



pace
SPORTS FITNESS



Transalpine Run Experienced Plan

Goal: 2022 EASTERN ROUTE

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| Week | Phase | Date | Day | Workout | Purpose | Comments |
|-----------|---------------|--------|-----|---|---|--|
| 1 | Build | Jan 24 | Mon | 60min easy run | Build Endurance | 75% MHR (maximum heart rate) to 80% by the end of the run. |
| Run Goal: | 7hrs 15min | 1/25 | Tue | OFF or OPTIONAL CROSS TRAINING | Build Endurance or Recovery | |
| | | 1/26 | Wed | WARM UP - 10 air squats - 10 knee to chest hugs - High-Knee running in place for 20 seconds - Bouncing on your toes 10 seconds WORKOUT - 20min warm up jog - 20min of intervals (5 repeats) - 20min cool down TOTAL = 1hr | Zone 3 is considered comfortably hard, happy hard or fun hard. It should not be exhausting. | This is a continuous workout, meaning the goal is to run the whole duration and avoid taking walk breaks. The intervals are 3min at Zone 3 effort followed by 1min, Zone 2, recovery jog. |
| | | 1/27 | Thu | 45min recovery run | Build Endurance | 65% MHR or 70% by the end of the run. It's very, very light. Perform this on road. |
| | | 1/28 | Fri | OFF or OPTIONAL CROSS TRAINING | Build Endurance or Recovery | |

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|-----------|------------|------|-----|---|---|---|
| | | 1/29 | 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. DOWNHILL STRENGTH & AGILITY Some time in the last 30min of the run, incorporate the following set of high speed downhill repetitions to help develop technique, confidence and leg strength and agility. - 1min high speed downhill running, followed by 2min very easy running or walking and repeat 2 times. |
| | | 1/30 | Sun | 90min easy run | Build Endurance | 75% MHR (maximum heart rate) to 80% by the end of the run. |
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| 2 | Build | 1/31 | Mon | 60min easy run | Build Endurance | 75% MHR (maximum heart rate) to 80% by the end of the run. |
| Run Goal: | 7hrs 30min | 2/1 | Tue | OFF or OPTIONAL CROSS TRAINING | Build Endurance or Recovery | This session can be 30min to 3hrs depending on the cross-training base you have when starting this program. |
| | | 2/2 | Wed | <p>WARM UP</p> <ul style="list-style-type: none"> - 10 air squats - 10 knee to chest hugs - High-Knee running in place for 20 seconds - Bouncing on your toes 10 seconds <p>WORKOUT</p> <ul style="list-style-type: none"> 20min at Zone 1, very, very light running 10-20min Zone 3 tempo running 20min at Zone 1, very, very light running <p>TOTAL TIME = 60min</p> | Zone 3 is considered comfortably hard, happy hard or fun hard. It should not be exhausting. | This workout involves continuous fun, fast efforts (zone 3) and is categorized as a "tempo" workout. Best performed on flat terrain |
| | | 2/3 | Thu | 45min recovery run | Build Endurance | 65% MHR or 70% by the end of the run. It's very, very light. |
| | | 2/4 | Fri | OFF or OPTIONAL CROSS TRAINING | Build Endurance or Recovery | This session can be 30min to 3hrs depending on the cross-training base you have when starting this program. |

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|-----------|-------|------|-----|--|---|---|
| | | 2/5 | 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. DOWNHILL STRENGTH & AGILITY Some time in the last 30min of the run, incorporate the following set of high speed downhill repetitions to help develop technique, confidence and leg strength and agility. - 1min high speed downhill running, followed by 2min very easy running or walking and repeat 2 times. |
| | | 2/6 | Sun | 75min easy run | Build Endurance | 75% MHR (maximum heart rate) to 80% by the end of the run. |
| 3 | Build | 2/7 | Mon | 45min easy run | Build Endurance | 75% MHR (maximum heart rate) to 80% by the end of the run. |
| Run Goal: | 8hrs | 2/8 | Tue | OFF or OPTIONAL CROSS TRAINING | Build Endurance or Recovery | This session can be 30min to 3hrs depending on the cross-training base you have when starting this program. |
| | | 2/9 | Wed | <p>WARM UP</p> <ul style="list-style-type: none"> - 10 air squats - 10 knee to chest hugs - High-Knee running in place for 20 seconds - Bouncing on your toes 10 seconds <p>WORKOUT</p> <ul style="list-style-type: none"> - 20min warm up jog - 22min of intervals (2 repeats of 8min x 3min) - 20min cool down <p>TOTAL = 60min</p> | Zone 3 is considered comfortably hard, happy hard or fun hard. It should not be exhausting. | <p>This is a continuous workout, meaning the goal is to run the whole duration and avoid taking walk breaks.</p> <p>The intervals are 8min at Zone 3 effort followed by 3min, Zone 2, recovery jog.</p> |
| | | 2/10 | 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. |
| | | 2/11 | Fri | OFF or OPTIONAL CROSS TRAINING | Build Endurance or Recovery | This session can be 30min to 3hrs depending on the cross-training base you have when starting this program. |
| | | 2/12 | Sat | Long Steady Run: 4hrs | Build Endurance & Stamina. | VERTICAL FOCUS: Choose a hill that takes you approx. 30-60min to ascend and then run down and repeat for the duration of time. |
| | | 2/13 | Sun | 75min easy run | Build Endurance | 75% MHR (maximum heart rate) to 80% by the end of the run. |

