

Instruction Manual

Welcome to the Get Fit Live Fit training program! This training program is designed for runners of various abilities to enjoy the benefits of a professionally designed training program. We hope you will learn and incorporate the tools used in this training program to make running a regular part of your lifestyle and continue to challenge yourself with new running goals.

Your success in this training program rests on your ability to train at the appropriate intensities prescribed for you on each day. Harder is not always better to become a better runner. The section on training intensities will give you three methods to evaluate your intensity for each workout or run.

Your program and the structure of a typical training week

Track Workouts

As Coaches, we cannot emphasize enough the importance of this speed workout at the track. These workouts are the key to you becoming a faster, more efficient, more economical, injury-free runner. Track workouts should follow a consistent, regular format:

- Jog 2 laps Warm-up (WU)
- Dynamic Warm-up drills (DWU)
- Workout Main Set
- Walk 1 lap Warm-down (WD)
- Stretch

Always finish a track workout being able to complete one more repeat.

For instruction and video on a dynamic warm up routine visit http://www.runneng.com/newsbriefs/news.htm or http://www.crpusa.com/2008/05/22/form-running-drills

Long Workouts

Remember, consistency is key. Your long run is not a substitute to make up for the miles you did not run during the week. This thought process will only result in injury.

Training Intensity

Your success with this program will be related to how well you run at the correct intensity for each run. Every run, whether a track workout or longer run or mid week run, has a specific purpose. Your primary objective is to build your endurance as a runner. Speed will come once endurance is in place. Therefore running too fast on your days titled 'recovery' is detrimental to your speed development.

Your training program offers you three intensities for all your training. Take some time to consider what each of the descriptions means to you.

How to Determine Your Training Paces

1-mile test run

During the 1 mile test run that you will do during the first week of training you will be able to establish the range of paces you should be training at for the program. It is imperative that you conduct the 1-mile test run properly to obtain training paces best for you.

After a proper warm up (as described above on the track workout routine) run 1-mile (4 laps) at your normal conversational pace. This is an easy pace you would do during a run with a friend in which you wanted to talk; the slower the better. Take your time from this one-mile run and enter this into your pace calculator downloaded with your training program to find your training paces.

| Training Pace | Description | Heart Rate Zone |
|------------------|---|-----------------|
| Recovery | A very easy pace, which you can talk during. Faster is not better. | 1 |
| Comfortably Hard | A faster run in which the breathing is rhythmic and at a faster rate, but in control. Conversation is possible, but more difficult. This can be maintained for 20 minutes or more when fit. | = |
| <u>Fast</u> | This is near the pace you would run in a 1 mile RACE. Therefore this is faster running than comfortably hard pace, but with perfect form. | III |

Monitoring your Running Intensity

You have 3 ways of checking how hard you are running.

- 1) Your heart rate and the heart rate zone that falls into.
- 2) The qualitative description of your training pace (See Training Paces above). If it is a recovery day and you cannot hold a conversation you are running TOO fast!
- 3) A watch. This is the least accurate. Only use your watch to gauge training pace if you are using an accurately measured distance. Even then don't be concerned if you are slower than a previous run on that route. If your body needs to recover, your heart rate will reflective that and it will be higher at a slower running speed. If you use a monitor you will be training at the proper intensity, with only the watch you are liable to run too fast.

Heart Rate Monitoring Basics

Heart rate can be a valuable piece of information for the athlete. At certain submaximal running intensities it is a direct indication of how much work you are doing at that moment. This takes into account the environmental factors, your state of rest prior to the workout, nutrition, hydration and of course your fitness. To use heart rate monitoring effectively you need to obtain three pieces of information.

- 1. Resting heart rate
- 2. Maximum heart rate
- 3. Heart rate zones for your running goals

Resting heart rate

How to take resting heart rate: Count your pulse on your wrist or neck for 15 seconds and multiple by 4. Do this before rising at the same time each morning. If unfeasible to do before rising in the morning lie down at the same time each day and relax for 20 minutes. At the end of this rest period take the pulse rate on a 15 second count. Document this value in your training log each day.

<u>Note</u>: A resting heart rate 5 or more beats above normal is an early indication of over-training, stress or impending illness. By ensuring enough recovery between workouts you will be less likely to become injured or chronically fatigued because of your training load and life stresses.

Maximum heart rate

To obtain a value for your maximum heart rate you can use the following equation.

HR max = 205.8 - (0.685 * age)

Heart Rate Zones & Training Benefit

Zone I Improving aerobic endurance (70-76% of max)

Zone II Improving stamina and endurance at lactate threshold (76-87% of max) Zone III Improving aerobic capacity and speed at lactate threshold (87-92% of max)

Zone IV Improving aerobic capacity and top end speed (92-100% of max)

Other Aspect of Training

Cross training

Your choice of mode: swim, cycle, hike, XC ski, snowshoe, row, aerobics class, stair climb, etc.; anything except your normal sport discipline(s). You can combine two or more modes into one workout. This workout should be at an easy to moderately hard effort (RPE 1-6 on 10 scale). Avoid anaerobic effort (pilates, strength training, etc.).

Stretching

Click <u>here</u> for information on stretching programs provided by Therapeutic Associates, Inc.

Strength Training

Click <u>here</u> for information on strength programs provided by Northwest Personal Training.

Sincerely, Get Fit Live Fit Coaches





Training Guidelines

RPE = Rate of Perceived Exertion

HR = Heart Rate

Talk Test = usually a good indicator of aerobic walking. You are able to carry on a conversation.

