



pace
SPORTS FITNESS

Transalpine Run Experienced Plan

Goal: 2019 Western Route

www.pacesportsfitness.com

Week	Phase	Date	Day	Workout	Purpose	Comments
1	Build	7-Jan	Mon	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
run goal:	7:15hrs	8-Jan	Tue	off or cross-train (bike, swim, ski etc...)	Recovery Day	
		9-Jan	Wed	20min warm up + 6x 1min interval with 2min easy jogging in-between + 20min cool down	Build Speed, aerobic capacity (VO2 max)	5km effort, breathing is fast & labored. Effort is hard but not all out. 90% MHR.
		10-Jan	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.
		11-Jan	Fri	off or cross-train (bike, swim, ski etc...)	Recovery Day	
		12-Jan	Sat	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.
		13-Jan	Sun	75min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
2	Base Phase	14-Jan	Mon	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
run goal:	8:15hrs	15-Jan	Tue	off or cross-train (bike, swim, ski etc...)	Recovery Day	

		16-Jan	Wed	30min warm up + 6x 60second run up a moderately sloped hill with jog back down hill as recovery. 30min cool down.	Build leg strength, VO2max and lactic acid tolerance.	Find a hill with 6% to 10% grade. The effort is hard but not all out.
		17-Jan	Thu	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		18-Jan	Fri	off or cross-train (bike, swim, ski etc...)	Recovery Day	
		19-Jan	Sat	90min thirds progression run:	Build Endurance & Stamina.	Run the first third of the run easy, the middle 3rd medium and the last 3rd medium to hard.
		20-Jan	Sun	Long Steady Run: 3:30hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
3	Base Phase	21-Jan	Mon	off or cross-train (bike, swim, ski etc...)	Recovery Day	
run goal:	9:00hrs	22-Jan	Tue	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		23-Jan	Wed	15 to 30min warm up + fartlek workout: 12 to 15 times 1 minute at slightly faster than 5k effort with 1min recovery jog + 15 to 30min cool down.	Build Speed, aerobic capacity (VO2 max)	
		24-Jan	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.
		25-Jan	Fri	off or cross-train (bike, swim, ski etc...)	Recovery Day	
		26-Jan	Sat	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.
		27-Jan	Sun	90min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
4	Rest	28-Jan	Mon	off or cross-train (bike, swim, ski etc...)	Recovery Day	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
run goal:	4:30hrs	29-Jan	Tue	30min easy run	Build Endurance	
		30-Jan	Wed	30min warm up + 20min tempo run + 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.

		31-Jan	Thu	off or cross-train (bike, swim, ski etc...)	Recovery Day	
		1-Feb	Fri	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		2-Feb	Sat	90min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		3-Feb	Sun	off or cross-train (bike, swim, ski etc...)	Recovery Day	
5	Build	4-Feb	Mon	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
run goal:	9:15hr	5-Feb	Tue	off or cross-train (bike, swim, ski etc...)	Recovery Day	
		6-Feb	Wed	30min warm up + 6x 60second run up a moderately sloped hill with jog back down hill as recovery. 30min cool down.	Build leg strength, VO2max and lactic acid tolerance.	Find a hill with 6% to 10% grade. The effort is hard but not all out.
		7-Feb	Thu	75min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run. Try to make this a flat run.
		8-Feb	Fri	off or cross-train (bike, swim, ski etc...)	Recovery Day	
		9-Feb	Sat	Fast Finish Long Steady Run: 3hrs	Build Endurance & Stamina.	Start the run at your normal long run pace and run fast the last 10 minutes of this run at your half marathon effort.
		10-Feb	Sun	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	Build	11-Feb	Mon	off or cross-train (bike, swim, ski etc...)	Recovery Day	
run goal:	9:30hr	12-Feb	Tue	Medium Run: 90min.	Build Endurance & Stamina.	70% MHR. Similar to long steady run pace, alternating a faster mile (10k pace) with slower mile (marathon pace) for 5-6km in the middle of the run.
		13-Feb	Wed	45min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		14-Feb	Thu	Terrain Run: choose a rolling course that takes you approx. 60min to run. Run the flats at tempo pace and the uphill and downhill at an easy pace.	Build Speed, aerobic capacity (VO2 max)	

