



**pace**  
TRAIL RUNS



**Transalpine Run Novice Plan**

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

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Week	Phase	Date	Day	Workout	Purpose	Comments
1	Transition	1/13	Mon	OFF or Cross-Training		The novice trainign plan starts off with running 3x's per week.
	3hrs 30min	1/14	Tue	OFF or Cross-Training		
		1/15	Wed	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		1/16	Thu	OFF or Cross-Training		
		1/17	Fri	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light. Perform this on road.
		1/18	Sat	OFF or Cross-Training		
		1/19	Sun	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.
2	Transition	1/20	Mon	OFF or Cross-Training		
	3hrs 45min	1/21	Tue	OFF or Cross-Training		

		1/22	Wed	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.
		1/23	Thu	OFF or Cross-Training		
		1/24	Fri	60min easy run on the road.	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: 1hr 45min	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	OFF or Cross-Training		
	4hrs	1/28	Tue	OFF or Cross-Training		
		1/29	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.
		1/30	Thu	OFF or Cross-Training		
		1/31	Fri	60min 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: 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	Transition	2/3	Mon	OFF or Cross-Training		
	4hrs 20min	2/4	Tue	OFF or Cross-Training		
		2/5	Wed	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.
		2/6	Thu	OFF or Cross-Training		
		2/7	Fri	60min 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: 2hrs 20min	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	OFF or Cross-Training		This week you will start to introduce some intensity into your training plan and shift out of the transition phase and
	4hrs 45min	2/18	Tue	OFF or Cross-Training		
		2/19	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.
		2/20	Thu	OFF or Cross-Training		
		2/21	Fri	60min easy run	Build Endurance	<b>VERTICAL FOCUS:</b> Choose a hill that takes you approx. 30-60min to ascend and then run down and repeat for the duration of time.
		2/22	Sat	OFF or Cross-Training		
		2/23	Sun	Long Steady Run: 2hrs 45min	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		
	5hrs	2/25	Tue	60min recovery run	Bulid Endurance	65% MHR or 70% by the end of the run. It's very, very light. Perform this on road.
		2/26	Wed	OFF or Cross-Training		
		2/27	Thu	<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 15min warm up + 6x 60second run up a moderately sloped hill with jog back down hill as recovery.</p> <p>COOL DOWN: 20min cool down run</p>	Find a hill with 6% to 10% grade. The effort is hard but not all out and best performed in zone 3.
		2/28	Fri	OFF or Cross-Training		
		3/1	Sat	OFF or Cross-Training		
		3/2	Sun	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.
8	Base	3/3	Mon	OFF or Cross-Training		
	5hrs 30min	3/4	Tue	OFF or Cross-Training		
		3/5	Wed	60min recovery run	Bulid 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	60min easy run	Build Endurance	<b>VERTICAL FOCUS:</b> Choose a hill that takes you approx. 30-60min to ascend and then run down and repeat for the
		3/8	Sat	OFF or Cross-Training		
		3/9	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.
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 volume by 40-60%.
	3hrs	3/11	Tue	OFF or Cross-Training		
		3/12	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.
		3/13	Thu	OFF or Cross-Training		
		3/14	Fri	45min 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 4th run to your weekly training as you continue to build your base.
	6hrs 15min	3/18	Tue	<b>STEP ONE</b> 15 to 20min easy running + some dynamic stretching.	<b>STEP TWO</b> 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	<b>STEP THREE:</b> 4 to 5 times 2 minutes at zone 3 with 2min recovery jog at zone 1. <b>STEP FOUR:</b> 15 to 20min cool down
		3/19	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.
		3/20	Thu	OFF or Cross-Training		

		3/21	Fri	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		3/22	Sat	OFF or Cross-Training		
		3/23	Sun	Long Steady Run: 3hrs 45min	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		
	7hrs	3/25	Tue	<b>STEP ONE</b> 15 to 20min easy running + some dynamic stretching.	<b>STEP TWO</b> 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	<b>STEP THREE:</b> 4 to 5 times 3 mintues at zone 3 with 2min recovery jog at zone 1. <b>STEP FOUR:</b> 15 to 20min cool down
		3/26	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.
		3/27	Thu	OFF or Cross-Training		
		3/28	Fri	75min easy run on the road.	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		3/29	Sat	OFF or Cross-Training		
		3/30	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.
12	Base	3/31	Mon	OFF or Cross-Training		