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| 4 | Rest | 2/14 | 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: | 4hrs 45min | 2/15 | Tue | OFF or OPTIONAL CROSS TRAINING | Build Endurance or Recovery | This session can be 30min to 3hrs depending on the cross-training base you have when starting this program. |
| | | 2/16 | Wed | 30min easy conversational pace, followed by 20min Zone 3 effort, finished with 20min very light running | Build leg strength, VO2max and lactic acid tolerance. | Run the first portion at an easy conversational pace and the back half at your Zone 3 effort (comfortably hard, happy hard, fun hard) |
| | | 2/17 | Thu | OFF or OPTIONAL CROSS TRAINING | Build Endurance or Recovery | This session can be 30min to 3hrs depending on the cross-training base you have when starting this program. |
| | | 2/18 | Fri | 60min recovery run | Build Endurance | 65% MHR or 70% by the end of the run. It's very, very light. |
| | | 2/19 | 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. |
| | | 2/20 | Sun | OFF or OPTIONAL CROSS TRAINING | Build Endurance or Recovery | This session can be 30min to 3hrs depending on the cross-training base you have when starting this program. |
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| 5 | Build | 2/21 | Mon | 90min easy run | Build Endurance | 75% MHR (maximum heart rate) to 80% by the end of the run. |
| Run Goal: | 8hrs 30min | 2/22 | Tue | OFF or OPTIONAL CROSS TRAINING | Build Endurance or Recovery | This session can be 30min to 3hrs depending on the cross-training base you have when starting this program. |
| | | 2/23 | Wed | <p>WARM UP</p> <ul style="list-style-type: none"> - 10 air squats - 10 knee to chest hugs - High-Knee running in place for 20 seconds - Bouncing on your toes 10 seconds <p>WORKOUT SUMMARY</p> <ul style="list-style-type: none"> - 30min warm up - 24min of intervals (8 repeats) - 30min cool down <p>TOTAL = 84min</p> | This is a continuous workout, meaning the goal is to run the whole duration and avoid taking walk breaks. This type of workout focuses on building leg strength, VO2max and lactic tolerance. | <p>Find a moderately sloped hill (that is more gradual than steep) that will take 90sec to ascend. Ascend at zone 3 effort (comfortably hard, happy hard, fun hard) and then recover by jogging down the hill.</p> <p>Perform 2 of these strides after your hill workout and before your cool-down.</p> <p>Strides are a running workout where you accelerate into your sprint and run 60-100m and then slow back down to recovery for 1min of walking. The accelerations are gradual and progressive. You will want to start you strides easy and slowly build into top speed. Please note that you're only running at top speed for 3-5 seconds before you stop and take your walk recovery.</p> |
| | | 2/24 | 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. |
| | | 2/25 | Fri | OFF or OPTIONAL CROSS TRAINING | Build Endurance or Recovery | This session can be 30min to 3hrs depending on the cross-training base you have when starting this program. |

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| | | 2/26 | 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. PICK-UPS After the first 30-40min of running, incorporate the following set of pick-ups to help develop additional speed and strength: - 8 to 10sec at a fun, fast pace - NOT a full sprint. - repeat 6 times with 2min easy running between reps. Then continue with the remainder of the group long, steady run |
| | | 2/27 | Sun | OFF or OPTIONAL CROSS TRAINING | Build Endurance or Recovery | This session can be 30min to 3hrs depending on the cross-training base you have when starting this program. |
| 6 | Build | 2/28 | Mon | 60min easy run | Build Endurance | 75% MHR (maximum heart rate) to 80% by the end of the run. |
| Run Goal: | 9hrs 15min | 3/1 | Tue | OFF or OPTIONAL CROSS TRAINING | Build Endurance or Recovery | This session can be 30min to 3hrs depending on the cross-training base you have when starting this program. |
| | | 3/2 | Wed | <p>WARM UP</p> <ul style="list-style-type: none"> - 10 air squats - 10 knee to chest hugs - High-Knee running in place for 20 seconds - Bouncing on your toes 10 seconds <p>50KM WORKOUT SUMMARY</p> <ul style="list-style-type: none"> - 30min warm up - 30min of intervals (6 repeats) - 30min cool down <p>TOTAL = 90min</p> | This is a continuous workout, meaning the goal is to run the whole duration and avoid taking walk breaks. This type of workout focuses on building leg strength, VO2max and lactic tolerance. | <p>Find a moderately sloped hill (that is more gradual than steep) that will take 3min to ascend. Ascend at zone 3 effort (comfortably hard, happy hard, fun hard) and then recover by jogging down the hill.</p> <p>Perform 2 of these strides after your hill workout and before your cool-down.</p> <p>Strides are a running workout where you accelerate into your sprint and run 60-100m and then slow back down to recovery for 1min of walking. The accelerations are gradual and progressive. You will want to start you strides easy and slowly build into top speed. Please note that you're only running at top speed for 3-5 seconds before you stop and take your walk recovery.</p> |
| | | 3/3 | Thu | OFF or OPTIONAL CROSS TRAINING | Build Endurance or Recovery | This session can be 30min to 3hrs depending on the cross-training base you have when starting this program. |
| | | 3/4 | Fri | 45min recovery run | Bulid Endurance | 65% MHR or 70% by the end of the run. It's very, very light. |

