



pace
TRAIL RUNS



Transalpine Intermediate Run Plan

Goal: 243km / 15,135m ascent / 7 days

www.pacetrailruns.com

Week	Phase	Date	Day	Workout	Purpose	Comments
1	Transition	1/13	Mon	OFF or Cross-Training		The intermediate trainign plan starts off with running 4x's per week.
	5hrs 30min	1/14	Tue	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		1/15	Wed	OFF or Cross-Training		
		1/16	Thu	60min recovery run	Bulid Endurance	65% MHR or 70% by the end of the run. It's very, very light. Perform this on road.
		1/17	Fri	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		1/18	Sat	OFF or Cross-Training		
		1/19	Sun	Long Steady Run: 2hr 30min	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continious steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run.
2	Transition	1/20	Mon	60min recovery run on the road.	Bulid Endurance	65% MHR or 70% by the end of the run. It's very, very light. Perform this on road.
	5hrs 45min	1/21	Tue	OFF or Cross-Training		

		1/22	Wed	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		1/23	Thu	OFF or Cross-Training		
		1/24	Fri	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		1/25	Sat	OFF or Cross-Training		
		1/26	Sun	Long Steady Run: 3hr	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continuous steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run.
3	Transition	1/27	Mon	60min recovery run on the road.	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light. Perform this on road.
6hrs 15min		1/28	Tue	OFF or Cross-Training		
		1/29	Wed	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		1/30	Thu	OFF or Cross-Training		
		1/31	Fri	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		2/1	Sat	OFF or Cross-Training		
		2/2	Sun	Long Steady Run: 3hrs 30min	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continuous steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run.
4	Transition	2/3	Mon	OFF or Cross-Training		
6hrs 45min		2/4	Tue	60min recovery run on the road.	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light. Perform this on road.
		2/5	Wed	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		2/6	Thu	OFF or Cross-Training		
		2/7	Fri	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.

		2/8	Sat	OFF or Cross-Training		
		2/9	Sun	Long Steady Run: 4hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continuous steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run.
5	Rest	2/10	Mon	OFF or Cross-Training		This is a good week for recovery as it marks the end of your first 3 week base building phase. Reduce training volume by 40-60%.
	3hrs 30min	2/11	Tue	OFF or Cross-Training		
		2/12	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.
		2/13	Thu	OFF or Cross-Training		
		2/14	Fri	60min easy run on the road.	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		2/15	Sat	OFF or Cross-Training		
		2/16	Sun	Long Steady Run: 90min	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continuous steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run.
6	Base	2/17	Mon	60min recovery run	Build Endurance	This week you will start to introduce some intensity into your training plan and shift out of the transition phase and
	7hrs	2/18	Tue	OFF or Cross-Training		
		2/19	Wed	60min easy run	Build Endurance	VERTICAL FOCUS: Choose a hill that takes you approx. 30-60min to ascend and then run down and repeat for the duration of time.
		2/20	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.
		2/21	Fri	OFF or Cross-Training		
		2/22	Sat	OFF or Cross-Training		
		2/23	Sun	Long Steady Run: 4hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continuous steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run.

7	Base	2/24	Mon	OFF or Cross-Training		
7hrs 30min		2/25	Tue	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
				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	
		2/26	Wed		WORKOUT 15min warm up + 6x 60second run up a moderately sloped hill with jog back down hill as recovery.	
					COOL DOWN: 20min cool down run	Find a hill with 6% to 10% grade. The effort is hard but not all out and best performed in zone 3.
		2/27	Thu	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light. Perform this on road.
		2/28	Fri	OFF or Cross-Training		
		3/1	Sat	OFF or Cross-Training		
		3/2	Sun	Long Steady Run: 4hrs 30min	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continuous steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run.
8	Base	3/3	Mon	OFF or Cross-Training		
8hrs		3/4	Tue	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		3/5	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.
		3/6	Thu	OFF or Cross-Training		