		15-Feb	Fri	off or cross-train (bike, swim, ski etc...)	Recovery Day	
		16-Feb	Sat	Long Steady Run: 4.5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		17-Feb	Sun	75min easy run	Bulid Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
7	Build	18-Feb	Mon	off or cross-train (bike, swim, ski etc...)	Recovery Day	
run goal:	10:15hr	19-Feb	Tue	90min easy run	Bulid Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		20-Feb	Wed	30min warm up + 6x 90second run up a moderately sloped hill with jog back down hill as recovery. 20min cool down.	Build leg strength, VO2max and lactic acid tolerance.	Find a hill with 6% to 10% grade. The effort is hard but not all out.
		21-Feb	Thu	45min recovery run	Bulid Endurance	65% MHR or 70% by the end of the run. It's very, very light. Perform this on road.
		22-Feb	Fri	off or cross-train (bike, swim, ski etc...)	Recovery Day	
		23-Feb	Sat	90min thirds progression run:	Build Endurance & Stamina.	Run the first third of the run easy, the middle 3rd medium and the last 3rd medium to hard.
		24-Feb	Sun	Long Steady Run: 5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
8	Rest	25-Feb	Mon	off or cross-train (bike, swim, ski etc...)	Recovery Day	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
run goal:	5:00hrs	26-Feb	Tue	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		27-Feb	Wed	20min warm up + 20min tempo run + 20min cool down	Increase stamina and improve running rhythm.	85-90% MHR. Slightly more intense than steady state effort. Comfortably hard effort. This workout is continious running.
		28-Feb	Thu	45min recovery run	Bulid Endurance	65% MHR or 70% by the end of the run. It's very, very light. Perform this on road.
		1-Mar	Fri	off or cross-train (bike, swim, ski etc...)	Recovery Day	65% MHR or 70% by the end of the run. It's very, very light.
		2-Mar	Sat	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.

		3-Mar	Sun	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.
9	Build	4-Mar	Mon	off or cross-train (bike, swim, ski etc...)	Recovery Day	
run goal:	10:15hr	5-Mar	Tue	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		6-Mar	Wed	15 to 20min warm up + fartlek workout: 4 to 5 times 2 minutes with 2min recovery jog + 15 to 30min cool down.	Build Speed, aerobic capacity (VO2 max)	5km effort, breathing is fast & labored. Effort is hard but not all out. 90% MHR.
		7-Mar	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.
		8-Mar	Fri	off or cross-train (bike, swim, ski etc...)	Recovery Day	
		9-Mar	Sat	Long Steady Run: 5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		10-Mar	Sun	Fast Finish Long Steady Run: 2hrs	Build Endurance & Stamina.	Start the run at your normal long run pace and run fast the last 20 minutes of this run at your half marathon effort.
10	Build	11-Mar	Mon	off or cross-train (bike, swim etc...)	Recovery Day	
run goal:	11hrs	12-Mar	Tue	90min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		13-Mar	Wed	30min warm up + tempo interval workout: 4 to 5 x 7min followed by 2.5min recovery jog in-between + 30min cool down.	Build endurance, leg resistance to fatigue.	Medium-hard effort.
		14-Mar	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.
		15-Mar	Fri	off or cross-train (bike, swim etc...)	Recovery Day	
		16-Mar	Sat	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.
		17-Mar	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.

11	Build	18-Mar	Mon	off or cross-train (bike, swim etc...)	Recovery Day	
run goal:	11hrs	19-Mar	Tue	75min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run. Perform this on road.
		20-Mar	Wed	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.	great way to practice using your poles!
		21-Mar	Thu	off or cross-train (bike, swim etc...)	Recovery Day	
		22-Mar	Fri	Medium Run: 90min	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		23-Mar	Sat	Long Steady Run: 5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		24-Mar	Sun	Fast Finish Long Steady Run: 2hrs	Build Endurance & Stamina.	Start the run at your normal long run pace and run fast the last 30 minutes of this run at your half marathon effort.
12	Rest	25-Mar	Mon	off or cross-train (bike, swim etc...)	Recovery Day	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
run goal:	5:00hrs	26-Mar	Tue	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		27-Mar	Wed	15 to 30min warm up + fartlek workout: 8 to 10 times 1 minute with 1minute recovery jog + 15 to 30min cool down	Build speed - aerobic capacity (VO2 max)	Perform this workout on a rolling course so that some fast running is performed on up hills, some on flat ground and some on down hills. Run slowly between the fast efforts.
		28-Mar	Thu	off or cross-train (bike, swim etc...)	Recovery Day	65% MHR or 70% by the end of the run. It's very, very light.
		29-Mar	Fri	OFF	Recovery Day	You can use this day for rehab, yoga, massage or core work.
		30-Mar	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. Try to make this a flat run.
		31-Mar	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.

