



## 2017 TAR TRAINING INSTRUCTIONS

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There are two training plans to choose from. One is designed with the first-time TAR runner in mind & the other is for returning runners who want to improve their performance. These schedules are not set in stone and you can move the workouts around as they best fit your personal schedule. I added a column for “total run hours” to help give you an approx. target to hit each week.

Early in these programs you will see less running volume and more room for cross-training. There is also the option to take 1-2 days off per week or an additional day if you feel you need it. It's important that you adjust this training plan to accommodate your individual body and requirements. 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

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**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 of a recovery jog.

**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 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.

**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. 20min to climb up and down (400-800 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. The 2016 TAR profiling has some stages with approx. 10,000 feet ascent and 10,000 feet descent.