		3/7	Fri	2hrs easy run	Build Endurance	VERTICAL FOCUS: Choose a hill that takes you approx. 30-60min to ascend and then run down and repeat for the duration of time.
		3/8	Sat	OFF or Cross-Training		
		3/9	Sun	Long Steady Run: 4hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continuous steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run.
9	Rest	3/10	Mon	OFF or Cross-Training		This is a good week for recovery as it marks the end of your first 3 week base building phase. Reduce training
	3.5hrs	3/11	Tue	OFF or Cross-Training		
		3/12	Wed	45min recovery run	Bulid Endurance	65% MHR or 70% by the end of the run. It's very, very light. Perform this on road.
		3/13	Thu	OFF or Cross-Training		
		3/14	Fri	60min easy run on the road.	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		3/15	Sat	OFF or Cross-Training		
		3/16	Sun	Long Steady Run: 90min	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continuous steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run.
10	Base	3/17	Mon	OFF or Cross-Training		The week introduces a 5th run to your weekly training as you continue to build your base.
	8hrs 15min	3/18	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: 4 to 5 times 2 mintues at zone 3 with 2min recovery jog at zone 1. STEP FOUR: 15 to 20min cool down
		3/19	Wed	45min recovery run	Bulid Endurance	65% MHR or 70% by the end of the run. It's very, very light. Perform this on road.

		3/20	Thu	90min easy run	Build Endurance	Time on your feet is more important than pace in a long, steady run. Continuous steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run.
		3/21	Fri	OFF or Cross-Training		
		3/22	Sat	Long Steady Run: 2hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continuous steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run.
		3/23	Sun	Long Steady Run: 3hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continuous steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run.
11	Base	3/24	Mon	OFF or Cross-Training		
	8hrs	3/25	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: 4 to 5 times 3 mintues at zone 3 with 2min recovery jog at zone 1. STEP FOUR: 15 to 20min cool down
		3/26	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.
		3/27	Thu	60min easy run	Build Endurance	VERTICAL FOCUS: Choose a hill that takes you approx. 30-60min to ascend and then run down and repeat for the duration of time.
		3/28	Fri	OFF or Cross-Training		
		3/29	Sat	2hr easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		3/30	Sun	Long Steady Run: 3hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continuous steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run.

12	Base	3/31	Mon	OFF or Cross-Training		
8hrs 30min		4/1	Tue	STEP ONE 15 to 20min easy running + some	STEP TWO 10 total reps of each of the following	STEP THREE: 3 to 4 times 5 mintues at zone 3 with 2min recovery jog at zone 1.
		4/2	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.
		4/3	Thu	60min easy run	Build Endurance	VERTICAL FOCUS: Choose a hill that takes you approx. 30-60min to ascend and then run down and repeat for the duration of time.
		4/4	Fri	OFF or Cross-Training		
		4/5	Sat	Long Steady Run: 90min	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continious steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run.
		4/6	Sun	Long Steady Run: 4hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continious steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run.
13	Rest	4/7	Mon	OFF or Cross-Training		This is a good week for recovery as it marks the end of your first 3 week base building phase. Reduce training
3hrs 30min		4/8	Tue	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		4/9	Wed	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		4/10	Thu	60min easy run on the road.	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		4/11	Fri	OFF or Cross-Training		
		4/12	Sat	OFF or Cross-Training		
		4/13	Sun	Long Steady Run: 90min	Build Endurance	Time on your feet is more important than pace in a long, steady run. Continious steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run.

14	Base	4/14	Mon	OFF	Recovery Day	
9hrs 30min		4/15	Tue	STEP ONE 20 to 30min 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: 4-5x 60 second run up a moderately sloped hill at zone 3 with jog back down hill at zone 1 as recovery. STEP FOUR: 15 to 20min cool down.
		4/16	Wed	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		4/17	Thu	60min easy run on the road.	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		4/18	Fri	OFF or Cross-Training		
		4/19	Sat	Long Steady Run: 90min	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continuous steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run. 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
		4/20	Sun	Long Steady Run: 5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continuous steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run.
15	Base	4/21	Mon	OFF	Recovery Day	