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|-----------|------------|------|-----|--|---|--|
| | | 3/5 | 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. PICK-UPS After the first 30-40min of running, incorporate the following set of pick-ups to help develop additional speed and strength: - 8 to 10sec at a fun, fast pace - NOT a full sprint. - repeat 6 times with 2min easy running between reps. Then continue with the remainder of the group long, steady run" |
| | | 3/6 | 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. |
| 7 | Build | 3/7 | Mon | 75min easy run | Build Endurance | 75% MHR (maximum heart rate) to 80% by the end of the run. |
| Run Goal: | 9hrs 30min | 3/8 | Tue | OFF or OPTIONAL CROSS TRAINING | Build Endurance or Recovery | This session can be 30min to 3hrs depending on the cross-training base you have when starting this program. |
| | | 3/9 | Wed | 20min zone 1 20min zone 2 25min zone 3 | Build speed, aerobic capacity (VO2 max) | Thirds progression Run. Run the first 3rd very, very easy (zone 1). Run the second 3rd easy (zone 2) Run the last 3rd comfortably hard, happy hard, fun hard. (zone 3) |
| | | 3/10 | Thu | 45min recovery run | Build Endurance | 65% MHR or 70% by the end of the run. It's very, very light. Perform this on road. |
| | | 3/11 | Fri | OFF or OPTIONAL CROSS TRAINING | Build Endurance or Recovery | This session can be 30min to 3hrs depending on the cross-training base you have when starting this program. |
| | | 3/12 | Sat | Long Steady Run: 4.5hrs | Build Endurance & Stamina. | VERTICAL FOCUS: Choose a hill that takes you approx. 30-60min to ascend and then run down and repeat for the duration of time. |
| | | 3/13 | 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. |
| 8 | Rest | 3/14 | Mon | 30min 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: | 4hrs | 3/15 | Tue | OFF or OPTIONAL CROSS TRAINING | Build Endurance or Recovery | This session can be 30min to 3hrs depending on the cross-training base you have when starting this program. |
| | | 3/16 | Wed | 60min recovery run | Build Endurance | 65% MHR or 70% by the end of the run. It's very, very light. |

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|-----------|-------|------|-----|--|--|---|
| | | 3/17 | Thu | OFF or OPTIONAL CROSS TRAINING | Build Endurance or Recovery | This session can be 30min to 3hrs depending on the cross-training base you have when starting this program. |
| | | 3/18 | Fri | 60min easy run | Build Endurance | 75% MHR (maximum heart rate) to 80% by the end of the run. |
| | | 3/19 | 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. |
| | | 3/20 | Sun | OFF or OPTIONAL CROSS TRAINING | Build Endurance or Recovery | This session can be 30min to 3hrs depending on the cross-training base you have when starting this program. |
| 9 | Build | 3/21 | Mon | 60min easy run | Build Endurance | 75% MHR (maximum heart rate) to 80% by the end of the run. |
| Run Goal: | 10hrs | 3/22 | Tue | OFF or OPTIONAL CROSS TRAINING | Build Endurance or Recovery | This session can be 30min to 3hrs depending on the cross-training base you have when starting this program. |
| | | | | <p>WARM UP</p> <ul style="list-style-type: none"> - 10 air squats - 10 knee to chest hugs - High-Knee running in place for 20 seconds - Bouncing on your toes 10 seconds <p>50KM WORKOUT SUMMARY</p> <ul style="list-style-type: none"> - 30min warm up - 30min of intervals (6 repeats) - 30min cool down <p>TOTAL = 90min</p> | <p>This is a continuous workout, meaning the goal is to run the whole duration and avoid taking walk breaks. This type of workout focuses on building leg strength, VO2max and lactic tolerance.</p> | <p>Find a moderately sloped hill (that is more gradual than steep) that will take 6min to ascend. Ascend at zone 3 effort (comfortably hard, happy hard, fun hard) and then recover by jogging down the hill.</p> <p>Perform 2 of these strides after your hill workout and before your cool-down.</p> <p>Strides are a running workout where you accelerate into your sprint and run 60-100m and then slow back down to recovery for 1min of walking. The accelerations are gradual and progressive. You will want to start your strides easy and slowly build into top speed. Please note that you're only running at top speed for 3-5 seconds before you stop and take your walk recovery.</p> |
| | | 3/23 | Wed | | | |
| | | 3/24 | 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. |
| | | 3/25 | Fri | OFF | Recovery Day | You can use this day for rehab, yoga , massage or core work. |
| | | 3/26 | 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. |
| | | 3/27 | Sun | Fast Finish Long Run: 3:30hr | Build Endurance, leg resistance to fatigue, | Time on your feet is more important than pace in a long, steady run. Run easy and run long with the last 20-30min |
| 10 | Build | 3/28 | Mon | OFF or OPTIONAL CROSS TRAINING | Build Endurance or Recovery | This session can be 30min to 3hrs depending on the cross-training base you have when starting this program. |
| Run Goal: | 11hrs | 3/29 | Tue | 90min easy run | Build Endurance | 75% MHR (maximum heart rate) to 80% by the end of the run. |

