



pace  
SPORTS FITNESS

Transalpine Run Novice Plan

Goal: 2019 Western Route

[www.pacesportsfitness.com](http://www.pacesportsfitness.com)

Week	Phase	Date	Day	Workout	Purpose	Comments
1	Build	1/7	Mon	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
run goal: 4:15hrs		1/8	Tue	off or cross-train (bike, swim, ski etc...)	Recovery Day	
		1/9	Wed	10min warm up + 6x 1min interval with 2min easy jogging in-between + 10min cool down	Build Speed, aerobic capacity (VO2 max)	5km effort, breathing is fast & labored. Effort is hard but not all out. 90% MHR.
		1/10	Thu	off or cross-train (bike, swim, ski etc...)	Recovery Day	
		1/11	Fri	45min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light. <b>Perform this on road.</b>
		1/12	Sat	Long Steady Run: 2hrs	Build Endurance & Stamina.	<b>Time on your feet is more important than pace in a long, steady run. Run easy and run long.</b>
		1/13	Sun	off or cross-train (bike, swim, ski etc...)	Recovery Day	
	2	Build	1/14	Mon	45min easy run	Build Endurance
run goal: 5:00hrs		1/15	Tue	off or cross-train (bike, swim, ski etc...)	Recovery Day	

	1/16	Wed	15min warm up + 6x 60second 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.	
	1/17	Thu	off or cross-train (bike, swim, ski etc...)	Recovery Day		
	1/18	Fri	45min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.	
	1/19	Sat	Long Steady Run: 2:20hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.	
	1/20	Sun	off or cross-train (bike, swim, ski etc...)	Recovery Day		
<b>3</b>	<b>Build</b>	1/21	Mon	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
run goal: 5:30hrs		1/22	Tue	off or cross-train (bike, swim, ski etc...)	Recovery Day	
		1/23	Wed	10 to 15min warm up + fartlek workout: 10 to 12 times 1 minute at slightly faster than 5k effort with 1min recovery jog + 10 to 15min cool down	Build Speed, aerobic capacity (VO2 max)	
		1/24	Thu	off or cross-train (bike, swim, ski etc...)	Recovery Day	
		1/25	Fri	30min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light. Perform this on road.
		1/26	Sat	Long Steady Run: 2:45hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		1/27	Sun	off or cross-train (bike, swim, ski etc...)	Recovery Day	
	<b>4</b>	<b>Rest</b>	1/28	Mon	30min easy run	Build Endurance
run goal: 3:15hr		1/29	Tue	off or cross-train (bike, swim, ski etc...)	Recovery Day	
		1/30	Wed	10min warm up + 20min tempo run + 10min 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.

	1/31	Thu	off or cross-train (bike, swim, ski etc...)	Recovery Day		
	2/1	Fri	30min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.	
	2/2	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.	
	2/3	Sun	off or cross-train (bike, swim, ski etc...)	Recovery Day		
<b>5</b>	<b>Build</b>	2/4	Mon	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
run goal:	5:15hr	2/5	Tue	off or cross-train (bike, swim, ski etc...)	Recovery Day	
		2/6	Wed	15min warm up + 6x 60second 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.
		2/7	Thu	off or cross-train (bike, swim, ski etc...)	Recovery Day	
		2/8	Fri	45min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light. Perform this on road.
		2/9	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.
		2/10	Sun	off or cross-train (bike, swim, ski etc...)	Recovery Day	
<b>6</b>	<b>Build</b>	2/11	Mon	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
run goal:	6:00hr	2/12	Tue	off or cross-train (bike, swim, ski etc...)	Recovery Day	
		2/13	Wed	Terrain Run: choose a rolling course that takes you approx. 60min to run. Run the flats at tempo pace and the uphills and downhills at an easy pace.	Build speed, aerobic capacity (VO2 max)	85-90% MHR. Slightly more intense than steady state effort. Comfortably hard effort. This workout is continuous running.
		2/14	Thu	off or cross-train (bike, swim, ski etc...)	Recovery Day	
		2/15	Fri	45min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.