					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	
10hrs		4/22	Tue	STEP ONE 20 to 30min easy running + some dynamic stretching.		STEP THREE: 4-5x 90 second run up a moderately sloped hill at zone 3 with jog back down hill at zone 1 as recovery. STEP FOUR: 15 to 20min cool down.
		4/23	Wed	30min recovery run on the road.	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		4/24	Thu	90min Vertical training: find a hill that takes approx.	Build leg strength, VO2max and lactic acid	Try to work on your power hiking and downhill technique. Most athletes use walking/hiking as recovery. This workout
		4/25	Fri	OFF or Cross-Training		
		4/26	Sat	Long Steady Run: 2hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continuous steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run.
		4/27	Sun	Long Steady Run: 5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continuous steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run.
16	Base	4/28	Mon	OFF	Recovery Day	
10hrs		4/29	Tue	STEP ONE 20 to 30min easy running + some	STEP TWO 10 total reps of each of the following	STEP THREE: 5x 2 minutes to run up a moderately sloped hill at zone 3 with jog back down hill at zone 1 as recovery.
		4/30	Wed	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		5/1	Thu	60min easy run on the road.	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		5/2	Fri	OFF or Cross-Training		

		5/3	Sat	Long Steady Run: 3hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continuous steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run. 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
		5/4	Sun	Long Steady Run: 4hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continuous steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run.
17	Rest	5/5	Mon	OFF or Cross-Training		This is a good week for recovery as it marks the end of your first 3 week base building phase. Reduce training volume by 40-60%.
	5hrs	5/6	Tue	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		5/7	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.
		5/8	Thu	60min recovery run on the road.	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light. Perform this on road.
		5/9	Fri	OFF or Cross-Training		
		5/10	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.
		5/11	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.
18	Build	5/12	Mon	OFF	Recovery Day	

						VERTICAL FOCUS: Choose a hill that takes you approx. 30-60min to ascend and then run down and repeat for the duration of time. Try to work on your power hiking and downhill technique. Most athletes use walking/hiking as recovery. This workout challenges you to hike strong and steady and work on your downhill efforts.
11hrs 15min		5/13	Tue	2hrs Vertical training	Build leg strength, VO2max and lactic acid tolerance.	
		5/14	Wed	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		5/15	Thu	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		5/16	Fri	OFF or Cross-Training		
		5/17	Sat	Long Steady Run: 3hrs 30min	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continuous steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run.
		5/18	Sun	Long Steady Run: 4hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continuous steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run.
19	Build	5/19	Mon	OFF	Recovery Day	
12hrs		5/20	Tue	30min warm up + 5x 3min tempo interval with 2min easy jogging in-between + 30min cool down	Increase stamina and improve running rhythm.	85-90% MHR. Slightly more intense than steady state effort. Comfortably hard effort. This workout is continuous running.
		5/21	Wed	60min recovery run on the road	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		5/22	Thu	2hr easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		5/23	Fri	OFF or Cross-Training		

		5/24	Sat	Long Steady Run: 5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continuous steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave you tired but not the intensity of this run. PICK-UPS At the end of your run, 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 1min easy running between reps.
		5/25	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.
20	Build	5/26	Mon	OFF	Recovery Day	
	13hrs	5/27	Tue	90min Vertical training	Build leg strength, VO2max and lactic acid	VERTICAL FOCUS: Choose a hill that takes you approx. 30-60min to ascend and then run down and repeat for the
		5/28	Wed	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		5/29	Thu	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.
		5/30	Fri	OFF or Cross-Training		
		5/31	Sat	Long Steady Run: 5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continuous steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave you tired but not the intensity of this run.
		6/1	Sun	Long Steady Run: 4hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continuous steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave you tired but not the intensity of this run. 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
21	Rest	6/2	Mon	OFF or Cross-Training		This is a good week for recovery as it marks the end of your first 3 week base building phase. Reduce training

	5hrs	6/3	Tue	60min fast finish	Build Endurance, leg resistance to fatigue, practice race pace, try equipment and nutritional routine.	Run easy and run long with the last 20min at comfortably hard tempo pace. (80-90% MHR)
		6/4	Wed	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		6/5	Thu	60min easy run on the road	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		6/6	Fri	Long Steady Run: 90min	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continuous steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run.
		6/7	Sat	OFF or Cross-Training		
		6/8	Sun	Long Steady Run: 90min	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continuous steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run.
22	Build	6/9	Mon	OFF or Cross-Training		
	12hrs	6/10	Tue	Vertical training 90min		VERTICAL FOCUS: Choose a hill that takes you approx. 30-60min to ascend and then run down and repeat for the duration of time.
		6/11	Wed	30min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		6/12	Thu	OFF or Cross-Training		
		6/13	Fri	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		6/14	Sat	Long Steady Run: 5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continuous steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run.