				<b>STEP ONE</b> 15 to 20min easy running + some dynamic stretching.	<b>STEP TWO</b> 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	<b>STEP THREE:</b> 3 to 4 times 5 minutes at zone 3 with 2min recovery jog at zone 1. <b>STEP FOUR:</b> 15 to 20min cool down
7hrs 30min		4/1	Tue			
		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	OFF or Cross-Training		
		4/4	Fri	60min easy run	Build Endurance	<b>VERTICAL FOCUS:</b> Choose a hill that takes you approx. 30-60min to ascend and then run down and repeat for the
		4/5	Sat	OFF or Cross-Training		
		4/6	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 you 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 volume by 40-60%.
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, <b>yoga</b> , massage or core work.
		4/10	Thu	60min easy run on the road.	Build Endurance	
		4/11	Fri	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
		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. 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.

14	Base	4/14	Mon	OFF	Recovery Day	
7hrs 30min		4/15	Tue	<b>STEP ONE</b> 20 to 30min easy running + some dynamic stretching.	<b>STEP TWO</b> 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	<b>STEP THREE:</b> 4-5x 60 second run up a moderately sloped hill at zone 3 with jog back down hill at zone 1 as recovery. <b>STEP FOUR:</b> 15 to 20min cool down.
		4/16	Wed	OFF or Cross-Training		
		4/17	Thu	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		4/18	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.
		4/19	Sat	OFF or Cross-Training		
		4/20	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.
15	Base	4/21	Mon	OFF	Recovery Day	
8hrs		4/22	Tue	<b>STEP ONE</b> 20 to 30min easy running + some dynamic stretching.	<b>STEP TWO</b> 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	<b>STEP THREE:</b> 4-5x 90 second run up a moderately sloped hill at zone 3 with jog back down hill at zone 1 as recovery. <b>STEP FOUR:</b> 15 to 20min cool down.
		4/23	Wed	OFF or Cross-Training		



		4/24	Thu	60min recovery run on the road.	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		4/25	Fri	Vertical training: find a hill that takes approx. 30-45min to climb up and down. Repeat 3-4 times with no rest in-between (total time 2hrs)	Build leg strength, VO2max and lactic acid tolerance.	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.
		4/26	Sat	OFF or Cross-Training		
		4/27	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.
16	Base	4/28	Mon	OFF	Recovery Day	
8hrs 30min		4/29	Tue	<b>STEP ONE</b> 20 to 30min easy running + some dynamic stretching.	<b>STEP TWO</b> 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	<b>STEP THREE:</b> 5-6x 90sec run up a moderately sloped hill at zone 3 with jog back down hill at zone 1 as recovery. <b>STEP FOUR:</b> 20 to 30min cool down.
		4/30	Wed	OFF or Cross-Training		
		5/1	Thu	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		5/2	Fri	Long Steady Run: 2hrs 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
		5/3	Sat	OFF or Cross-Training		
		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, <b>yoga</b> , 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	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
		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	The next 8 weeks will introduce a 5th day of running and longer back to back runs. Your overall weekly volume will remain consistent at approx. 10hrs.
	9hrs 45min	5/13	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 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.
		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	75min 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 15min	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: 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.

19	Build	5/19	Mon	OFF	Recovery Day	
	10hrs	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	90min 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: 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. <b>PICK-UPS</b> 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: 2hrs 30min	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	
	11hrs	5/27	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 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.
		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: 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.
		6/1	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. <b>PICK-UPS</b> 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	Build	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, <b>yoga</b> , 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	9/6	Mon	OFF or Cross-Training		
	12hrs	10/6	Tue	Vertical training 90min		<b>VERTICAL FOCUS:</b> Choose a hill that takes you approx. 30-60min to ascend and then run down and repeat for the duration of time.
		11/6	Wed	30min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		12/6	Thu	OFF or Cross-Training		
		6/13	Fri	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , 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. <b>PICK-UPS</b> 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	6/17	Tue	60 minute booster run: Run 4k at steady state 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.
		6/18	Wed	60min recovery run	Build 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, <b>yoga</b> , 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	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. <b>PICK-UPS</b> 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	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
	12hrs	6/24	Tue	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
		6/25	Wed	Long Steady Run: 2hrs	Build Endurance & Stamina.	<b>VERTICAL FOCUS:</b> Choose a hill that takes you approx. 30-60min to ascend and then run down and repeat for the duration of time.
		6/26	Thu	OFF or Cross-Training		
		6/27	Fri	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , 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: 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.
25	Rest	6/30	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