Use the following workout key for these protocols:

- EASY: Keep intensity low and at a conversational level. Intensity should be within 60%–70% of your Target Heart Rate or 11–12 on the RPE scale.
- MODERATE: Hills. Slightly more difficult than easy. Hills can be either hilly terrain, i.e. Terwilliger, or hill repeats. Warm up; 4–10 repeats; cool down.
 Intensity should be within 75%–85% of your Target Heart Range or 13–14 on the RPE scale.
- **LONG:** Keep intensity low and at a conversational level. Focus on completing the distance. Usually not to exceed 78% HR or 13–15 on the RPE scale.
- Active Rest XT (Cross Train): Workout for the designed amount of time on aerobic or strength equipment. Keep intensity low to moderate. Intensity should be within 50%–70% of your Target Heart Range or 11–12 on the RPE scale.
- Fartlek: Speed play. The technique here is to introduce into your normal walks some short periods of slightly higher pace. Maintain these for a short period, say 50 meters (aim for tree to tree, driveway to driveway, power pole or some other landmark up ahead). Then drop your pace back below your normal walking pace until you have fully recovered and your breathing has returned to normal. These speed plays should be faster than your Recovery pace.
- Brisk Speed: this is basically picking up the pace and walking faster than your usual walking pace /HR 78% 85% or 14–15 RPE

