hrs	17hrs	17.5hrs	19hrs	Peak training volume
						Focus on leg turnover and cadence
						Prepare for Taper
9	AUG 28 - SEPT 6	8.5hrs	5.5hrs	8.5hrs	5.5hrs	TAPER >>>>> RACE STARTS :)

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TRAINING INSTRUCTIONS

These programs are intended to be used as a guide only.

It's important that you adjust this training plan to accommodate your individual body and requirements and remain flexible as you go.

Listen to your body along the way and be careful that you don't train through any tweaks or what might seem like minor tiny issues that could turn into bigger issues if they are not addressed.

WORKOUT LEGEND

Recovery Runs : These are slow jogs. Very slow. The aim is to keep your heart rate below 65% of maximum possibly reaching around 70% by the end of the run. The goal of the easy run is to simply get the muscles warmed up, blood flowing to deliver essential rebuilding nutrients to the muscles and to work out the tightness that occurs from hard running. There is no other goal.					
Long Steady Runs: The purpose is simply time on your feet. They are slow runs with the goal of simply running a steady pace for the entire run. Keep the effort easy and steady. The general recommendation is that you keep your heart rate around 70% of maximum. This workout is the heart of endurance training. Be sure to try to match some of your long steady runs with some of the stage profiles as close as you can and use these runs to practice fueling, gear, pole practice etc...					
Easy Runs: The goal with this run is to fully develop aerobic fitness and maintain it. In other words, build endurance.					
Hill Sprints: This workout will build specific strength and power in the uphill running muscles and will build specific power as the base for longer uphill endurance running later.					
Tempo Runs: Tempo pace is run slightly more intense than your steady state pace. It is often referred to as “comfortably hard”. The goal is to increase your stamina.					
Vertical Training: Try to find a hill that takes you approx. 30-60min to climb up and down (400-1000 feet) and do repeats for the duration outlined in the workout. You will also want to ensure that some of your long steady runs include terrain that requires you to do long sustained climbs and descents.					
CONSIDERATIONS					
Be sure to incorporate a regular strength training routine that includes mobility, flexibility and strength.					
Practice running downhill at varied speeds and don't underestimate long, steep and gradual descents.					
Don't just train on trails. Incorporate runs on the road and varied terrain.					
Establish good habits when it comes to recovery; fueling, foam rolling, stretching, prehab, naps :)					
Practice using poles					
Make small, gradual progressions and avoid increasing your volume by more than 10% per week. It's better to show up at TAR slightly undertrained and rested, than overtrained and injured.					
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