



pace  
SPORTS FITNESS

Transalpine Run Novice Plan

Goal: 2020 Eastern Route

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

Week	Phase	Date	Day	Workout	Purpose	Comments
1	Base	1/6	Mon	75min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
run goal: 6hrs		1/7	Tue	off or cross-train (bike, swim, ski etc...)	Recovery Day	
		1/8	Wed	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		1/9	Thu	off or cross-train (bike, swim, ski etc...)	Recovery Day	
		1/10	Fri	45min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light. <i>Perform this on road.</i>
		1/11	Sat	Long Steady Run: 3hrs	Build Endurance & Stamina.	<i>Time on your feet is more important than pace in a long, steady run. Run easy and run long.</i>
		1/12	Sun	off or cross-train (bike, swim, ski etc...)	Recovery Day	
	2	Base	1/13	Mon	75min easy run	Build Endurance
run goal: 6:30hrs		1/14	Tue	off or cross-train (bike, swim, ski etc...)	Recovery Day	
		1/15	Wed	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.

	1/16	Thu	off or cross-train (bike, swim, ski etc...)	Recovery Day		
	1/17	Fri	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.	
	1/18	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.	
	1/19	Sun	off or cross-train (bike, swim, ski etc...)	Recovery Day		
<b>3</b>	<b>Base</b>	1/20	Mon	90min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
run goal: 7hrs		1/21	Tue	off or cross-train (bike, swim, ski etc...)	Recovery Day	
		1/22	Wed	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		1/23	Thu	off or cross-train (bike, swim, ski etc...)	Recovery Day	
		1/24	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.
		1/25	Sat	Long Steady Run: 3:45hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		1/26	Sun	off or cross-train (bike, swim, ski etc...)	Recovery Day	
	<b>4</b>	<b>Rest</b>	1/27	Mon	60min easy run	Build Endurance
run goal: 4:15hrs		1/28	Tue	off or cross-train (bike, swim, ski etc...)	Recovery Day	
		1/29	Wed	45min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		1/30	Thu	off or cross-train (bike, swim, ski etc...)	Recovery Day	
		1/31	Fri	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		2/1	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.
		2/2	Sun	off or cross-train (bike, swim, ski etc...)	Recovery Day	
<b>5</b>	<b>Base</b>	2/3	Mon	90min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.

run goal: 7:30hrs	2/4	Tue	off or cross-train (bike, swim, ski etc...)	Recovery Day	
	2/5	Wed	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
	2/6	Thu	off or cross-train (bike, swim, ski etc...)	Recovery Day	
	2/7	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.
	2/8	Sat	Long Steady Run: 4:15hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
	2/9	Sun	off or cross-train (bike, swim, ski etc...)	Recovery Day	
6 Base	2/10	Mon	90min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
run goal: 8hrs	2/11	Tue	off or cross-train (bike, swim, ski etc...)	Recovery Day	
	2/12	Wed	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
	2/13	Thu	off or cross-train (bike, swim, ski etc...)	Recovery Day	
	2/14	Fri	45min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
	2/15	Sat	Long Steady Run: 4:45hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
	2/16	Sun	off or cross-train (bike, swim, ski etc...)	Recovery Day	
7 Base	2/17	Mon	90min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
run goal: 8:15hrs	2/18	Tue	off or cross-train (bike, swim, ski etc...)	Recovery Day	
	2/19	Wed	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
	2/20	Thu	off or cross-train (bike, swim, ski etc...)	Recovery Day	
	2/21	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.

		2/22	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.
		2/23	Sun	off or cross-train (bike, swim, ski etc...)	Recovery Day	
<b>8</b>	<b>Rest</b>	2/24	Mon	60min easy run	Build Endurance	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: 4:15hrs		2/25	Tue	off or cross-train (bike, swim, ski etc...)	Recovery Day	
		2/26	Wed	45min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		2/27	Thu	off or cross-train (bike, swim, ski etc...)	Recovery Day	
		2/28	Fri	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		2/29	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.
		3/1	Sun	off or cross-train (bike, swim, ski etc...)	Recovery Day	
	<b>9</b>	<b>Base</b>	3/2	Mon	60min recovery run	Build Endurance
run goal: 8hrs		3/3	Tue	off or cross-train (bike, swim, ski etc...)	Recovery Day	
		3/4	Wed	90min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run. Perform this on road.
		3/5	Thu	off or cross-train (bike, swim, ski etc...)	Recovery Day	
		3/6	Fri	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
		3/7	Sat	Fast Finish Long Run: 3:30hr	Build Endurance, leg resistance to fatigue, practice race pace, try equipment and nutritional routine.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		3/8	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>10</b>	<b>Base</b>	3/9	Mon	off or cross-train (bike, swim etc...)	Recovery Day