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| | | 3/30 | Wed | <p>WARM UP</p> <ul style="list-style-type: none"> - 10 air squats - 10 knee to chest hugs - High-Knee running in place for 20 seconds - Bouncing on your toes 10 seconds <p>WORKOUT SUMMARY</p> <ul style="list-style-type: none"> - 30min warm up with the last 3-4 min at Zone 3. - 30min of intervals - 30min cool down <p>TOTAL = 90min</p> | Build speed, aerobic capacity (VO2 max) and strength, lactic acid tolerance. | <p>WORKOUT</p> <p>3x6min of 30/30's with 2min easy running in-between the sets.</p> <ul style="list-style-type: none"> - start off with Zone 2 (easy running) for the first 30secs and then build into the next 30seconds so that by the middle of the second 30 seconds, you're hitting zone 4. Repeat 6 times. - take 2min easy running - repeat second set of 6min intervals. |
| | | 3/31 | Thu | 60min recovery run | Build Endurance | 65% MHR or 70% by the end of the run. It's very, very light. |
| | | 4/1 | Fri | OFF | Recovery Day | You can use this day for rehab, yoga , massage or core work. |
| | | 4/2 | 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. |
| | | 4/3 | 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. |
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| 11 | Build | 4/4 | Mon | OFF or OPTIONAL CROSS TRAINING | Build Endurance or Recovery | This session can be 30min to 3hrs depending on the cross-training base you have when starting this program. |
| Run Goal: | 11hrs 30min | 4/5 | Tue | 90min easy run | Build Endurance | 75% MHR (maximum heart rate) to 80% by the end of the run. Perform this on road. |
| | | 4/6 | Wed | <p>WARM UP</p> <ul style="list-style-type: none"> - 10 air squats - 10 knee to chest hugs - High-Knee running in place for 20 seconds - Bouncing on your toes 10 seconds <p>WORKOUT SUMMARY</p> <ul style="list-style-type: none"> - 30min warm up with the last 3-4 min at Zone 3. - 30min of intervals - 30min cool down <p>TOTAL = 90min</p> | Build speed, aerobic capacity (VO2 max) and strength, lactic acid tolerance. | <p>WORKOUT</p> <p>3x8min of 30/30's with 2min easy running in-between the sets.</p> <ul style="list-style-type: none"> - start off with Zone 2 (easy running) for the first 30secs and then build into the next 30seconds so that by the middle of the second 30 seconds, you're hitting zone 4. Repeat 8 times. - take 2min easy running - repeat second set of 8min intervals. |

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| | | 4/7 | Thu | 60min recovery run | Build Endurance | 65% MHR or 70% by the end of the run. It's very, very light. |
| | | 4/8 | Fri | OFF | Recovery Day | You can use this day for rehab, yoga , massage or core work. |
| | | 4/9 | Sat | Long Steady Run: 4:30hrs | Build Endurance & Stamina. | VERTICAL FOCUS: Choose a hill that takes you approx. 30-60min to ascend and then run down and repeat for the duration of time. |
| | | 4/10 | 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. |
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| 12 | Rest | 4/11 | 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: | 5:45hrs | 4/12 | Tue | OFF or OPTIONAL CROSS TRAINING | Build Endurance or Recovery | This session can be 30min to 90min depending on the cross-training base you have when starting this program. |
| | | 4/13 | Wed | 60min recovery run | Build Endurance | 65% MHR or 70% by the end of the run. It's very, very light. |
| | | 4/14 | Thu | 75min 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 |
| | | 4/15 | Fri | OFF | Recovery Day | You can use this day for rehab, yoga , massage or core work. |
| | | 4/16 | 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. |
| | | 4/17 | Sun | 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 |
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| 13 | Build | 4/18 | Mon | OFF or OPTIONAL CROSS TRAINING | Build Endurance or Recovery | This session can be 30min to 3hrs depending on the cross-training base you have when starting this program. |
| Run Goal: | 12hrs | 4/19 | Tue | 60min easy run | Build Endurance | 75% MHR (maximum heart rate) to 80% by the end of the run. Perform this on road. |