	2/16	Sat	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.
	2/17	Sun	off or cross-train (bike, swim, ski etc...)	Recovery Day	
<b>7</b> Build	2/18	Mon	75min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
run goal: 7:00hrs	2/19	Tue	off or cross-train (bike, swim, ski etc...)	Recovery Day	
	2/20	Wed	15min 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.
	2/21	Thu	off or cross-train (bike, swim, ski etc...)	Recovery Day	
	2/22	Fri	45min recovery run	Bulid Endurance	65% MHR or 70% by the end of the run. It's very, very light. Perform this on road.
	2/23	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.
	2/24	Sun	off or cross-train (bike, swim, ski etc...)	Recovery Day	
	<b>8</b> Rest	2/25	Mon	30min easy run	Build Endurance
run goal: 3:45hrs	2/26	Tue	off or cross-train (bike, swim, ski etc...)	Recovery Day	
	2/27	Wed	10min warm up + 20min tempo run + 10min 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.
	2/28	Thu	off or cross-train (bike, swim, ski etc...)	Recovery Day	
	3/1	Fri	30min recovery run	Bulid Endurance	65% MHR or 70% by the end of the run. It's very, very light.
	3/2	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.
	3/3	Sun	off or cross-train (bike, swim, ski etc...)	Recovery Day	

9	Build	3/4	Mon	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
run goal: 7:15hr		3/5	Tue	off or cross-train (bike, swim, ski etc...)	Recovery Day	
		3/6	Wed	10 to 15min warm up + fartlek workout: 4 to 5 times 2 mintues with 2min recovery jog + 15 min cool down	Build Speed, aerobic capacity (VO2 max)	5km effort, breathing is fast & labored. Effort is hard but not all out. 90% MHR.
		3/7	Thu	60min recovery run	Bulid Endurance	65% MHR or 70% by the end of the run. It's very, very light. <b>Perform this on road.</b>
		3/8	Fri	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
		3/9	Sat	Fast Finish Long Run: 3:30hr	Build Endurance, leg resistance to fatigue, practice race pace, try equipment and nutritional routine.	<b>Time on your feet is more important than pace in a long, steady run. Run easy and run long.</b>
		3/10	Sun	60min recovery run	Bulid Endurance	65% MHR or 70% by the end of the run. It's very, very light.
10	Build	3/11	Mon	off or cross-train (bike, swim etc...)	Recovery Day	
run goal: 7-7:30hr		3/12	Tue	75min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		3/13	Wed	15min warm up + tempo interval workout: 4 to 5 x 5min followed by 1.5min recovery jog in-between + 15min cool down.	build endurance, leg resistance to fatigue.	medium-hard effort.
		3/14	Thu	off or cross-train (bike, swim etc...)	Recovery Day	
		3/15	Fri	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
		3/16	Sat	Long Steady Run: 4hrs	Build Endurance & Stamina.	<b>Time on your feet is more important than pace in a long, steady run. Run easy and run long.</b>
		3/17	Sun	45min recovery run	Bulid Endurance	65% MHR or 70% by the end of the run. It's very, very light.
11	Build	3/18	Mon	off or cross-train (bike, swim etc...)	Recovery Day	
run goal: 8:15hr		3/19	Tue	75min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run. <b>Perform this on road.</b>

			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!
		3/20	Wed		
		3/21	Thu	off or cross-train (bike, swim etc...)	Recovery Day
		3/22	Fri	OFF	Recovery Day
		3/23	Sat	Long Steady Run: 4:30hrs	Build Endurance & Stamina.
		3/24	Sun	60min recovery run	Bulid Endurance
					You can use this day for rehab, <b>yoga</b> , massage or core work.
					Time on your feet is more important than pace in a long, steady run. Run easy and run long.
					65% MHR or 70% by the end of the run. It's very, very light.
12	Rest	3/25	Mon	45min easy run	Build Endurance
run goal:	4:15hr	3/26	Tue	off or cross-train (bike, swim etc...)	Recovery Day
		3/27	Wed	15 to 20min warm up + fartlek workout: 8 to 10 times 1 minute with 1 minute recovery jog + 15min cool down	Build speed, aerobic capacity (VO2 max)
		3/28	Thu	60min recovery run	Bulid Endurance
		3/29	Fri	OFF	Recovery Day
		3/30	Sat	Long Steady Run: 90min	Build Endurance
		3/31	Sun	off or cross-train (bike, swim, ski etc...)	Recovery Day
					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.
					65% MHR or 70% by the end of the run. It's very, very light.
					You can use this day for rehab, <b>yoga</b> , massage or core work.
					Time on your feet is more important than pace in a long, steady run. Run easy and run long.
13	Build	4/1	Mon	off or cross-train (bike, swim etc...)	Recovery Day
run goal:	9hrs	4/2	Tue	75min easy run	Build Endurance
		4/3	Wed	15min warm up + 5x 3min tempo interval with 2min easy jogging in-between + 15min cool down	Increase stamina and improve running rhythm.
					75% MHR (maximum heart rate) to 80% by the end of the run. Perform this on road.
					85-90% MHR. Slightly more intense than steady state effort. Comfortably hard effort. This workout is continious running.