run goal: 8:15hrs	3/10	Tue	90min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
	3/11	Wed	60min recovery run	Bulid Endurance	65% MHR or 70% by the end of the run. It's very, very light.
	3/12	Thu	off or cross-train (bike, swim etc...)	Recovery Day	
	3/13	Fri	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
	3/14	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.
	3/15	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.
11 Base	3/16	Mon	off or cross-train (bike, swim etc...)	Recovery Day	
run goal: 9hrs	3/17	Tue	90min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run. <b>Perform this on road.</b>
	3/18	Wed	60min recovery run	Bulid Endurance	65% MHR or 70% by the end of the run. It's very, very light.
	3/19	Thu	off or cross-train (bike, swim etc...)	Recovery Day	
	3/20	Fri	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
	3/21	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.
	3/22	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.
12 Rest	3/23	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: 5hrs	3/24	Tue	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
	3/25	Wed	off or cross-train (bike, swim etc...)	Recovery Day	
	3/26	Thu	60min recovery run	Bulid Endurance	65% MHR or 70% by the end of the run. It's very, very light.
	3/27	Fri	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
	3/28	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.

	3/29	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 Intensity	3/30	Mon	off or cross-train (bike, swim etc...)	Recovery Day	Introducing 5th day of running.
run goal: 10.5hrs	3/31	Tue	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
	4/1	Wed	30min warm up + 6-8x 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.	The effort is hard but not all out.
	4/2	Thu	60min recovery run	Bulid Endurance	65% MHR or 70% by the end of the run. It's very, very light.
	4/3	Fri	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
	4/4	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.
	4/5	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.
14 Intensity	4/6	Mon	off or cross-train (bike, swim etc...)	Recovery Day	
run goal: 11hrs	4/7	Tue	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.
	4/8	Wed	30min warm up + 6-8x 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.
	4/9	Thu	60min recovery run	Bulid Endurance	65% MHR or 70% by the end of the run. It's very, very light.
	4/10	Fri	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
	4/11	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.
	4/12	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.

15	Intensity	4/13	Mon	off or cross-train (bike, swim etc...)	Recovery Day	
run goal: 11.5hrs		4/14	Tue	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		4/15	Wed	20min warm up + 6x 2min run up a moderately sloped hill with jog back down hill as recovery. 20min cool down.	Build leg strength, VO2max and lactic acid tolerance.	The effort is hard but not all out.
		4/16	Thu	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light. <i>Perform this on road.</i>
		4/17	Fri	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
		4/18	Sat	Long Steady Run: 4hrs	Build Endurance & Stamina.	<i>Time on your feet is more important than pace in a long, steady run. Run easy and run long.</i>
		4/19	Sun	Long Steady Run: 4hrs	Build Endurance & Stamina.	<i>Time on your feet is more important than pace in a long, steady run. Run easy and run long.</i>
16	Rest	4/20	Mon	OFF	Recovery Day	<i>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</i>
run goal: 5hrs		4/21	Tue	off or cross-train (bike, swim etc...)	Recovery Day	
		4/22	Wed	30min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		4/23	Thu	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		4/24	Fri	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
		4/25	Sat	Long Steady Run: 90min	Build Endurance & Stamina.	<i>Time on your feet is more important than pace in a long, steady run. Run easy and run long.</i>
		4/26	Sun	Long Steady Run: 90min	Build Endurance & Stamina.	<i>Time on your feet is more important than pace in a long, steady run. Run easy and run long.</i>
17	Intensity	4/27	Mon	off or cross-train (bike, swim etc...)	Recovery Day	
run goal: 11.5hrs		4/28	Tue	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		4/29	Wed	30min warm up + 6x 2min 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.

	4/30	Thu	30min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
	5/1	Fri	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
	5/2	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.
	5/3	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>18 Intensity</b>	5/4	Mon	off or cross-train (bike, swim etc...)	Recovery Day	
run goal: 12hrs	5/5	Tue	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
	5/6	Wed	30min warm up + 7x 3min tempo interval with 2min easy jogging in-between +30 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.
	5/7	Thu	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
	5/8	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.
	5/9	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.
	5/10	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.
<b>19 Intensity</b>	5/11	Mon	off or cross-train (bike, swim etc...)	Recovery Day	
run goal: 12hrs	5/12	Tue	75min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
	5/13	Wed	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
	5/14	Thu	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
	5/15	Fri	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.
	5/16	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.
	5/17	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)



20	Rest	5/18	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		5/19	Tue	off or cross-train (bike, swim etc...)	Recovery Day	
		5/20	Wed	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		5/21	Thu	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		5/22	Fri	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
		5/23	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.
		5/24	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.
21	Build	5/25	Mon	off or cross-train (bike, swim etc...)	Recovery Day	
run goal: 12.5hrs		5/26	Tue	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run. perform this on the road.
		5/27	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!
		5/28	Thu	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		5/29	Fri	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
		5/30	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.
		5/31	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.
22	Build	6/1	Mon	off or cross-train (bike, swim etc...)	Recovery Day	
run goal: 13.5hrs		6/2	Tue	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		6/3	Wed	30min warm up. 20min tempo run. 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.