Name Run Relay Intermediate
Mileage 16-22.25



RUN AND WALK PROGRAMS

| Week 1 | Monday | Tuesday | Wednesday | Thursday | Eridov | Coturdov | Cundov | |
|--|---|---|---|---|---|--|---|----|
| Workout | Monday | Tuesday | Track Day | Thursday Recovery Run | Friday Recovery Run | Saturday Recovery Run | Sunday Rest | - |
| Distance | | | 3.0 | 4.0 | 3.0 | 3.0 | ivear | |
| Pace | | | Recovery | Recovery | | Recovery | | |
| HR Zone | | | Zone I | Zone I | | Zone I | | |
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| | | | Jog 800m to warm up; run 2 | | | | | |
| | | | miles at an easy, | | | | | |
| | | | conversational pace and | | | | | |
| | | | record the time for each | | | | | |
| | | | mile; jog 800m to cool down; | | | Both runs are to be done | | |
| | | | take the average mile time | | | within 24 hours of each | | |
| | | | of the two mile runthis is | | A very easy pace, which you | other, and at a very easy | | |
| | | | your Recovery Pace; 800m | can talk during. Faster is not | can talk during. Faster is not | pace at which you can talk. | | |
| Details | | | = 2 laps | better. | better. | Faster is not better. | | |
| Workout 2 | | | Stretching | Stretching | | Recovery Run | Stretching | |
| Distance | | | | | | 3.0 | Weekly volume | |
| Pace | | | | | | Recovery | | |
| HR Zone | | | <u> </u> | | | Zone I | Miles 16.0 | 0 |
| Week 2 | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 | |
| Workout | Cross Training | Recovery Run | Track Day | Recovery Run | | Recovery Run | Rest | |
| Distance | | 4.0 | 2.0 | 3.0 | | 3.0 | | |
| Pace | | Recovery | Varied | Recovery | | Recovery | | |
| HR Zone | Zone I | Zone II | Zone II | Zone I | Zone I | Zone I | | J |
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| | Your choice of mode: swim, cycle, hike, | | | | | | | |
| | XC ski, snowshoe, row, aerobics class, | | | | | | | |
| | stair climb, etc.; anything except your | | | | | | | |
| | normal sport discipline(s). You can | | 400m jog warm-up; [600m | | | | | |
| | combine two or more modes into one | | @ Comfortably Hard pace, 1 | | | Both runs are to be done | | |
| | workout. This workout should be at an | Find a hilly course and run | min walk rest; 200m @ Fast | | | within 24 hours of each | | |
| | | an easy pace, which you car | | | A very easy pace, which you | | | |
| | | talk during. Faster is not | jog cool down; 600m = 1.5 | | can talk during. Faster is not | | | |
| Details | (pilates, strength training, etc.). | better. | laps; 200m = 1/2 a lap | better. | better. | Faster is not better. | | |
| Workout 2 | Stretching | Strength Training | Stretching | Stretching | Strength Training | Recovery Run | Stretching | — |
| Distance | | | | | | 3.0 | Weekly volume | ı |
| Pace HR Zone | | | | | | Recovery Zone I | Miles 18.0 | |
| Week 3 | Day 1 | L_ | L | D 4 | | | | 00 |
| | | | | | | | | |
| | | Day 2 Recovery Run | Day 3 Track Day | Day 4 Recovery Run | Day 5 | Day 6 Recovery Run | Day 7 | |
| Workout | Recovery Run | Recovery Run | Track Day | Recovery Run | Cross Training | Recovery Run | Rest | |
| Workout Distance | Recovery Run 3.0 | Recovery Run 3.0 | Track Day 3.5 | Recovery Run 5.0 | Cross Training | Recovery Run 4.0 | | |
| Workout Distance Pace | Recovery Run 3.0 Recovery | Recovery Run 3.0 Recovery | Track Day | Recovery Run 5.0 Recovery | Cross Training | Recovery Run 4.0 Recovery | | |
| Workout Distance | Recovery Run 3.0 Recovery | Recovery Run 3.0 | Track Day 3.5 | Recovery Run 5.0 | Cross Training | Recovery Run 4.0 | | |
| Workout Distance Pace | Recovery Run 3.0 Recovery | Recovery Run 3.0 Recovery | Track Day 3.5 | Recovery Run 5.0 Recovery | Cross Training Zone I | Recovery Run 4.0 Recovery | | |
| Workout Distance Pace | Recovery Run 3.0 Recovery | Recovery Run 3.0 Recovery | Track Day 3.5 | Recovery Run 5.0 Recovery | Cross Training Zone I Your choice of mode: swim, | Recovery Run 4.0 Recovery | | |
| Workout Distance Pace | Recovery Run 3.0 Recovery | Recovery Run 3.0 Recovery | Track Day 3.5 | Recovery Run 5.0 Recovery | Cross Training Zone I Your choice of mode: swim, cycle, hike, XC ski, | Recovery Run 4.0 Recovery | | |
| Workout Distance Pace | Recovery Run 3.0 Recovery | Recovery Run 3.0 Recovery | Track Day 3.5 | Recovery Run 5.0 Recovery | Cross Training Zone I Your choice of mode: swim, cycle, hike, XC ski, snowshoe, row, aerobics | Recovery Run 4.0 Recovery | | |
| Workout Distance Pace | Recovery Run 3.0 Recovery | Recovery Run 3.0 Recovery | Track Day 3.5 | Recovery Run 5.0 Recovery | Zone I Your choice of mode: swim, cycle, hike, XC ski, snowshoe, row, aerobics class, stair climb, etc.; | Recovery Run 4.0 Recovery | | |
| Workout Distance Pace | Recovery Run 3.0 Recovery | Recovery Run 3.0 Recovery | Track Day 3.5 | Recovery Run 5.0 Recovery | Cross Training Zone I Your choice of mode: swim, cycle, hike, XC ski, snowshoe, row, aerobics class, stair climb, etc.; anything except your normal | Recovery Run 4.0 Recovery | | |
| Workout Distance Pace | Recovery Run 3.0 Recovery | Recovery Run 3.0 Recovery | Track Day 3.5 | Recovery Run 5.0 Recovery | Zone I Your choice of mode: swim, cycle, hike, XC ski, snowshoe, row, aerobics class, stair climb, etc.; anything except your normal sport discipline(s). You can | Recovery Run 4.0 Recovery | | |
| Workout Distance Pace | Recovery Run 3.0 Recovery | Recovery Run 3.0 Recovery | Track Day 3.5 | Recovery Run 5.0 Recovery | Zone I Your choice of mode: swim, cycle, hike, XC ski, snowshoe, row, aerobics class, stair climb, etc.; anything except your normal sport discipline(s). You can combine two or more modes | Recovery Run 4.0 Recovery | | |
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| Workout Distance Pace | Recovery Run 3.0 Recovery | Recovery Run 3.0 Recovery | Track Day 3.5 Varied 400m jog warm-up; 6x800m | Recovery Run 5.0 Recovery | Cross Training Zone I Your choice of mode: swim, cycle, hike, XC ski, snowshoe, row, aerobics class, stair climb, etc.; anything except your normal sport discipline(s). You can combine two or more modes into one workout. This workout should be at an easy | Recovery Run 4.0 Recovery Zone I | | |