13	Build	1-Apr	Mon	off or cross-train (bike, swim etc...)	Recovery Day	
run goal:	12:15hrs	2-Apr	Tue	75min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run. Perform this on road.
		3-Apr	Wed	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.
		4-Apr	Thu	off or cross-train (bike, swim etc...)	Recovery Day	
		5-Apr	Fri	Medium 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-Apr	Sat	Long Steady Run: 4:30hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		7-Apr	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.
14	Build	8-Apr	Mon	off or cross-train (bike, swim etc...)	Recovery Day	
run goal:	12.5hrs	9-Apr	Tue	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.
		10-Apr	Wed	30min warm up + 8x 90second run up a moderately sloped hill with jog back down hill as recovery. 30min cool down.	Build leg strength, VO2max and lactic acid tolerance.	The effort is hard but not all out.
		11-Apr	Thu	60min recovery run	Bulid Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		12-Apr	Fri	OFF	Recovery Day	You can use this day for rehab, yoga, massage or core work.
		13-Apr	Sat	Long Steady Run: 5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		14-Apr	Sun	Fast Finish 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 with the last 30-40min at comfortably hard tempo pace (80-90%MHR).
15	Build	15-Apr	Mon	off or cross-train (bike, swim etc...)	Recovery Day	
run goal:	13.5hrs	16-Apr	Tue	60min recovery run	Bulid Endurance	65% MHR or 70% by the end of the run. It's very, very light.

		17-Apr	Wed	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.	great way to practice using your poles!
		18-Apr	Thu	off or cross-train (bike, swim etc...)	Recovery Day	65% MHR or 70% by the end of the run. It's very, very light.
		19-Apr	Fri	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-Apr	Sat	Long Steady Run: 4hrs	Stamina.	steady run. Run easy and run long.
		21-Apr	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	rest	22-Apr	Mon	OFF	Recovery Day	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
run goal:	5hrs	23-Apr	Tue	off or cross-train (bike, swim etc...)	Recovery Day	
		24-Apr	Wed	tempo interval workout: 3x 8min with 3 minutes recovery jog + 15 to 30min	Build endurance, leg resistance to fatigue.	85-90% MHR. Slightly more intense than steady state effort. Comfortably hard effort. This workout is continuous running.
		25-Apr	Thu	45min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		26-Apr	Fri	OFF	Recovery Day	You can use this day for rehab, yoga, massage or core work.
		27-Apr	Sat	90min thirds progression run:	Build Endurance & Stamina.	Run the first third of the run easy, the middle 3rd medium and the last 3rd medium to hard.
		28-Apr	Sun	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.
17	Build	29-Apr	Mon	off or cross-train (bike, swim etc...)	Recovery Day	
run goal:	13.5hrs	30-Apr	Tue	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. Try to incorporate flatter terrain in this run.
		1-May	Wed	30min warm up. 3-4 times 5min interval with 3min recovery jog in-between. 30min 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.

		2-May	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.
		3-May	Fri	OFF	Recovery Day	You can use this day for rehab, yoga, massage or core work.
		4-May	Sat	Long Steady Run: 5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		5-May	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.
18	Build	6-May	Mon	off or cross-train (bike, swim etc...)	Recovery Day	
run goal:	14.5hrs	7-May	Tue	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		8-May	Wed	30min warm up + hill ladder. Jog down the hill inbetween intervals. 45sec run up x2 60sec run up x2 75sec run up x2 90sec run up x2 30min cool down	Build leg strength, VO2max and lactic acid tolerance.	effort is hard but not all out.
		9-May	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.
		10-May	Fri	OFF	Recovery Day	You can use this day for rehab, yoga, massage or core work.
		11-May	Sat	Long Steady Run: 5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		12-May	Sun	Long Steady Run: 5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
19	Rest	13-May	Mon	OFF	Recovery Day	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
run goal:	6hrs	14-May	Tue	off or cross-train (bike, swim etc...)	Recovery Day	
		15-May	Wed	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run. Perform this on road.
		16-May	Thu	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		17-May	Fri	OFF	Recovery Day	You can use this day for rehab, yoga, massage or core work.
		18-May	Sat	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.