		6/15	Sun	Long Steady Run: 5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continuous steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run. PICK-UPS At the end of your run, 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 1min easy running between reps.
23	Build	6/16	Mon	OFF or Cross-Training		
12hrs 30min		6/17	Tue	60 minute booster run: Run 4k at steady state pace in	Build stamina, lactate threshold	85-90% MHR. Slightly more intense than steady state effort. Comfortably hard effort. This workout is continuous
		6/18	Wed	60min recovery run	Bulid Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		6/19	Thu	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.
		6/20	Fri	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		6/21	Sat	Long Steady Run: 5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continuous steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run.
		6/22	Sun	Long Steady Run: 3hrs 30min	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continuous steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run. PICK-UPS At the end of your run, 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 1min easy running between reps.
24	Build	6/23	Mon	60min recovery run	Bulid Endurance	65% MHR or 70% by the end of the run. It's very, very light.

13hrs	6/24	Tue	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
	6/25	Wed	2hrs Vertical training	Build leg strength, VO2max and lactic acid tolerance.	VERTICAL FOCUS: Choose a hill that takes you approx. 30-60min to ascend and then run down and repeat for the duration of time. Try to work on your power hiking and downhill technique. Most athletes use walking/hiking as recovery. This workout challenges you to hike strong and steady and work on your downhill efforts.
	6/26	Thu	OFF or Cross-Training		
	6/27	Fri	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
	6/28	Sat	Long Steady Run: 5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continuous steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run.
	6/29	Sun	Long Steady Run: 5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continuous steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run.
25	Rest	6/30	Mon	OFF	Recovery Day
5hrs	7/1	Tue	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
	7/2	Wed	OFF or Cross-Training		
	7/3	Thu	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
	7/4	Fri	OFF or Cross-Training		
	7/5	Sat	Long Steady Run: 90min	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continuous steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run.
	7/6	Sun	Long Steady Run: 90min	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continuous steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run.

26	Build	7/7	Mon	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
	13hrs	7/8	Tue	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		7/9	Wed	STEP ONE 20 to 30min 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 6min of 30/30's with 2min easy running in-between the sets. - start off with Zone 2 (easy running) for the first 30secs and then start the next 30seconds hitting zone 3. Repeat 6 times. - take 2min easy running - repeat second set of 6min intervals. STEP FOUR: 20 to 30min easy running cool down.
		7/10	Thu	OFF or Cross-Training		
		7/11	Fri	Long Steady Run: 3hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continuous steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run.
		7/12	Sat	Long Steady Run: 4hrs 30min	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continuous steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run.
		7/13	Sun	Long Steady Run: 4hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continuous steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run. PICK-UPS At the end of your run, 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 1min easy running between reps.
27	Build	7/14	Mon	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.

					<p>STEP ONE 20 to 30min 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 6min of 30/30's with 2min easy running in-between the sets. - start off with Zone 2 (easy running) for the first 30secs and then start the next 30seconds hitting zone 3. Repeat 6 times. - take 2min easy running - repeat second set of 6min intervals. STEP FOUR: 20 to 30min easy running cool down.</p>	
14hrs		7/15	Tue			
		7/16	Wed	60min recovery run	Bulid Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		7/17	Thu	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		7/18	Fri	Long Steady Run: 3hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continious steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run.
		7/19	Sat	Long Steady Run: 5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continious steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run.
		7/20	Sun	Long Steady Run: 4hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continious steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run.
28	Build	7/21	Mon	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
15hrs		7/22	Tue	90min easy run on the road	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		7/23	Wed	30 to 60min recovery run	Bulid Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		7/24	Thu	90min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		7/25	Fri	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.