| Workout Distance Pace | Recovery Run 3.0 Recovery Zone I | Recovery Run 3.0 Recovery Zone II | Track Day 3.5 Varied 400m jog warm-up; 6x800m @ Comfortably Hard pace | Recovery Run 5.0 Recovery | Zone I Your choice of mode: swim, cycle, hike, XC ski, snowshoe, row, aerobics class, stair climb, etc.; anything except your normal sport discipline(s). You can combine two or more modes into one workout. This workout should be at an easy to moderately hard effort | Recovery Run 4.0 Recovery Zone I | | |
| Workout Distance Pace | Recovery Run 3.0 Recovery Zone I | Recovery Run 3.0 Recovery Zone II Find a hilly course and run | Track Day 3.5 Varied 400m jog warm-up; 6x800m © Comfortably Hard pace with 2 mins walking rest | Recovery Run 5.0 Recovery Zone I | Cross Training Zone I Your choice of mode: swim, cycle, hike, XC ski, snowshoe, row, aerobics class, stair climb, etc.; anything except your normal sport discipline(s). You can combine two or more modes into one workout. This workout should be at an easy to moderately hard effort (RPE 1-6 on 10 scale). | Recovery Run 4.0 Recovery Zone I Both runs are to be done within 24 hours of each | | |
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| Workout Distance Pace HR Zone Details Workout 2 Distance Pace HR Zone Week 4 Workout Distance Pace HR Zone Details Workout Distance Pace HR Zone | Recovery Run 3.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. Stretching Day 1 Recovery Run 4.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. | Recovery Run 3.0 Recovery Zone II Find a hilly course and run an easy pace, which you car talk during. Faster is not better. Strength Training Day 2 Recovery Run 4.0 Recovery Zone II Find a hilly course and run an easy pace, which you car talk during. Faster is not better. | Track Day 3.5 Varied 400m jog warm-up; 6x800m @ Comfortably Hard pace with 2 mins walking rest between each 800m; 400m jog cool-down; 400m = 1 lap; 800m = 2 laps Stretching Day 3 Track Day 2.5 Varied Zone II 400m jog warm-up; 2x100m @ Fast pace, 1 minute walk rest after each 100m; 3200m @ Comfortably Hard pace, 5 ini walk rest; 400m jog cool down; 100m = the straightaway of the track; 3200m = 8 laps or 2 miles | Recovery Run 5.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. Stretching Zone I Your choice of mode: swim, cycle, hike, XC ski, snowshoe, row, aerobics class, stair climb, etc.; anything except your normal sport discipline(s). You can combine two or more modes into one workout. This workout should be at an easy to moderately hard effort (RPE 1-6 on 10 scale). Avoid anaerobic effort (pilates, strength training, etc.). | Cross Training Zone I Your choice of mode: swim, cycle, hike, XC ski, snowshoe, row, aerobics class, stair climb, etc.; anything except your normal sport discipline(s). You can combine two or more modes into one workout. This workout should be at an easy to moderately hard effort (RPE 1-6 on 10 scale). Avoid anaerobic effort (pilates, strength training, etc.). Strength Training Day 5 Recovery Run 5.0 Recovery Run 5.0 Find a hilly course and run an easy pace, which you can talk during. Faster is not better. Strength Training | Both runs are to be done within 24 hours of each other, and at a very easy pace at which you can talk. Faster is not better. Recovery Run 3.0 Recovery Run 3.0 Recovery Run 4.0 Recovery Run 4.0 Recovery Run 4.0 Recovery Run 5.0 Recovery Run 6.0 Recovery Run 7.0 Recovery Run 8.0 Recovery Run | Strength Training Weekly volume Miles 21.5 Day 7 Rest | 5 |
| Workout Distance Pace HR Zone Details Workout 2 Distance Pace HR Zone Week 4 Workout Distance Pace HR Zone Week 2 Workout Distance Control Distance | Recovery Run 3.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. Stretching Day 1 Recovery Run 4.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. | Recovery Run 3.0 Recovery Zone II Find a hilly course and run an easy pace, which you car talk during. Faster is not better. Strength Training Day 2 Recovery Run 4.0 Recovery Zone II Find a hilly course and run an easy pace, which you car talk during. Faster is not better. | Track Day 3.5 Varied 400m jog warm-up; 6x800m @ Comfortably Hard pace with 2 mins walking rest between each 800m; 400m jog cool-down; 400m = 1 lap; 800m = 2 laps Stretching Day 3 Track Day 2.5 Varied Zone II 400m jog warm-up; 2x100m @ Fast pace, 1 minute walk rest after each 100m; 3200m @ Comfortably Hard pace, 5 ini walk rest; 400m jog cool down; 100m = the straightaway of the track; 3200m = 8 laps or 2 miles | Recovery Run 5.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. Stretching Zone I Your choice of mode: swim, cycle, hike, XC ski, snowshoe, row, aerobics class, stair climb, etc.; anything except your normal sport discipline(s). You can combine two or more modes into one workout. This workout should be at an easy to moderately hard effort (RPE 1-6 on 10 scale). Avoid anaerobic effort (pilates, strength training, etc.). | Cross Training Zone I Your choice of mode: swim, cycle, hike, XC ski, snowshoe, row, aerobics class, stair climb, etc.; anything except your normal sport discipline(s). You can combine two or more modes into one workout. This workout should be at an easy to moderately hard effort (RPE 1-6 on 10 scale). Avoid anaerobic effort (pilates, strength training, etc.). Strength Training Day 5 Recovery Run 5.0 Recovery Zone II | Both runs are to be done within 24 hours of each other, and at a very easy pace at which you can talk. Faster is not better. Recovery Zone I Day 6 Recovery Run 3.0 Recovery Zone I Day 6 Recovery Run 4.0 Recovery Zone I Day 6 Recovery Run 4.0 Recovery Run 4.0 Recovery Run 5.0 Recovery Run 6.0 Recovery Run 7.0 Recovery Run 8.0 | Strength Training Weekly volume Miles 21.5 Day 7 Rest | |