	5hrs	7/1	Tue	45min 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.
	12hrs	7/8	Tue	OFF or Cross-Training		
		7/9	Wed	<p><b>STEP ONE</b> 20 to 30min easy running + some dynamic stretching.</p> <p><b>STEP TWO</b> 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><b>STEP THREE</b> 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. <b>STEP FOUR:</b> 20 to 30min easy running cool down.</p>	
		7/10	Thu	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
		7/11	Fri	Long Steady Run: 3hrs	Build Endurance & Stamina.	<b>VERTICAL FOCUS:</b> Choose a hill that takes you approx. 30-60min to ascend and then run down and repeat for the duration of time.
		7/12	Sat	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.

		7/13	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 you tired but not the intensity of this run. <b>PICK-UPS</b> 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, <b>yoga</b> , massage or core work.
13hrs		7/15	Tue	<b>STEP ONE</b> 20 to 30min easy running + some dynamic stretching.	<b>STEP TWO</b> 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	<b>STEP THREE</b> 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. <b>STEP FOUR:</b> 20 to 30min easy running cool down.
		7/16	Wed	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		7/17	Thu	OFF or Cross-Training		
		7/18	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
		7/19	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.
		7/20	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 you tired but not the intensity of this run.



28	build	7/21	Mon	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
13hrs 30min		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	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		7/24	Thu	OFF or Cross-Training		
		7/25	Fri	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , 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	45min 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	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		8/1	Fri	OFF or Cross-Training		
		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	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
14hrs		8/5	Tue	<b>STEP ONE</b> 20 to 30min easy running + some dynamic stretching.	<b>STEP TWO</b> 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	<b>STEP THREE</b> 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. <b>STEP FOUR:</b> 20 to 30min easy running cool down.
		8/6	Wed	60min recovery run on the road.	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		8/7	Thu	Long Steady Run: 3hrs	Build Endurance & Stamina.	<b>VERTICAL FOCUS:</b> Choose a hill that takes you approx. 30-60min to ascend and then run down and repeat for the duration of time.
		8/8	Fri	OFF or Cross-Training		
		8/9	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.
		8/10	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.
31	Peak	8/11	Mon	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
15hrs		8/12	Tue	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
		8/13	Wed	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.

		8/14	Thu	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. <b>PICK-UPS</b> 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.
		8/15	Fri	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.
		8/16	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.
		8/17	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.
32	Taper	8/18	Mon	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , 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, <b>yoga</b> , massage or core work.
		8/22	Fri	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , 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 Cross-Training		
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, <b>yoga</b> , 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, <b>yoga</b> , massage or core work.
		9/6	Sat	<b>STAGE ONE</b>	<b>37 km</b>	<b>↑1.740 Hm ↓2.620 Hm</b>
		9/7	Sun	<b>STAGE TWO</b>	<b>32 km</b>	<b>↑2.300 Hm ↓1.875 Hm</b>
		9/8	Mon	<b>STAGE THREE</b>	<b>49.5 km</b>	<b>↑2.920 Hm ↓2.715 Hm</b>

		9/9	Tue	<b>STAGE FOUR</b>	<b>9.4 km</b>	<b>↑1.129 Hm ↓33 Hm</b>
		9/10	Wed	<b>STAGE FIVE</b>	<b>41 km</b>	<b>↑2.385 Hm ↓2.092 Hm</b>
		9/11	Thu	<b>STAGE SIX</b>	<b>34 km</b>	<b>↑2.296 Hm ↓2.563Hm</b>
		9/12	Fri	<b>STAGE SEVEN</b>	<b>40 km</b>	<b>↑2.365 Hm ↓2.563 Hm</b>
		9/13	Sat	<b>CELEBRATE!</b>	<b>SEE YOU NEXT YEAR!</b>	<b>#TARFAMILY</b>
		9/14	Sun		<b>DANKE! THANK YOU!</b>	

**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.**