

# GORE-TEX® Transalpine-Run

## Training Plan for Novice Runners



**TRAIL RUNNING**  
CLINICS ▲ CAMPS ▲ RACES

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Week	Date	Phase	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Run Hours
1	Jan 1 - 7	build	30min easy run	OFF OR Cross-Train	10min warm up + 6x 1min tempo interval with 2min easy jogging in-between + 10min cool down.	OFF OR Cross-Train	45min recovery run	1:30hrs long steady run	Cross-Train	3:30hrs
2	Jan 8 - 14	build	30min easy run	OFF OR Cross-Train	15min warm up + 6x 60sec run up hill with jog back down hill as recovery. 20min cool down	OFF OR Cross-Train	45min recovery run	1:45hrs long steady run	Cross-Train	4hrs
3	Jan 15 - 21	build	45min easy run	OFF OR Cross-Train	15min warm up + 5x 2min moderate pace with 2min easy jogging in-between + 20min cool down jog.	OFF OR Cross-Train	1hr recovery run	2hrs long steady run	Cross-Train	4:30hrs
4	Jan 22 - 28	rest	30min easy run	OFF OR Cross-Train	10min warm up + 20min tempo run + 10min cool down jog.	OFF OR Cross-Train	30min recovery run	1:30hrs long steady run	Cross-Train	3hrs
5	Jan 29 - Feb 4	build	45min easy run	OFF OR Cross-Train	20min warm up + 6-8 times 2min interval with 2min recovery jog in-between. 20min cool down.	OFF OR Cross-Train	45min recovery run	2.5hrs long steady run	Cross-Train	5hrs

6	Feb 5 - 11	build	1hr easy run	OFF OR Cross-Train	15min warm up + 5min tempo/2min easy 7min tempo/3min easy 10min tempo + 15min cool-down jog	OFF OR Cross-Train	45min recovery run	2:45hrs long steady run	Cross-Train	5:30hrs
7	Feb 12 - 18	build	1:15hr easy run	OFF OR Cross-Train	25min warm up + hill ladder. Jog down hill as recovery in-between intervals. 60sec run up 3-4 times 90sec run up 3-4 times + 25min cool down	OFF OR Cross-Train	45min recovery run	3:15hrs long steady run	Cross-Train	6:15hrs
8	Feb 19 - 25	rest	1hr easy run	OFF OR Cross-Train	10min warm up + 20min tempo run + 10min cool down jog.	OFF OR Cross-Train	45min recovery run	2hrs long steady run	Cross-Train	4:30hrs
9	Feb 26 - Mar 4	build	1:15hrs easy run	OFF OR Cross-Train	20-30min warm up + 5-7 times 3min interval with 2min recovery jog in- between + 20-30min cool down	OFF OR Cross-Train	1hr recovery run	3:45hrs long steady run	Cross-Train	7:00hrs
10	Mar 5 - 11	build	1:15hrs easy run	OFF OR Cross-Train	20-30min warm up + 20- 30min moderate + 20- 30min tempo + 10min cool down	OFF OR Cross-Train	1hr recovery run	4:15hrs long steady run	Cross-Train	7:45hrs
11	Mar 12 - 18	build	1:30hrs easy run	OFF OR Cross-Train	Vertical training: Find a hill that takes approx. 20min to climb up and down. Repeat 3-4 times with no rest in-between.	OFF OR Cross-Train	1hr recovery run	4:30hrs long steady run	Cross-Train	8:15hrs
12	Mar 19 - 25	rest	1:15hrs easy run	OFF OR Cross-Train	Terrain Run: choose a rolling course that takes you approx. 60min to run. Run the flats at tempo pace and the uphill and downhills at an easy pace.	OFF OR Cross-Train	1hr recovery run	2:30hrs long steady run	Cross-Train	5:45hrs

13	Mar 26 - April 1	build	1:15hrs easy run	OFF OR Cross-Train	20min warm up + 6-8 times 2min interval with 2min recovery jog in-between. 20min cool down.	OFF OR Cross-Train	45min recovery run	4:30hrs long steady run	Cross-Train	7:30hrs
14	April 2 - 8	build	1:30hrs easy run	OFF OR Cross-Train	15min warm up + 6x 60sec run up hill with jog back down hill as recovery. 20min cool down	OFF OR Cross-Train	1hr recovery run	4:30hrs long steady run	Cross-Train	8hrs
15	April 9 - 15	build	1:15hrs easy run	OFF OR Cross-Train	Vertical training: Find a hill that takes approx. 20min to climb up and down. Repeat 3-4 times with no rest in-between.	45min recovery	OFF	2:30hrs long steady run	3hrs long steady run	8:30hrs
16	April 16 - 22	rest	OFF	30min easy run	Terrain Run: choose a rolling course that takes you approx. 60min to run. Run the hills at tempo pace and the flats and downhills at easy pace.	30min recovery	OFF	2:30hrs long steady run	1:30hrs long steady run	6hrs
17	April 23 - 29	build	OFF OR Cross-Train	1:15hrs easy run	20min warm up + 6-8 times 3min interval with 2min recovery jog in-between. 20min cool down.	40min recovery	OFF OR Cross-Train	3hrs long steady run	3:00hrs long steady run	9:15hrs
18	April 30 - May 6	build	OFF OR Cross-Train	1:15hrs easy run	15min warm up + 7x 60sec run up hill with jog back down hill as recovery. 20min cool down	40min recovery	OFF OR Cross-Train	4hrs long steady run	2:30hrs long steady run	9:45hrs