Mileage Run Relay Intermediate
23.5-29



RUN AND WALK PROGRAMS

| Workout Distance Recovery Run Cross Training Track Day Recovery Run Recovery Run Recovery Run 3.5 4.0 3.0 5.0 | covery Run | Sunday |
|--|--|------------------------|
| Distance 4.0 Pace Recovery Recovery Recovery Recovery Recovery Zone I Your choice of mode: swim, | | Rest |
| HR Zone I Your choice of mode: swim, |) | |
| Your choice of mode: swim, | ecovery | |
| | ne I | Į |
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| | | |
| | | |
| snowshoe, row, aerobics | | |
| class, stair climb, etc.: | | |
| anything except your normal | | |
| sport discipline(s). You can | | |
| combine two or more modes | | |
| into one workout. This | | |
| workout should be at an 400m jog warm-up; easy to moderately hard 3x1600m @ Comfortably To be done within 24hrs of Both r | oth runs are to be done | |
| | thin 24 hours of each | |
| | ner, and at a very easy | |
| | ce at which you can talk. | |
| | ster is not better. | |
| Workout 2 Stretching Strength Training Stretching Stretching Stretching Strength Training Recoverage 4.0 | covery Run | Stretching |
| | ecovery | Weekly volume |
| HR Zone Zone | | Miles 23.5 |
| Week 6 Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 | | Day 7 |
| | | Rest |
| Distance 5.0 3.25 4.0 4.0 6.0 |) | |
| Pace Recovery Varied Recovery Recovery Recovery | ecovery | l |
| HR Zone Zone I Zo | ne i | |
| | | l |
| | | l |
| | | l |
| | | l |
| | | |
| Your choice of mode: swim, cycle, hike, | | |
| XC ski, snowshoe, row, aerobics class, | | |
| stair climb, etc.; anything except your | | |
| normal sport discipline(s). You can | | |
| | th runs are to be done | |
| | thin 24 hours of each | |
| easy to moderately hard effort (RPE 1-6 A very easy pace, which you [800m @ Comfortably Hard, A very easy pace, which you A very easy pace, which you other, on 10 scale). Avoid anaerobic effort can talk during. Faster is not 100m @ Fast, 3 min walk | | |
| | ster is not better. | |
| | covery Run | |
| Distance 4.0 | | Weekly volume |
| | ecovery | |
| HR Zone Zone | | Miles 26.25 |
| Week 7 Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Workout Recovery Run Rest Track Day Recovery Run Recovery Run Recovery Run | | Day 7 Rest |
| Workout Recovery Run Recovery R | | I/CSI |
| Distance 4.0 2.25 4.0 4.0 6.0 | | |
| Distance 4.0 2.25 4.0 4.0 6.0 Recovery Recovery Recovery Recovery | ecovery | |
| | ecovery | |
| Pace Recovery Varied Recovery Recovery Recovery | ecovery | |
| Pace Recovery Varied Recovery Recovery Recovery | ecovery | |
| Pace Recovery Varied Recovery Recovery Recovery | ecovery | |
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| Pace Recovery Varied Recovery Recovery Recovery | ecovery | |
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| Pace Recovery Varied Recovery Recovery Recovery | ecovery | |
| Pace Recovery Varied Recovery Recovery Recovery | ecovery | |
| Pace Recovery Zone I Varied Recovery Zone I Zone III Recovery Zone I | ecovery | |
| Pace Recovery Zone I Varied Recovery Zone I Recovery Zone I Recovery Zone I Both re | ecovery ne I | |
| Pace Recovery Zone I Varied Recovery Zone I Varied Zone III Recovery Zone I Both r within within within within within advanced by the control of the con | oth runs are to be done thin 24 hours of each her, and at a very easy | |
| Pace HR Zone I Varied Recovery Zone I Recovery | oth runs are to be done thin 24 hours of each her, and at a very easy ce at which you can talk. | |
| Pace HR Zone I Varied Recovery Zone I Recovery | eth runs are to be done thin 24 hours of each ner, and at a very easy ce at which you can talk. ster is not better. | |
| Pace HR Zone I Recovery Zone I | oth runs are to be done thin 24 hours of each her, and at a very easy ce at which you can talk. ster is not better. | Weekly volume |
| Pace HR Zone I A very easy pace, which you can talk during. Faster is not better. Details Workout 2 Distance Pace Pace Recovery Zone I A very easy pace, which you can talk during. Faster is not better. Strength Training Strength Training Varied Zone I A very easy pace, which you can talk during. Faster is not better. Strength Training A very easy pace, which you can talk during. Faster is not better. Strength Training Recovery Zone I A very easy pace, which you can talk during. Faster is not better. Strength Training Recovery Zone I A very easy pace, which you can talk during. Faster is not better. Strength Training Recovery Zone I Strength Training Recovery Zone I A very easy pace, which you can talk during. Faster is not better. Strength Training Recovery Zone I A very easy pace, which you can talk during. Faster is not better. Strength Training Recovery Zone I A very easy pace, which you can talk during. Faster is not better. Strength Training Recovery Zone I A very easy pace, which you can talk during. Faster is not better. Strength Training Recovery Zone I A very easy pace, which you can talk during. Faster is not better. Strength Training Recovery Zone I | oth runs are to be done thin 24 hours of each ner, and at a very easy ce at which you can talk. ster is not better. scovery Run) covery | , |
| Pace HR Zone Recovery Zone I Varied Recovery Zone I Varied Recovery Zone I Recovery Zone I Both recovery Zone I 400m jog warm-up; 6x400m @ Fast, 200m jog rest; 400m jog cool down Stretching A very easy pace, which you can talk during. Faster is not better. Strength Training Stretching A very easy pace, which you can talk during. Faster is not better. Strength Training Stretching Stretching A very easy pace, which you can talk during. Faster is not better. Strength Training Recovery Zone I A very easy pace, which you can talk during. Faster is not better. Stretching Stretching Stretching Stretching Recovery Zone I A very easy pace, which you can talk during. Faster is not better. Strength Training Recovery Zone I Both recovery Zone I Stretching A very easy pace, which you can talk during. Faster is not better. Strength Training Recovery Zone I | oth runs are to be done thin 24 hours of each ner, and at a very easy ce at which you can talk, ster is not better. covery Run covery Run covery | Miles 25.25 |