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|-----------|-------|------|-----|---|---|---|
| | | 4/20 | Wed | <p>WARM UP</p> <ul style="list-style-type: none"> - 10 air squats - 10 knee to chest hugs - High-Knee running in place for 20 seconds - Bouncing on your toes 10 seconds <p>WORKOUT SUMMARY</p> <ul style="list-style-type: none"> - 30min warm up with the last 3-4 min at Zone 3. - 30min of intervals - 30min cool down <p>TOTAL = 90min</p> | Build leg strength, VO2max and lactic acid tolerance. | <p>WORKOUT</p> <p>3x10min of 30/30's with 2min easy running in-between the sets.</p> <ul style="list-style-type: none"> - start off with Zone 2 (easy running) for the first 30secs and then build into the next 30seconds so that by the middle of the second 30 seconds, you're hitting zone 4. Repeat 10 times. - take 2min easy running - repeat second set of 10min intervals. |
| | | 4/21 | Thu | 60min recovery run | Build Endurance | 65% MHR or 70% by the end of the run. It's very, very light. |
| | | 4/22 | Fri | OFF | Recovery Day | You can use this day for rehab, yoga , massage or core work. |
| | | 4/23 | 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. |
| | | 4/24 | Sun | Long Steady Run: 4hrs | Build Endurance & Stamina. | <p>Time on your feet is more important than pace in a long, steady run. Run easy and run long.</p> <p>PICK-UPS</p> <p>After the first 30-40min of running, incorporate the following set of pick-ups to help develop additional speed and strength:</p> <ul style="list-style-type: none"> - 8 to 10sec at a fun, fast pace - NOT a full sprint. - repeat 6 times with 2min easy running between reps. <p>Then continue with the remainder of the group long, steady run</p> |
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| 14 | Build | 4/25 | Mon | OFF or OPTIONAL CROSS TRAINING | Build Endurance or Recovery | This session can be 30min to 3hrs depending on the cross-training base you have when starting this program. |
| Run Goal: | 13hrs | 4/26 | Tue | 60min easy run | Build Endurance | 75% MHR (maximum heart rate) to 80% by the end of the run. |

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| | | 4/27 | 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. | Perform 2 of these strides after your hill workout. Strides are a running workout where you accelerate into your sprint and run 60-100m and then slow back down to recovery for 1min of walking. The accelerations are gradual and progressive. You will want to start you strides easy and slowly build into top speed. Please note that you're only running at top speed for 3-5 seconds before you stop and take your walk recovery. |
| | | 4/28 | Thu | OFF or OPTIONAL CROSS TRAINING | Build Endurance or Recovery | This session can be 30min to 3hrs depending on the cross-training base you have when starting this program. |
| | | 4/29 | 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. |
| | | 4/30 | 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. |
| | | 5/1 | 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. PICK-UPS After the first 30-40min of running, incorporate the following set of pick-ups to help develop additional speed and strength: - 8 to 10sec at a fun, fast pace - NOT a full sprint. - repeat 6 times with 2min easy running between reps. Then continue with the remainder of the group long, steady run |
| 15 | Build | 5/2 | Mon | OFF or OPTIONAL CROSS TRAINING | Build Endurance or Recovery | This session can be 30min to 3hrs depending on the cross-training base you have when starting this program. |
| Run Goal: | 13:30hrs | 5/3 | Tue | 1hr 45min easy run | Build Endurance | 75% MHR (maximum heart rate) to 80% by the end of the run. |
| | | 5/4 | Wed | 20min easy conversational. 30min tempo run. 20min easy conversational. | Build stamina - lactate threshold speed. | 85-90% MHR. Slightly more intense than steady state effort. Comfortably hard effort. This workout is continuous running. |
| | | 5/5 | Thu | OFF or OPTIONAL CROSS TRAINING | Build Endurance or Recovery | This session can be 30min to 3hrs depending on the cross-training base you have when starting this program. |
| | | 5/6 | 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. |
| | | 5/7 | 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. |
| | | 5/8 | Sun | 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. |