		6/4	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.
		6/5	Fri	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
		6/6	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.
		6/7	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>23</b>	<b>Build</b>	6/8	Mon	OFF	Recovery Day	
run goal:	14.5hrs	6/9	Tue	90min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run. perform this on the road.
		6/10	Wed	60min 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.
		6/11	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.
		6/12	Fri	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
		6/13	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.
		6/14	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.
<b>24</b>	<b>Rest</b>	6/15	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:	5:15hrs	6/16	Tue	off or cross-train (bike, swim etc...)	Recovery Day	
		6/17	Wed	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		6/18	Thu	75min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		6/19	Fri	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
		6/20	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.
		6/21	Sun	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
<b>25</b>	<b>Build</b>	6/22	Mon	off or cross-train (bike, swim, ski etc...)	Recovery Day	

run goal: 15hrs	6/23	Tue	75min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
	6/24	Wed	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.
	6/25	Thu	off or cross-train (bike, swim, ski etc...)	Recovery Day	
	6/26	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.
	6/27	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.
	6/28	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 Build	6/29	Mon	off or cross-train (bike, swim etc...)	Recovery Day	
run goal: 15.5hrs	6/30	Tue	90min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
	7/1	Wed	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
	7/2	Thu	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
	7/3	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.
	7/4	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.
	7/5	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.
27 Rest	7/6	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: 6hrs	7/7	Tue	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
	7/8	Wed	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
	7/9	Thu	off or cross-train (bike, swim etc...)	Recovery Day	
	7/10	Fri	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
	7/11	Sat	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.
	7/12	Sun	90min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.

28	Specific	7/13	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: 16hrs		7/14	Tue	90min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		7/15	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!
		7/16	Thu	off or cross-train (bike, swim, ski etc...)	Recovery Day	
		7/17	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.
		7/18	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.
		7/19	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 with the last 30-40min at comfortably hard tempo pace. (80-90% MHR)
	29	Rest	7/20	Mon	off or cross-train (bike, swim etc...)	Recovery Day
run goal: 5:15hrs		7/21	Tue	75min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		7/22	Wed	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		7/23	Thu	off or cross-train (bike, swim etc...)	Recovery Day	
		7/24	Fri	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
		7/25	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.
		7/26	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.
30	Specific	7/27	Mon	off or cross-train (bike, swim etc...)	Recovery Day	
run goal: 17hrs		7/28	Tue	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.

	7/29	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. 3hrs)	Build leg strength, VO2max and lactic acid tolerance.	great way to practice using your poles!
	7/30	Thu	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
	7/31	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.
	8/1	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.
	8/2	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.
	8/3	Mon	off or cross-train (bike, swim etc...)	Recovery Day	
31 Specific run goal: 16-18hrs	8/4	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.
	8/5	Wed	30min warm up + 7x 5min tempo interval with 2min easy jogging in-between +30 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.
	8/6	Thu			
	8/7	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.
	8/8	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.
	8/9	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.
	8/10	Mon	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
32 Taper run goal: 8-9hrs	8/11	Tue	60-90min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
	8/12	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.

	8/13	Thu	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.	
	8/14	Fri	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.	
	8/15	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.	
	8/16	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>	<b>Taper</b>	8/17	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		8/18	Tue	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage, band workout & core.
		8/19	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.
		8/20	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.
		8/21	Fri	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage, band workout & core.
		8/22	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.
		8/23	Sun	60-90min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
	<b>34</b>	<b>Taper</b>	8/24	Mon	OFF	Recovery Day
run goal:		8/25	Tue	OFF	Recovery Day	
		8/26	Wed	30-40min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		8/27	Thu	60-80min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		8/28	Fri	OFF	Recovery Day	
		8/29	Sat	STAGE ONE		
		8/30	Sun	STAGE TWO		
	<b>35</b>		8/31	Mon	STAGE THREE	
		9/1	Tue	STAGE FOUR		
		9/2	Wed	STAGE FIVE		
		9/3	Thu	STAGE SIX		
		9/4	Fri	STAGE SEVENT		
		9/5	Sat	STAGE EIGHT		
		9/6	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.**