| Pace HR Zone I Recovery Zone I | oth runs are to be done thin 24 hours of each her, and at a very easy ce at which you can talk. ster is not better. | Miles 25.25 Day 7 |
| Pace HR Zone Recovery Recover | oth runs are to be done thin 24 hours of each ner, and at a very easy ce at which you can talk. ster is not better. scovery Run) covery ne I by 6 scovery Run | Miles 25.25 |
| Pace HR Zone I Recovery Zone I | oth runs are to be done thin 24 hours of each ner, and at a very easy ce at which you can talk ster is not better. coovery Run) covery ne I y 6 coovery Run) | Miles 25.25 Day 7 |
| Pace HR Zone Recovery Zone I A very easy pace, which you can talk during. Faster is not better. Stretching A very easy pace, which you can talk during. Faster is not better. Stretching Stretching A very easy pace, which you can talk during. Faster is not better. Stretching Stretching A very easy pace, which you can talk during. Faster is not better. Stretching Stretching Deay 3 Day 4 Day 5 Day 6 Recovery Zone I Recovery Zone I Both r within ocan talk during. Faster is not better. Stretching Recovery Run Reco | oth runs are to be done thin 24 hours of each ner, and at a very easy ce at which you can talk. ster is not better. scovery Run of the covery Run of the cov | Miles 25.25 Day 7 |
| Pace HR Zone I Recovery Zone I Zon | oth runs are to be done thin 24 hours of each ner, and at a very easy ce at which you can talk. ster is not better. scovery Run of the covery Run of the cov | Miles 25.25 Day 7 |
| Pace HR Zone I Recovery Zone I | oth runs are to be done thin 24 hours of each ner, and at a very easy ce at which you can talk. ster is not better. scovery Run of the covery Run of the cov | Miles 25.25 Day 7 |
| Pace HR Zone I Recovery Zone I | oth runs are to be done thin 24 hours of each ner, and at a very easy ce at which you can talk. ster is not better. scovery Run of the covery Run of the cov | Miles 25.25 Day 7 |
| Pace HR Zone I Recovery Zone I | oth runs are to be done thin 24 hours of each ner, and at a very easy ce at which you can talk. ster is not better. scovery Run of the covery Run of the cov | Miles 25.25 Day 7 |
| Pace HR Zone I Recovery Zone I Zon | oth runs are to be done thin 24 hours of each ner, and at a very easy ce at which you can talk. ster is not better. scovery Run of the covery Run of the cov | Miles 25.25 Day 7 |
| Pace HR Zone I Recovery Zone I | oth runs are to be done thin 24 hours of each ner, and at a very easy ce at which you can talk. ster is not better. scovery Run of the covery Run of the cov | Miles 25.25 Day 7 |
| Pace HR Zone I Recovery Zone I | oth runs are to be done thin 24 hours of each ner, and at a very easy ce at which you can talk. ster is not better. scovery Run of the covery Run of the cov | Miles 25.25 Day 7 |
| Pace HR Zone I Recovery Zone I | oth runs are to be done thin 24 hours of each ner, and at a very easy ce at which you can talk. ster is not better. scovery Run of the covery Run of the cov | Miles 25.25 Day 7 |
| Pace HR Zone I Recovery Zone I | oth runs are to be done thin 24 hours of each ner, and at a very easy ce at which you can talk. ster is not better. scovery Run of the covery Run of the cov | Miles 25.25 Day 7 |
| Pace HR Zone Zone | ath runs are to be done thin 24 hours of each ner, and at a very easy ce at which you can talk, ster is not better. covery Run) covery ene I y 6 covery covery Run) covery Run) covery Run) | Miles 25.25 Day 7 |
| Pace HR Zone I A very easy pace, which you can talk during. Faster is not better. Stretching Data/S Workout 2 Distance Pace Pace Week 8 Day 1 Day 2 Day 2 Day 3 Day 4 Day 5 Day 5 Day 6 Recovery Run Track Day Recovery Run Sone II Recovery Re | oth runs are to be done thin 24 hours of each ere, and at a very easy ce at which you can talk. ster is not better. scovery Run occovery Run occover | Miles 25.25 Day 7 |
| Recovery | oth runs are to be done thin 24 hours of each ner, and at a very easy ce at which you can talk. ster is not better. scovery Run) scovery ne I 1 1 1 1 1 1 1 1 1 | Miles 25.25 Day 7 |
| Pace HR Zone I A very easy pace, which you can talk during. Faster is not better. Stretching Data/S Workout 2 Distance Pace Pace Week 8 Day 1 Day 2 Day 2 Day 3 Day 4 Day 5 Day 5 Day 6 Recovery Run Track Day Recovery Run Sone II Recovery Re | ath runs are to be done thin 24 hours of each ner, and at a very easy ce at which you can talk. ster is not better. covery Run or covery Run o | Miles 25.25 Day 7 |
| Pace HR Zone Recovery Rec | with runs are to be done thin 24 hours of each ner, and at a very easy ce at which you can talk. ster is not better. Steovery Run Steovery Run Coovery Run Co | Miles 25.25 Day 7 |
| Pace HR Zone Zone Varied Zone Recovery Recovery Zone Zone Zone Zone Zone Zone Zone Zone Zone Zone Zone Zone Zone Zone Zone Zone Zone Zone Zone Zone Zone Zone Zone Zone Zone Zone | ath runs are to be done thin 24 hours of each ner, and at a very easy ce at which you can talk ster is not better. accovery Run) covery Run) covery Run) covery ne I | Miles 25.25 Day 7 Rest |
| Recovery | oth runs are to be done thin 24 hours of each each each each each each each each | Miles 25.25 Day 7 |
| Pace Recovery Zone | ath runs are to be done thin 24 hours of each ner, and at a very easy ce at which you can talk. ster is not better. covery Run) | Miles 25.25 Day 7 Rest |