19	May 7 - 13	build	OFF OR Cross-Train	1:15hrs easy run	Vertical training: Find a hill that takes approx. 20min to climb up and down. Repeat 3-4 times with no rest in-between.	50min Recovery	OFF OR Cross-Train	4hrs long steady run	3:00hrs long steady run	10:30hrs
20	May 8 - 20	rest	OFF	Cross-Train	10min warm up + 10min tempo + 10min cool down.	30min recovery	OFF OR Cross-Train	3hrs long steady run	1:30hrs long steady run	5:30hrs
21	May 21 - 27	build	OFF OR Cross-Train	1hr easy run	20min warm up + 3-4 times 5min interval with 3min recovery jog in-between. 20min cool down.	OFF	2hrs long steady run	4-5hrs long steady run	2hrs long steady run	11hrs
22	May 28 - June 3	build	OFF OR Cross-Train	1:30hrs easy run	25min warm up + hill ladder. Jog down hill as recovery in-between intervals. 45sec run up x2 60sec run up x3 75sec run up x2 90sec run up x3 + 20min cool down	OFF	2hrs long steady run	4-5hrs long steady run	2-3hrs long steady run	11-13hrs
	June 4 - 10	build	OFF OR Cross-Train	1:30hrs easy run	20min warm up + 6-8 times 3min interval with 2min recovery jog in-between. 20min cool down.	OFF	2hrs long steady run	4-5hrs long steady run	2-3hrs long steady run	11-13hrs
23	June 11 - 17	rest	OFF	Cross-Train	Terrain Run: choose a rolling course that takes you approx. 60min to run. Run the downhill at tempo pace and the flats and uphill at an easy pace.	30min recovery	OFF OR Cross-Train	3hrs long steady run	2hrs long steady run	6:30hrs

24	June 18 - 24	build	OFF OR Cross-Train	2hrs long steady run	15min warm up + 5x 2min moderate pace with 2min easy jogging in-between + 20min cool down jog.	OFF	2hrs long steady run	4-5hrs long steady run	3-4hrs long steady run	12-14hrs
25	June 25 - July 1	build	OFF OR Cross-Train	2hrs long steady run	Vertical training: Find a hill that takes approx. 20min to climb up and down. Repeat 3-4 times with no rest in-between.	OFF	2hrs long steady run	5-6hrs long steady run	2hrs long steady run	12-14hrs
26	July 2 - 8	rest	OFF	Cross-Train	15-20min warm up + 10x 60sec tempo with 90sec recovery jog in-between + 15-20min cool down.	30min recovery	OFF OR Cross-Train	2hrs long steady run	2hrs long steady run	6hrs
27	July 9 - 15	build	OFF OR Cross-Train	1:30hrs easy run	15min warm up + 6x 60sec run up hill with jog back down hill as recovery. 20min cool down	OFF	2hrs long steady run	3hrs long steady run	2hrs long steady run	9-10hrs
28	July 16 - 22	build	OFF OR Cross-Train	2hrs long steady run	10min warm up + 20min tempo run + 10min cool down jog.	OFF	3hrs long steady run	5-6hrs long steady run	3-4hrs long steady run	14-16hrs
29	July 23 - 29	rest	OFF	Cross-Train	60min easy run	30min recovery	OFF OR Cross-Train	2-3hrs long steady run	2hrs long steady run	5-6hrs

30	July 30 - Aug 5	Bulid	OFF	3hrs long steady run	10min warm up + 6x 1min tempo interval with 2min easy jogging in-between + 10min cool down.	2hrs long steady run	OFF	4hrs long steady run	4hrs long steady run	13-14hrs
31	Aug 6 - 12	Peak	OFF	2hrs long steady run	20-30min warm up + 20-30min moderate + 20-30min tempo + 10min cool down	OFF	2hrs long steady run	5-6hrs long steady run	4hrs long steady run	15-16hrs
32	Aug 13 - 19	taper	OFF	30min easy run	20-30min warm up + 1min tempo w/jog back to start as recovery 1min 30sec tempo w/jog back to start as recovery 2min tempo w/ jog back to start as recovery 2min 30sec tempo w/ jog back to start as recovery 3min tempo w/ jog back to start as recovery 20-30min cool down	OFF	75-90min easy run	3-4hrs long steady run	1-1.5hrs long steady run	8-9hrs
33	Aug 20 - 26	taper	OFF	60-80min easy run	20min easy. 10min moderate pace. 10min tempo pace. 10min cool down	35-40min recovery run	OFF	2-3hrs long steady run	60-80min easy run	6-7hrs
34	Aug 27 - Sept 2	taper	OFF	40-50min easy run	15min warm up + 6x 1min gradual pick ups (start easy & gradually build into race pace) w/ 2min easy jog in-between. 10min cool down.	OFF	20-30min recovery run	OFF	<b>GORE-TEX TRANSALPINE RUN STAGE ONE 43.0 km 2378m asc 2239 des</b>	

35	Sept 3 - 9		STAGE 2 27.6km 1624m asc 1674m des	STAGE 3 47.9 km 3118m asc 2226m des	STAGE 4 27.2 km 2296m asc 2622m des	STAGE 5 39.0km 2248m asc 2918m des	STAGE 6 34km 2524m asc 2223m des	STAGE 7 36.0km 2118m asc 2532m des	OFF	TOTAL: 254.7km 16,306m asc 16,434m des
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**Liability Waiver to utilize P.A.C.E. Sports Fitness Training Program and waive liability**

I voluntarily choose to utilize the **GORE-TEX® 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 **GORE-TEX® 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 GORE-TEX® Transalpine-Run online coaching services indicates that you have read, understand and agree to the above Agreement.**