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| 16 | rest | 5/9 | 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 | 5/10 | Tue | OFF or OPTIONAL CROSS TRAINING | Build Endurance or Recovery | This session can be 30min to 90min depending on the cross-training base you have when starting this program. |
| | | 5/11 | Wed | 60min easy run | Build Endurance | 75% MHR (maximum heart rate) to 80% by the end of the run. |
| | | 5/12 | Thu | 60min recovery run | Build Endurance | 65% MHR or 70% by the end of the run. It's very, very light. |
| | | 5/13 | Fri | OFF | Recovery Day | You can use this day for rehab, yoga , massage or core work. |
| | | 5/14 | 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. |
| | | 5/15 | 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. |
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| 17 | Build | 5/16 | Mon | OFF or OPTIONAL CROSS TRAINING | Build Endurance or Recovery | This session can be 30min to 3hrs depending on the cross-training base you have when starting this program. |
| Run Goal: | 13hrs | 5/17 | Tue | 60min easy run | Build Endurance | 75% MHR (maximum heart rate) to 80% by the end of the run. |
| | | 5/18 | Wed | 30min warm up. 3-4 times 5min interval with 3min recovery jog in-between. 30min cool down | Build stamina - lactate threshold speed. | |
| | | 5/19 | Thu | OFF | Recovery Day | You can use this day for rehab, yoga , massage or core work. |
| | | 5/20 | 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. |
| | | 5/21 | Sat | Long Steady Run: 4.5hrs | Build Endurance & Stamina. | VERTICAL FOCUS: Choose a hill that takes you approx. 30-60min to ascend and then run down and repeat for the duration of time. |
| | | 5/22 | 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. |
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| 18 | Build | 5/23 | Mon | OFF or OPTIONAL CROSS TRAINING | Build Endurance or Recovery | This session can be 30min to 3hrs depending on the cross-training base you have when starting this program. |

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| Run Goal: | 14hrs | 5/24 | Tue | 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. |
| | | 5/25 | Wed | 60min recovery run | Build Endurance | 65% MHR or 70% by the end of the run. It's very, very light. |
| | | 5/26 | Thu | OFF | Recovery Day | You can use this day for rehab, yoga , massage or core work. |
| | | 5/27 | 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. |
| | | 5/28 | 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. |
| | | 5/29 | 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 | 5/30 | 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 | 5/31 | Tue | OFF or OPTIONAL CROSS TRAINING | Build Endurance or Recovery | This session can be 30min to 90min depending on the cross-training base you have when starting this program. |
| | | 6/1 | Wed | 60min easy run | Build Endurance | 75% MHR (maximum heart rate) to 80% by the end of the run. Perform this on road. |
| | | 6/2 | Thu | 60min recovery run | Build Endurance | 65% MHR or 70% by the end of the run. It's very, very light. |
| | | 6/3 | Fri | OFF | Recovery Day | You can use this day for rehab, yoga , massage or core work. |
| | | 6/4 | 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. |
| | | 6/5 | 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. |
| 20 | Build | 6/6 | Mon | OFF or OPTIONAL CROSS TRAINING | Build Endurance or Recovery | This session can be 30min to 3hrs depending on the cross-training base you have when starting this program. |
| Run Goal: | 14hrs | 6/7 | Tue | 2hr medium run | Build Endurance | |

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| | | 6/8 | 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. |
| | | 6/9 | Thu | OFF | Recovery Day | You can use this day for rehab, yoga , massage or core work. |
| | | 6/10 | 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. |
| | | 6/11 | 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. |
| | | 6/12 | Sun | Fast Finish 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 with the last 20-30min at comfortably hard tempo pace. (80-90% MHR) |
| 21 | Build | 6/13 | Mon | OFF or OPTIONAL CROSS TRAINING | Build Endurance or Recovery | This session can be 30min to 3hrs depending on the cross-training base you have when starting this program. |
| Run Goal: | 15hrs | 6/14 | Tue | OFF or OPTIONAL CROSS TRAINING | Build Endurance or Recovery | This session can be 30min to 3hrs depending on the cross-training base you have when starting this program. |
| | | 6/15 | Wed | Vertical training: find a hill that takes approx. 30-45min to climb up and down. Repeat with no rest in-between (total time approx. 2hrs) | Build leg strength, VO2max and lactic acid tolerance. | Perform 2 of these strides after your hill workout. Strides are a running workout where you accelerate into your sprint and run 60-100m and then slow back down to recovery for 1min of walking. The accelerations are gradual and progressive. You will want to start you strides easy and slowly build into top speed. Please note that you're only running at top speed for 3-5 seconds before you stop and take your walk recovery. |
| | | 6/16 | Thu | OFF or OPTIONAL CROSS TRAINING | Build Endurance or Recovery | This session can be 30min to 3hrs depending on the cross-training base you have when starting this program. |
| | | 6/17 | 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. |
| | | 6/18 | 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. |
| | | 6/19 | 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. |

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| 22 | Build | 6/20 | Mon | OFF or OPTIONAL CROSS TRAINING | Build Endurance or Recovery | This session can be 30min to 3hrs depending on the cross-training base you have when starting this program. |
| Run Goal: | 15hrs | 6/21 | Tue | 90min easy run | Build Endurance | 75% MHR (maximum heart rate) to 80% by the end of the run. |
| | | 6/22 | 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. |
| | | 6/23 | Thu | 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. |
| | | 6/24 | Fri | OFF | Recovery Day | You can use this day for rehab, yoga , massage or core work. |
| | | 6/25 | Sat | Long Steady Run: 5.5hrs | Build Endurance & Stamina. | Time on your feet is more important than pace in a long, steady run. Run easy and run long. |
| | | 6/26 | Sun | 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. PICK-UPS FOR THE LAST 15min of your run, incorporate the following set of pick-ups to help develop additional endurance. - 8 to 10sec at a fun, fast pace - NOT a full sprint. - repeat 8 times with 2min easy running between reps. |
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| 23 | Rest | 6/27 | 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 | 6/28 | Tue | OFF or OPTIONAL CROSS TRAINING | Build Endurance or Recovery | This session can be 30min to 90min depending on the cross-training base you have when starting this program. |
| | | 6/29 | 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. |
| | | 6/30 | Thu | 90min easy run | Build Endurance | 75% MHR (maximum heart rate) to 80% by the end of the run. Perform this on road. |
| | | 7/1 | Fri | OFF | Recovery Day | You can use this day for rehab, yoga , massage or core work. |
| | | 7/2 | 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. |