Name Run Relay Intermediate
Mileage 11-32.5



RUN AND WALK PROGRAMS

| Week 9 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Cundov |
|---|---|--|--|---|---|---|---|
| Workout | Cross Training | Tuesday Recovery Run | Track Day | Recovery Run | Recovery Run | Recovery Run | Sunday Rest |
| Distance | Cross training | 6.0 | 4.50 | 5.0 | 4.0 | 8.0 | Rest |
| Pace | | Recovery | Varied | Recovery | | Recovery | |
| HR Zone | Zone I | Zone II | Zone II | Zone I | | Zone I | |
| I IIX Zone | Zone i | Zone ii | Zone II | Zone i | Zone i | Zone i | |
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| | Your choice of mode: swim, cycle, hike, | | | | | | |
| | XC ski, snowshoe, row, aerobics class, | | | | | | |
| | stair climb, etc.; anything except your | | | | | | |
| | normal sport discipline(s). You can | | | | | | |
| | combine two or more modes into one | | 400m jog warm-up; | | To be done within 24hrs of | Both runs are to be done | |
| | workout. This workout should be at an | Find a hilly course and run | 4x1600m @ Race pace; 2 | To be done within 24hrs of | your Thursday run. A very | within 24 hours of each | |
| | easy to moderately hard effort (RPE 1-6 | | | | | other, and at a very easy | |
| | on 10 scale). Avoid anaerobic effort | talk during. Faster is not | 400m jog cool down; note | pace, which you can talk | | pace at which you can talk. | |
| Details | (pilates, strength training, etc.). | better. | avg mile split time | during. Faster is not better. | better. | Faster is not better. | |
| Workout 2 | Stretching | Strength Training | Stretching | Stretching | Stretching | Recovery Run | 1 |
| Distance | . | | , | 3 | 3 | 5.0 | Weekly volume |
| Pace | | | | | | Recovery | |
| HR Zone | | | | | | Zone I | Miles 32.50 |
| Week 10 | Day 1 | Day 2 | Day 3 | Day 4 | | Day 6 | Day 7 |
| Workout | Cross Training | Recovery Run | Track Day | Recovery Run | Recovery Run | Recovery Run | Rest |
| Distance | _ | 5.0 | 5.0 | 3.0 | | 6.0 | |
| Pace | | Recovery | Varied | Recovery | | Recovery | |
| HR Zone | Zone I | Zone I | Zone II | Zone I | | Zone I | |
| | | | | | | | |
| | | | | | | | 1 |
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| | | | | | | | |
| | Your choice of mode: swim, cycle, hike, | | | | | | |
| | XC ski, snowshoe, row, aerobics class, | | | | | | |
| | stair climb, etc.; anything except your | | | | | | |
| | normal sport discipline(s). You can | | 400m jog warm-up; | | | | |
| | combine two or more modes into one | | 2x3200m @ Race pace, 3 | | | Both runs are to be done | |
| | workout. This workout should be at an | | min walk rest after each | | | within 24 hours of each | |
| | easy to moderately hard effort (RPE 1-6 | | | A very easy pace, which you | A very easy pace, which you | other, and at a very easy | |
| | on 10 scale). Avoid anaerobic effort | | 400m jog rest after each | | | pace at which you can talk. | |
| Details | (nilotoc atropath training ata) | better. | 400m; 400m jog cool down | better. | | Faster is not better. | |
| | (pilates, strength training, etc.). | | | | better. | | |
| Workout 2 | Stretching | Strength Training | Stretching | Stretching | Stretching | Recovery Run | |
| Workout 2 Distance | | | | | | Recovery Run 6.0 | Weekly volume |
| Workout 2 Distance Pace | | | | | Stretching | Recovery Run 6.0 Recovery | |
| Workout 2 Distance Pace HR Zone | Stretching | Strength Training | Stretching | Stretching | Stretching | Recovery Run 6.0 Recovery Zone I | Miles 29.00 |
| Workout 2 Distance Pace HR Zone Week 11 | Stretching Day 1 | Strength Training Day 2 | Stretching Day 3 | Stretching Day 4 | Stretching Day 5 | Recovery Run 6.0 Recovery Zone I Day 6 | Miles 29.00 Day 7 |
| Workout 2 Distance Pace HR Zone Week 11 Workout | Stretching | Strength Training Day 2 Recovery Run | Stretching Day 3 Track Day | Stretching Day 4 Recovery Run | Stretching Day 5 Recovery Run | Recovery Run 6.0 Recovery Zone I Day 6 Recovery Run | Miles 29.00 |
| Workout 2 Distance Pace HR Zone Week 11 Workout Distance | Stretching Day 1 | Strength Training Day 2 Recovery Run 4.0 | Stretching Day 3 Track Day 5.0 | Stretching Day 4 Recovery Run 3.0 | Stretching Day 5 Recovery Run 4.0 | Recovery Run 6.0 Recovery Zone I Day 6 Recovery Run 6.0 | Miles 29.00 Day 7 |
| Workout 2 Distance Pace HR Zone Week 11 Workout Distance Pace | Stretching Day 1 Cross Training | Day 2 Recovery Run 4.0 Recovery | Stretching Day 3 Track Day 5.0 Varied | Stretching Day 4 Recovery Run 3.0 Recovery | Stretching Day 5 Recovery Run 4.0 Recovery | Recovery Run 6.0 Recovery Zone I Day 6 Recovery Run 6.0 Recovery | Miles 29.00 Day 7 |
| Workout 2 Distance Pace HR Zone Week 11 Workout Distance | Stretching Day 1 | Strength Training Day 2 Recovery Run 4.0 | Stretching Day 3 Track Day 5.0 | Stretching Day 4 Recovery Run 3.0 | Stretching Day 5 Recovery Run 4.0 Recovery | Recovery Run 6.0 Recovery Zone I Day 6 Recovery Run 6.0 | Miles 29.00 Day 7 |
| Workout 2 Distance Pace HR Zone Week 11 Workout Distance Pace | Stretching Day 1 Cross Training | Day 2 Recovery Run 4.0 Recovery | Stretching Day 3 Track Day 5.0 Varied | Stretching Day 4 Recovery Run 3.0 Recovery | Stretching Day 5 Recovery Run 4.0 Recovery | Recovery Run 6.0 Recovery Zone I Day 6 Recovery Run 6.0 Recovery | Miles 29.00 Day 7 |
| Workout 2 Distance Pace HR Zone Week 11 Workout Distance Pace | Stretching Day 1 Cross Training | Day 2 Recovery Run 4.0 Recovery | Stretching Day 3 Track Day 5.0 Varied | Stretching Day 4 Recovery Run 3.0 Recovery | Stretching Day 5 Recovery Run 4.0 Recovery | Recovery Run 6.0 Recovery Zone I Day 6 Recovery Run 6.0 Recovery | Miles 29.00 Day 7 |
| Workout 2 Distance Pace HR Zone Week 11 Workout Distance Pace | Stretching Day 1 Cross Training | Day 2 Recovery Run 4.0 Recovery | Stretching Day 3 Track Day 5.0 Varied | Stretching Day 4 Recovery Run 3.0 Recovery | Stretching Day 5 Recovery Run 4.0 Recovery | Recovery Run 6.0 Recovery Zone I Day 6 Recovery Run 6.0 Recovery | Miles 29.00 Day 7 |
| Workout 2 Distance Pace HR Zone Week 11 Workout Distance Pace | Stretching Day 1 Cross Training Zone I | Day 2 Recovery Run 4.0 Recovery | Stretching Day 3 Track Day 5.0 Varied | Stretching Day 4 Recovery Run 3.0 Recovery | Stretching Day 5 Recovery Run 4.0 Recovery | Recovery Run 6.0 Recovery Zone I Day 6 Recovery Run 6.0 Recovery | Miles 29.00 Day 7 |
| Workout 2 Distance Pace HR Zone Week 11 Workout Distance Pace | Stretching Day 1 Cross Training Zone I Your choice of mode: swim, cycle, hike, | Day 2 Recovery Run 4.0 Recovery | Stretching Day 3 Track Day 5.0 Varied | Stretching Day 4 Recovery Run 3.0 Recovery | Stretching Day 5 Recovery Run 4.0 Recovery | Recovery Run 6.0 Recovery Zone I Day 6 Recovery Run 6.0 Recovery | Miles 29.00 Day 7 |