		7/26	Sat	Long Steady Run: 5.5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continuous steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run.
		7/27	Sun	Long Steady Run: 5.5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continuous steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run.
29	Rest	7/28	Mon	OFF	Recovery Day	This is a good week for recovery as it marks the end of your first 3 week base building phase. Reduce training volume by 40-60%.
	5hrs	7/29	Tue	75min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		7/30	Wed	OFF or Cross-Training		
		7/31	Thu	60min recovery run	Bulid Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		8/1	Fri	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		8/2	Sat	Long Steady Run: 90min	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continuous steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run.
		8/3	Sun	Long Steady Run: 90min	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continuous steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run.
30	Build	8/4	Mon	60min recovery run	Bulid Endurance	65% MHR or 70% by the end of the run. It's very, very light.

					<p>STEP ONE 20 to 30min 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 6min of 30/30's with 2min easy running in-between the sets. - start off with Zone 2 (easy running) for the first 30secs and then start the next 30seconds hitting zone 3. Repeat 6 times. - take 2min easy running - repeat second set of 6min intervals. STEP FOUR: 20 to 30min easy running cool down.</p>	
16hrs		8/5	Tue			
		8/6	Wed	60min recovery run on the road.	Bulid Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		8/7	Thu	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		8/8	Fri	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.
		8/9	Sat	Long Steady Run: 5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continious steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run.
		8/10	Sun	Long Steady Run: 5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continious steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run.
31	Build	8/11	Mon	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
14hrs to 18hrs		8/12	Tue	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		8/13	Wed	60min recovery run	Bulid Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		8/14	Thu	Long Steady Run: 2 to 3hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continious steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run.

		8/15	Fri	Long Steady Run: 2 to 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.
		8/16	Sat	Long Steady Run: 5.5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continuous steady state run in zone 1 & 2 with
		8/17	Sun	Long Steady Run: 4 to 5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continuous steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run.
32	Taper	8/18	Mon	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
6-7hrs		8/19	Tue	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		8/20	Wed	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		8/21	Thu	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		8/22	Fri	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		8/23	Sat	Long Steady Run: 3hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continuous steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run.
		8/24	Sun	Long Steady Run: 90min	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continuous steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run.
33	Taper	8/25	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
5hrs		8/26	Tue	20min warm up. 10min tempo run. 20min cool down.	Build stamina - lactate threshold speed.	85-90% MHR. Slightly more intense than steady state effort. Comfortably hard effort. This workout is continuous running.
		8/27	Wed	45min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		8/28	Thu	OFF or Cross-Training		

		8/29	Fri	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		8/30	Sat	Long Steady Run: 90min	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continuous steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run.
		8/31	Sun	Long Steady Run: 90min	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Continuous steady state run in zone 1 & 2 with the goal to keep moving for the duration of the workout. The duration should leave your tired but not the intensity of this run.
34	TAPER	9/1	Mon	OFF or Cross-Training		
		9/2	Tue	20min warm up. 10min tempo run. 20min cool down.	Build stamina - lactate threshold speed.	85-90% MHR. Slightly more intense than steady state effort. Comfortably hard effort. This workout is continuous running.
		9/3	Wed	OFF or Cross-Training		
		9/4	Thu	45min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		9/5	Fri	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		9/6	Sat	STAGE ONE	37 km	↑1.740 Hm ↓2.620 Hm
		9/7	Sun	STAGE TWO	32 km	↑2.300 Hm ↓1.875 Hm
		9/8	Mon	STAGE THREE	49.5 km	↑2.920 Hm ↓2.715 Hm
		9/9	Tue	STAGE FOUR	9.4 km	↑1.129 Hm ↓33 Hm
		9/10	Wed	STAGE FIVE	41 km	↑2.385 Hm ↓2.092 Hm
		9/11	Thu	STAGE SIX	34 km	↑2.296 Hm ↓2.563Hm
		9/12	Fri	STAGE SEVEN	40 km	↑2.365 Hm ↓2.563 Hm
		9/13	Sat	CELEBRATE!	SEE YOU NEXT YEAR!	#TARFAMILY
		9/14	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.