	4/4	Thu	40min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.	
	4/5	Fri	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.	
	4/6	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.	
	4/7	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.	
<b>14</b>	<b>Build</b>	4/8	Mon	off or cross-train (bike, swim etc...)	Recovery Day	
run goal:	9.5hrs	4/9	Tue	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		4/10	Wed	30min warm up + 6x 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.
		4/11	Thu	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		4/12	Fri	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
		4/13	Sat	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.
		4/14	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.
<b>15</b>	<b>Build</b>	4/15	Mon	off or cross-train (bike, swim etc...)	Recovery Day	
run goal:	10.5hrs	4/16	Tue	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		4/17	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!
		4/18	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.
		4/19	Fri	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
		4/20	Sat	Long Steady Run: 4hrs	Build Endurance &	Time on your feet is more important than pace in a long,

	4/21	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.
16 rest	4/22	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	4/23	Tue	off or cross-train (bike, swim etc...)	Recovery Day	
	4/24	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.
	4/25	Thu	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
	4/26	Fri	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
	4/27	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.
	4/28	Sun	Progression Run: 90min thirds	Build Endurance & Stamina.	Run the first third of the run easy, the middle 3rd medium and the last 3rd medium to hard.
	17 Build	4/29	Mon	off or cross-train (bike, swim etc...)	Recovery Day
run goal: 10hrs	4/30	Tue	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
	5/1	Wed	20min warm up. 3-4 times 5min interval with 3min recovery jog in-between. 20min cool down	Build stamina - lactate threshold speed.	
	5/2	Thu	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
	5/3	Fri	90min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
	5/4	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.
	5/5	Sun	Long Steady Run: 2.5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
	18 Build	5/6	Mon	off or cross-train (bike, swim etc...)	Recovery Day
run goal: 10.5hrs	5/7	Tue	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.

			20min 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 20min cool down	Build leg strength, VO2max and lactic acid tolerance.	effort is hard but not all out.
		5/8	Wed		
		5/9	Thu	OFF	Recovery Day
		5/10	Fri	Long Steady Run: 2hrs	Build Endurance & Stamina.
		5/11	Sat	Long Steady Run: 5hrs	Build Endurance & Stamina.
		5/12	Sun	Long Steady Run: 90min	Build Endurance & Stamina.
19	Rest	5/13	Mon	OFF	Recovery Day
run goal:	5hrs	5/14	Tue	off or cross-train (bike, swim etc...)	Recovery Day
		5/15	Wed	60min easy run	Build Endurance
		5/16	Thu	60min recovery run	Build Endurance
		5/17	Fri	OFF	Recovery Day
		5/18	Sat	Long Steady Run: 90min	Build Endurance & Stamina.
		5/19	Sun	Long Steady Run: 90min	Build Endurance & Stamina.
20	Build	5/20	Mon	off or cross-train (bike, swim etc...)	Recovery Day
run goal:	11hrs	5/21	Tue	60min easy run	Build Endurance
		5/22	Wed	60min recovery run	Build Endurance
		5/23	Thu	OFF	Recovery Day
		5/24	Fri	Long Steady Run: 2hrs	Build Endurance & Stamina.

	5/25	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.	
	5/26	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 20-30min at comfortably hard tempo pace. (80-90% MHR)	
<b>21</b>	<b>Build</b>	5/27	Mon	off or cross-train (bike, swim etc...)	Recovery Day	
run goal: 11-12hrs		5/28	Tue	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
		5/29	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!
		5/30	Thu	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		5/31	Fri	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
		6/1	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.
		6/2	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.
	<b>22</b>	<b>Build</b>	6/3	Mon	off or cross-train (bike, swim etc...)	Recovery Day
run goal: 13hrs		6/4	Tue	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		6/5	Wed	20min 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.
		6/6	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.
		6/7	Fri	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
		6/8	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.
		6/9	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.