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| | | 7/3 | 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 | 7/4 | Mon | OFF or OPTIONAL CROSS TRAINING | Build Endurance or Recovery | This session can be 30min to 3hrs depending on the cross-training base you have when starting this program. |
| Run Goal: | 10hrs | 7/5 | Tue | 45min recovery run | Build Endurance | 65% MHR or 70% by the end of the run. It's very, very light. |
| | | 7/6 | 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. |
| | | 7/7 | Thu | off or cross-train (bike, swim, ski etc...) | Recovery Day | |
| | | 7/8 | Fri | 60min recovery run | Build Endurance | 65% MHR or 70% by the end of the run. It's very, very light. Perform this on the road. |
| | | 7/9 | 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. |
| | | 7/10 | 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 | 7/11 | Mon | OFF or OPTIONAL CROSS TRAINING | Build Endurance or Recovery | This session can be 30min to 3hrs depending on the cross-training base you have when starting this program. |
| Run Goal: | 15hrs | 7/12 | Tue | 45min recovery run | Build Endurance | 65% MHR or 70% by the end of the run. It's very, very light. |
| | | 7/13 | 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. | Perform 2 of these strides after your hill workout. Strides are a running workout where you accelerate into your sprint and run 60-100m and then slow back down to recovery for 1min of walking. The accelerations are gradual and progressive. You will want to start your strides easy and slowly build into top speed. Please note that you're only running at top speed for 2-5 seconds before |
| | | 7/14 | Thu | OFF | Recovery | |
| | | 7/15 | 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. |
| | | 7/16 | 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. |

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| | | 7/17 | 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. PICK-UPS FOR THE LAST 15min of your run, incorporate the following set of pick-ups to help develop additional endurance. - 8 to 10sec at a fun, fast pace - NOT a full sprit. - repeat 8 times with 2min easy running between reps. |
| 26 | Rest | 7/18 | 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 |
| Run Goal: | 5hs 15min | 7/19 | Tue | 75min easy run | Build Endurance | 75% MHR (maximum heart rate) to 80% by the end of the run. |
| | | 7/20 | Wed | OFF or OPTIONAL CROSS TRAINING | Build Endurance or Recovery | This session can be 30min to 3hrs depending on the cross-training base you have when starting this program. |
| | | 7/21 | Thu | 60min recovery run | Build Endurance | 65% MHR or 70% by the end of the run. It's very, very light. |
| | | 7/22 | Fri | OFF | Recovery Day | You can use this day for rehab, yoga , massage or core work. |
| | | 7/23 | 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. |
| | | 7/24 | 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. |
| 27 | Build | 7/25 | Mon | OFF or OPTIONAL CROSS TRAINING | Build Endurance or Recovery | This session can be 30min to 3hrs depending on the cross-training base you have when starting this program. |
| Run Goal: | 16hrs | 7/26 | Tue | 60min recovery run | Build Endurance | 65% MHR or 70% by the end of the run. It's very, very light. |
| | | 7/27 | Wed | OFF | Recovery Day | You can use this day for rehab, yoga , massage or core work. |
| | | 7/28 | Thu | 60min recovery run | Build Endurance | 65% MHR or 70% by the end of the run. It's very, very light. |
| | | 7/29 | 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. |
| | | 7/30 | 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. |
| | | 7/31 | 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. |