		19-May	Sun	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.
20	Build	20-May	Mon	off or cross-train (bike, swim etc...)	Recovery Day	
run goal:	14.5hrs	21-May	Tue	Thirlds: 90min	Build Endurance & Stamina.	Start slow + finish fast. Break the run into 3 equal parts. Easy pace, normal steady pace & strnog comfortably hard pace (80-90% MHR)
		22-May	Wed	60min recovery run	Bulid Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		23-May	Thu	OFF	Recovery Day	You can use this day for rehab, yoga, massage or core work.
		24-May	Fri	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.
		25-May	Sat	Fast Finish 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 with the last 20-40min at comfortably hard tempo pace (80-90%MHR).
		26-May	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.
21	Build	27-May	Mon	off or cross-train (bike, swim etc...)	Recovery Day	
run goal:	15.5hrs	28-May	Tue	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		29-May	Wed	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.	great way to practice using your poles!
		30-May	Thu	OFF	Recovery Day	You can use this day for rehab, yoga, massage or core work.
		31-May	Fri	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.
		1-Jun	Sat	Long Steady Run: 5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		2-Jun	Sun	Long Steady Run: 5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
22	Rest	3-Jun	Mon	OFF	Recovery Day	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

run goal:	6hrs	4-Jun	Tue	off or cross-train (bike, swim etc...)	Recovery Day	
		5-Jun	Wed	90min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run. Perform this on road.
		6-Jun	Thu	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		7-Jun	Fri	OFF	Recovery Day	You can use this day for rehab, yoga, massage or core work.
		8-Jun	Sat	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.
		9-Jun	Sun	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.
23	Build	10-Jun	Mon	off or cross-train (bike, swim, ski etc...)	Recovery Day	
run goal:	13.5hrs	11-Jun	Tue	45min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		12-Jun	Wed	30min warm up + 4x 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.
		13-Jun	Thu	off or cross-train (bike, swim, ski etc...)	Recovery Day	
		14-Jun	Fri	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.
		15-Jun	Sat	Long Steady Run: 5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		16-Jun	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.
24	Build	17-Jun	Mon	off or cross-train (bike, swim, ski etc...)	Recovery Day	
run goal:	14hrs	18-Jun	Tue	45min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		19-Jun	Wed	60 to 90min booster run: Run 5k at steady stage 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.
		20-Jun	Thu	off or cross-train (bike, swim, ski etc...)	Recovery Day	
		21-Jun	Fri	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.

		22-Jun	Sat	Long Steady Run: 5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		23-Jun	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.
25	Build	24-Jun	Mon	OFF	Recovery Day	Endurance booster week. This is a great week to practice race pace, try equipment and nutritional routine etc...
run goal:	15hrs	25-Jun	Tue	OFF	Recovery Day	You can use this day for rehab, yoga, massage or core work.
		26-Jun	Wed	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. Try to choose flatter terrain for this run.
		27-Jun	Thu	OFF	Recovery Day	You can use this day for rehab, yoga, massage or core work.
		28-Jun	Fri	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.
		29-Jun	Sat	Long Steady Run: 5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		30-Jun	Sun	Long Steady Run: 5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
26	Rest	1-Jul	Mon	off or cross-train (bike, swim etc...)	Recovery Day	
run goal:	4-5hrs	2-Jul	Tue	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		3-Jul	Wed	30min warm up + tempo interval workout: 4 to 5 x 1km at 10k race pace followed by 400m recovery jog 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.
		4-Jul	Thu	off or cross-train (bike, swim etc...)	Recovery Day	
		5-Jul	Fri	OFF	Recovery Day	You can use this day for rehab, yoga, massage or core work.
		6-Jul	Sat	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.

		7-Jul	Sun	45min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
27	Build	8-Jul	Mon	off or cross-train (bike, swim, ski etc...)	Recovery Day	
run goal:	14hrs	9-Jul	Tue	45min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light. Perform this on road.
		10-Jul	Wed	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. 2hrs)	Build leg strength, VO2max and lactic acid tolerance.	great way to practice using your poles!
		11-Jul	Thu	off or cross-train (bike, swim, ski etc...)	Recovery Day	
		12-Jul	Fri	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.
		13-Jul	Sat	Long Steady Run: 6hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		14-Jul	Sun	Fast Finish Long Run: 3hrs with the last 8-10k at marathon effort.	build endurance, leg resistance to fatigue.	
28	Build	15-Jul	Mon	OFF	Recovery Day	You can use this day for rehab, yoga, massage or core work.
run goal:	14-15hrs	16-Jul	Tue	Long Steady Run: 2-3hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		17-Jul	Wed	60-90min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run. Perform this on the road.
		18-Jul	Thu	OFF	Recovery Day	You can use this day for rehab, yoga, massage or core work.
		19-Jul	Fri	Long Steady Run: 5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		20-Jul	Sat	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.
		21-Jul	Sun	Medium Long Run: 90min	Build Endurance	In the middle of your run, alternate 3min of faster paced running with 3min of slower running x 3sets. The rest of your run is performed at your regular steady long run pace.