23	Rest	6/10	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:	5.5hrs	6/11	Tue	off or cross-train (bike, swim etc...)	Recovery Day	
		6/12	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.
		6/13	Thu	90min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run. Perform this on road.
		6/14	Fri	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
		6/15	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.
		6/16	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.
24	Build	6/17	Mon	off or cross-train (bike, swim, ski etc...)	Recovery Day	
run goal:	9.5hrs	6/18	Tue	45min recovery run	Bulid Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		6/19	Wed	15min warm up + 4x 3min tempo interval with 2min easy jogging in-between + 15min 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.
		6/20	Thu	off or cross-train (bike, swim, ski etc...)	Recovery Day	
		6/21	Fri	45min recovery run	Bulid Endurance	65% MHR or 70% by the end of the run. It's very, very light. Perform this on the road.
		6/22	Sat	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.
		6/23	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.
25	Build	6/24	Mon	off or cross-train (bike, swim, ski etc...)	Recovery Day	
run goal:	12.5hrs	6/25	Tue	45min recovery run	Bulid Endurance	65% MHR or 70% by the end of the run. It's very, very light.

6/26	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!
6/27	Thu	off or cross-train (bike, swim, ski etc...)	Recovery Day	
6/28	Fri	45min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
6/29	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.
6/30	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.

26 run goal: 13hrs	Build	7/1	Mon	off or cross-train (bike, swim etc...)	Recovery Day	
		7/2	Tue	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		7/3	Wed	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
		7/4	Thu	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		7/5	Fri	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.
		7/6	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.
		7/7	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.

27	Rest	7/8	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: 6.5hrs		7/9	Tue	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		7/10	Wed	15min warm up + tempo interval workout: 4 to 5 x 1km at 10k race pace followed by 400m recovery jog in-between + 15min 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.

	7/11	Thu	off or cross-train (bike, swim etc...)	Recovery Day	
	7/12	Fri	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
	7/13	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.
	7/14	Sun	45min recovery run	Bulid Endurance	65% MHR or 70% by the end of the run. It's very, very light.
<b>28</b>	<b>Build</b>				
	7/15	Mon	off or cross-train (bike, swim, ski etc...)	Recovery Day	Endurance booster week. This is a great week to practice race pace, try equipment and nutritional routine etc...
run goal: 13-14hrs	7/16	Tue	45min recovery run	Bulid Endurance	65% MHR or 70% by the end of the run. It's very, very light.
	7/17	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!
	7/18	Thu	off or cross-train (bike, swim, ski etc...)	Recovery Day	
	7/19	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.
	7/20	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.
	7/21	Sun	Fast Finish Long Run: 3hrs with the last 5 to 7km at marathon effort	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
<b>29</b>	<b>Build</b>				
run goal: 11-13hrs	7/22	Mon	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.
	7/23	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.
	7/24	Wed	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
	7/25	Thu	60-90min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run. Perform this on the road.
	7/26	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.

		7/27	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.
		7/28	Sun	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
<b>30</b>	<b>Rest</b>	7/29	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: 4-5hrs		7/30	Tue	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		7/31	Wed	45min recovery run	Bulid Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		8/1	Thu	off or cross-train (bike, swim etc...)	Recovery Day	
		8/2	Fri	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
		8/3	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.
		8/4	Sun	45min recovery run	Bulid Endurance	65% MHR or 70% by the end of the run. It's very, very light.
	<b>31</b>	<b>Peak</b>	8/5	Mon	OFF	Recovery Day
run goal: 14-17hrs		8/6	Tue	45min recovery run	Bulid Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		8/7	Wed	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
		8/8	Thu	60-90min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		8/9	Fri	Long Steady Run: 3-4hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		8/10	Sat	Long Steady Run: 5-6hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		8/11	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.
<b>32</b>	<b>Taper</b>	8/12	Mon	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
run goal: 5-8hrs		8/13	Tue	60-90min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		8/14	Wed	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage, band workout & core.

	8/15	Thu	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
	8/16	Fri	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage, band workout & core.
	8/17	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.
	8/18	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.
<b>33</b> Taper	8/19	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: 4-6hrs	8/20	Tue	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage, band workout & core.
	8/21	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.
	8/22	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.
	8/23	Fri	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage, band workout & core.
	8/24	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.
	8/25	Sun	60-90min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
	<b>34</b> Taper	8/26	Mon	OFF	Recovery Day
run goal:	8/27	Tue	OFF	Recovery Day	
	8/28	Wed	30-40min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
	8/29	Thu	60-80min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
	8/30	Fri	OFF	Recovery Day	
	8/31	Sat	STAGE ONE		
	9/1	Sun	STAGE TWO		
	<b>35</b>	9/2	Mon	STAGE THREE	
	9/3	Tue	STAGE FOUR		
	9/4	Wed	STAGE FIVE		
	9/5	Thu	STAGE SIX		
	9/6	Fri	STAGE SEVENT		
	9/7	Sat	STAGE EIGHT		
	9/8	Sun	CELEBRATE!		

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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 **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.**