

## 2024 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 - Mar. 3	3hrs 30min	5hrs 30min	4hrs 30min	7hrs	Transition Period. Build Consistency. Focus on building general strength and fitness. Commit to the training plan.
2	Mar 4. - April 28	7hrs	9hrs	7hrs	9hrs	Introduce intensity. Add a 4th run to your weekly training. Introducing back to back runs.
3	April 29. - June 23	9hrs	13hrs	10hrs	14hrs 30min	Adding a 5th run to your weekly training. Introducing pick ups.
4	June 24 - Aug 11	13hrs	15hrs	14hrs 30min	17hrs 30min	Building weekly volume. Adding specific intensity. Building back to back runs.
5	Aug 12 - 18	10hrs	10.5hrs	15hrs	18hrs	Peak training volume. Prepare for taper.
6	Aug 19 - Sept 7	10hrs	5.5hrs	10hrs	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...
	<b>Easy Runs:</b> The goal with this run is to fully develop aerobic fitness and maintain it. In other words, build endurance.
	<b>Hill Sprints:</b> 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.
	<b>Tempo Runs:</b> 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.
	<b>Vertical Training:</b> 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.
	<b>CONSIDERATIONS</b>
	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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