29	Build	22-Jul	Mon	OFF	Recovery Day	Endurance booster week. This is a great week to practice race pace, try equipment and nutritional routine etc...
run goal:	15-18hrs	23-Jul	Tue	OFF	Recovery Day	You can use this day for rehab, yoga, massage or core work.
		24-Jul	Wed	Long Steady Run: 2-3hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long. Try to choose flatter terrain for this run.
		25-Jul	Thu	OFF	Recovery Day	You can use this day for rehab, yoga, massage or core work.
		26-Jul	Fri	Long Steady Run: 4-5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		27-Jul	Sat	Long Steady Run: 5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		28-Jul	Sun	Long Steady Run: 5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
30	Rest	29-Jul	Mon	OFF	Recovery Day	You may want to run on the low end of the mileage range and take an extra day off
run goal:	3-5hrs	30-Jul	Tue	OFF	Recovery Day	You can use this day for rehab, yoga, massage, band workout & core.
		31-Jul	Wed	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.
		1-Aug	Thu	30-40min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light. Perform this on the road.
		2-Aug	Fri	OFF	Recovery Day	You can use this day for rehab, yoga, massage, band workout & core.
		3-Aug	Sat	Long Steady Run: 2-3hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		4-Aug	Sun	60-80min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
31	Peak	5-Aug	Mon	OFF	Recovery Day	You can use this day for rehab, yoga, massage or core work.
run goal:	14-18hrs	6-Aug	Tue	45min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		7-Aug	Wed	OFF	Recovery Day	You can use this day for rehab, yoga, massage or core work.
		8-Aug	Thu	60-90min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.

		9-Aug	Fri	Long Steady Run: 3-5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		10-Aug	Sat	Long Steady Run: 4-6hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		11-Aug	Sun	Long Steady Run: 4-5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
32	Taper	12-Aug	Mon	off or cross-train (bike, swim etc...)	Recovery Day	
run goal:	10hrs	13-Aug	Tue	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.
		14-Aug	Wed	15 to 30min warm up + tempo interval workout: 5 to 6x's 7minutes at medium effort with 3 mintues recovery jog inbetween	build stamina - lactate threshold	
		15-Aug	Thu	60min recovery run	Bulid Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		16-Aug	Fri	OFF	Recovery Day	You can use this day for rehab, yoga, massage or core work.
		17-Aug	Sat	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.
		18-Aug	Sun	Run: 3hrs	Stamina.	steady run. Run easy and run long with the last 30-40min at
33	Taper	19-Aug	Mon	off or cross-train (bike, swim, etc...)	Recovery Day	
run goal:	5-6hrs	20-Aug	Tue	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		21-Aug	Wed	15min warm up + cruise interval workout: 4 to 5 times 3 minutes with 90sec recovery jog inbetween + 15min cool down	Build stamina - lactate threshold	The goal is to fatigue yourself with the duration of this workout, not the speed. The pace is moderately hard and it's more important to get faster with each repeat than to run fast in the first few and slow for the final few.
		22-Aug	Thu	60min recovery run	Bulid Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		23-Aug	Fri	off or cross-train (bike, swim, etc...)	Recovery Day	
		24-Aug	Sat	60 to 75min easy run	Build Endurance & Stamina.	75% MHR (maximum heart rate) to 80% by the end of the run.
		25-Aug	Sun	60min recovery run	Bulid Endurance	65% MHR or 70% by the end of the run. It's very, very light.

31	Taper	26-Aug	Mon	OFF	Recovery Day	
		27-Aug	Tue	OFF	Recovery Day	
		28-Aug	Wed	30-40min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		29-Aug	Thu	60-80min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		30-Aug	Fri	OFF	Recovery Day	
		31-Aug	Sat	STAGE ONE		
		1-Sep	Sun	STAGE TWO		
32		12-Aug	Mon	STAGE THREE		
		13-Aug	Tue	STAGE FOUR		
		14-Aug	Wed	STAGE FIVE		
		15-Aug	Thu	STAGE SIX		
		16-Aug	Fri	STAGE SEVENT		
		17-Aug	Sat	STAGE EIGHT		
		18-Aug	Sun	CELEBRATE!		

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.