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| 28 | Build | 8/1 | Mon | OFF or OPTIONAL CROSS TRAINING | Build Endurance or Recovery | This session can be 30min to 3hrs depending on the cross-training base you have when starting this program. |
| Run Goal: | 16hrs 15min | 8/2 | Tue | 45min recovery run | Build Endurance | 65% MHR or 70% by the end of the run. It's very, very light. |
| | | 8/3 | 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. | Perform 2 of these strides after your hill workout. Strides are a running workout where you accelerate into your sprint and run 60-100m and then slow back down to recovery for 1min of walking. The accelerations are gradual and progressive. You will want to start your strides easy and slowly build into top speed. Please note that you're only running at top speed for 3-5 seconds before you stop and take your walk recovery. |
| | | 8/4 | Thu | OFF or OPTIONAL CROSS TRAINING | Build Endurance or Recovery | This session can be 30min to 3hrs depending on the cross-training base you have when starting this program. |
| | | 8/5 | 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. |
| | | 8/6 | Sat | Long Steady Run: 5.5hrs | Build Endurance & Stamina. | Time on your feet is more important than pace in a long, steady run. Run easy and run long. |
| | | 8/7 | 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. |
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| 29 | Peak | 8/8 | Mon | OFF | Recovery Day | Endurance booster week. This is a great week to practice race pace, try equipment and nutritional routine etc... |
| Run Goal: | 14-17 | 8/9 | Tue | 45min recovery run | Build Endurance | 65% MHR or 70% by the end of the run. It's very, very light. |
| | | 8/10 | Wed | OFF | Recovery Day | You can use this day for rehab, yoga , massage or core work. |
| | | 8/11 | Thu | 60-90min easy run | Build Endurance | 75% MHR (maximum heart rate) to 80% by the end of the run. |
| | | 8/12 | Fri | Long Steady Run: 3-4hrs | Build Endurance & Stamina. | VERTICAL FOCUS: Choose a hill that takes you approx. 30-60min to ascend and then run down and repeat for the duration of time. |
| | | 8/13 | 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. |

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| | | 8/14 | 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. PICK-UPS FOR THE LAST 15min of your run, incorporate the following set of pick-ups to help develop additional endurance. - 8 to 10sec at a fun, fast pace - NOT a full sprint. - repeat 8 times with 2min easy running between reps. |
| 30 | Taper | 8/15 | Mon | OFF or OPTIONAL CROSS TRAINING | Build Endurance or Recovery | 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 | 8/16 | Tue | 75min easy run | Build Endurance | 75% MHR (maximum heart rate) to 80% by the end of the run. |
| | | 8/17 | Wed | 60min recovery run | Build Endurance | 65% MHR or 70% by the end of the run. It's very, very light. |
| | | 8/18 | Thu | OFF or OPTIONAL CROSS TRAINING | Build Endurance or Recovery | This session can be 30min to 90min depending on the cross-training base you have when starting this program. |
| | | 8/19 | Fri | OFF | Recovery Day | You can use this day for rehab, yoga , massage or core work. |
| | | 8/20 | 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. |
| | | 8/21 | Sun | 90min easy run | Build Endurance | 75% MHR (maximum heart rate) to 80% by the end of the run. |
| 31 | Taper | 8/22 | Mon | OFF or OPTIONAL CROSS TRAINING | Build Endurance or Recovery | 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 | 8/23 | Tue | 20min warm up. 10min tempo run. 20min cool down. | Build stamina - lactate threshold speed. | 85-90% MHR. Slightly more intense than steady state effort. Comfortably hard effort. This workout is continuous running. |
| | | 8/24 | Wed | 45min recovery run | Build Endurance | 65% MHR or 70% by the end of the run. It's very, very light. |
| | | 8/25 | Thu | OFF or OPTIONAL CROSS TRAINING | Build Endurance or Recovery | This session can be 30min to 90min depending on the cross-training base you have when starting this program. |
| | | 8/26 | Fri | OFF | Recovery Day | You can use this day for rehab, yoga , massage or core work. |
| | | 8/27 | Sat | 90min easy run | Build Endurance | 75% MHR (maximum heart rate) to 80% by the end of the run. |

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| | | 8/28 | Sun | 90min easy run | Build Endurance | 75% MHR (maximum heart rate) to 80% by the end of the run. |
| | | | | | | |
| 32 | RACE | 8/29 | Mon | OFF | Recovery Day | |
| | | 8/30 | Tue | OFF | Recovery Day | |
| | | 8/31 | Wed | 30-40min recovery run | Build Endurance | 65% MHR or 70% by the end of the run. It's very, very light. |
| | | 9/1 | Thu | 60-80min easy run | Build Endurance | 75% MHR (maximum heart rate) to 80% by the end of the run. |
| | | 9/2 | Fri | OFF | Recovery Day | |
| | | 9/3 | Sat | STAGE ONE | 43,0 km | ↑2.180 Hm ↓2.040 Hm |
| | | 9/4 | Sun | STAGE TWO | 31,0 km | ↑1.770 Hm ↓1.840 Hm |
| | | | | | | |
| 33 | RACE | 9/5 | Mon | STAGE THREE | 54,0 km | ↑2.800 Hm ↓1.780 Hm |
| | | 9/6 | Tue | STAGE FOUR | 11,0 km | ↑920 Hm ↓320 Hm |
| | | 9/7 | Wed | STAGE FIVE | 37,0 km | ↑2.450 Hm ↓2.200 Hm |
| | | 9/8 | Thu | STAGE SIX | 37,0 km | ↑2.400 Hm ↓2.500 Hm |
| | | 9/9 | Fri | STAGE SEVENT | 43,0 km | ↑2.100 Hm ↓2.700 Hm |
| | | 9/10 | Sat | STAGE EIGHT | 34,0 km | ↑2.700 Hm ↓2.350 Hm |
| | | 9/11 | Sun | CELEBRATE! | PARTY! | #TARFAMILY |

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.