| Workout 2 Distance Pace HR Zone Week 11 Workout Distance Pace | Stretching Day 1 Cross Training Zone I Your choice of mode: swim, cycle, hike, XC ski, snowshoe, row, aerobics class, | Day 2 Recovery Run 4.0 Recovery | Stretching Day 3 Track Day 5.0 Varied | Stretching Day 4 Recovery Run 3.0 Recovery | Stretching Day 5 Recovery Run 4.0 Recovery | Recovery Run 6.0 Recovery Zone I Day 6 Recovery Run 6.0 Recovery | Miles 29.00 Day 7 |
| Workout 2 Distance Pace HR Zone Week 11 Workout Distance Pace | Stretching Day 1 Cross Training Zone I Your choice of mode: swirn, cycle, hike, XC ski, snowshoe, row, aerobics class, stair climb, etc.; anything except your | Day 2 Recovery Run 4.0 Recovery | Stretching Day 3 Track Day 5.0 Varied Zone II | Stretching Day 4 Recovery Run 3.0 Recovery | Stretching Day 5 Recovery Run 4.0 Recovery | Recovery Run 6.0 Recovery Zone I Day 6 Recovery Run 6.0 Recovery | Miles 29.00 Day 7 |
| Workout 2 Distance Pace HR Zone Week 11 Workout Distance Pace | Stretching Day 1 Cross Training Zone I Your choice of mode: swirn, cycle, hike, XC ski, snowshoe, row, aerobics class, stair climb, etc.; anything except your normal sport discipline(s). You can | Day 2 Recovery Run 4.0 Recovery | Stretching Day 3 Track Day 5.0 Varied Zone II 400m jog warm-up; | Stretching Day 4 Recovery Run 3.0 Recovery | Day 5 Recovery Run 4.0 Recovery Zone I | Recovery Run 6.0 Recovery Zone I Day 6 Recovery Run 6.0 Recovery Zone I | Miles 29.00 Day 7 |
| Workout 2 Distance Pace HR Zone Week 11 Workout Distance Pace | Stretching Day 1 Cross Training Zone I Your choice of mode: swim, cycle, hike, XC ski, snowshoe, row, aerobics class, stair climb, etc.; anything except your normal sport discipline(s). You can combine two or more modes into one | Day 2 Recovery Run 4.0 Recovery | Day 3 Track Day 5.0 Varied Zone II 400m jog warm-up; 2x3200m @ Race pace, 3 | Stretching Day 4 Recovery Run 3.0 Recovery | Day 5 Recovery Run 4.0 Recovery Zone I | Recovery Run 6.0 Recovery Zone I Day 6 Recovery Run 6.0 Recovery Zone I Both runs are to be done | Miles 29.00 Day 7 |
| Workout 2 Distance Pace HR Zone Week 11 Workout Distance Pace | Stretching Day 1 Cross Training Zone I Your choice of mode: swim, cycle, hike, XC ski, snowshoe, row, aerobics class, stair climb, etc.; anything except your normal sport discipline(s). You can combine two or more modes into one workout. This workout should be at an | Day 2 Recovery Run 4.0 Recovery Zone I | Stretching Day 3 Track Day 5.0 Varied Zone II 400m jog warm-up; 2x3200m @ Race pace, 3 min walk rest after each | Stretching Day 4 Recovery Run 3.0 Recovery Zone I | Stretching Day 5 Recovery Run 4.0 Recovery Zone I | Recovery Run 6.0 Recovery Zone I Day 6 Recovery Run 6.0 Recovery Zone I Both runs are to be done within 24 hours of each | Miles 29.00 Day 7 |
| Workout 2 Distance Pace HR Zone Week 11 Workout Distance Pace | Day 1 Cross Training Zone I Your choice of mode: swim, cycle, hike, XC ski, snowshoe, row, aerobics class, stair climb, etc.; anything except your normal sport discipline(s). You can combine two or more modes into one workout. This workout should be at an easy to moderately hard effort (RPE 1-6 | Day 2 Recovery Run 4.0 Recovery Zone I | Day 3 Track Day 5.0 Varied Zone II 400m jog warm-up; 2x3200m @ Race pace, 3 min walk rest after each 3200m; 2x400m @ Fast, | Day 4 Recovery Run 3.0 Recovery Zone I | Day 5 Recovery Run 4.0 Recovery Zone I | Recovery Run 6.0 Recovery Zone I Day 6 Recovery Run 6.0 Recovery Zone I Both runs are to be done within 24 hours of each other, and at a very easy | Miles 29.00 Day 7 |
| Workout 2 Distance Pace HR Zone Week 11 Workout Distance Pace HR Zone | Stretching Day 1 Cross Training Zone I Your choice of mode: swim, cycle, hike, XC ski, snowshoe, row, aerobics class, stair climb, etc.; anything except your normal sport discipline(s). You can combine two or more modes into one workout. This workout should be at an easy to moderately hard effort (RPE 1-6 on 10 scale). Avoid anaerobic effort | Day 2 Recovery Run 4.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not | Day 3 Track Day 5.0 Varied Zone II 400m jog warm-up; 2x3200m @ Race pace, 3 min walk rest after each 3200m; 2x400m @ Fast, 400m jog rest after each | Stretching Day 4 Recovery Run 3.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not | Stretching Day 5 Recovery Run 4.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not | Recovery Run 6.0 Recovery Zone I Day 6 Recovery Run 6.0 Recovery Zone I Both runs are to be done within 24 hours of each other, and at a very easy pace at which you can talk. | Miles 29.00 Day 7 |
| Workout 2 Distance Pace HR Zone Week 11 Workout Distance Pace HR Zone | Day 1 Cross Training Zone I Your choice of mode: swim, cycle, hike, XC ski, snowshoe, row, aerobics class stair climb, etc.; anything except your normal sport discipline(s). You can combine two or more modes into one workout. This workout should be at an easy to moderately hard effort (RPE 1-6 on 10 scale). Avoid anaerobic effort (pilates, strength training, etc.). | Day 2 Recovery Run 4.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. | Day 3 Track Day 5.0 Varied Zone II 400m jog warm-up; 2x3200m @ Race pace, 3 min walk rest after each 320m; 2x400m @ Fast, 400m jog rest after each 400m; 400m jog cool down | Stretching Day 4 Recovery Run 3.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. | Stretching Day 5 Recovery Run 4.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. | Recovery Run 6.0 Recovery Zone I Day 6 Recovery Run 6.0 Recovery Zone I Both runs are to be done within 24 hours of each other, and at a very easy pace at which you can talk. Faster is not better. | Miles 29.00 Day 7 |
| Workout 2 Distance Pace HR Zone Week 11 Workout Distance Pace HR Zone Details Workout 2 | Stretching Day 1 Cross Training Zone I Your choice of mode: swim, cycle, hike, XC ski, snowshoe, row, aerobics class, stair climb, etc.; anything except your normal sport discipline(s). You can combine two or more modes into one workout. This workout should be at an easy to moderately hard effort (RPE 1-6 on 10 scale). Avoid anaerobic effort | Day 2 Recovery Run 4.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not | Day 3 Track Day 5.0 Varied Zone II 400m jog warm-up; 2x3200m @ Race pace, 3 min walk rest after each 3200m; 2x400m @ Fast, 400m jog rest after each | Stretching Day 4 Recovery Run 3.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not | Stretching Day 5 Recovery Run 4.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not | Recovery Run 6.0 Recovery Zone I Day 6 Recovery Run 6.0 Recovery Zone I Both runs are to be done within 24 hours of each other, and at a very easy pace at which you can talk. Faster is not better. Recovery Run | Miles 29.00 Day 7 Rest |
| Workout 2 Distance Pace HR Zone Week 11 Workout Distance Pace HR Zone Pace HR Zone Details Workout 2 Distance | Day 1 Cross Training Zone I Your choice of mode: swim, cycle, hike, XC ski, snowshoe, row, aerobics class stair climb, etc.; anything except your normal sport discipline(s). You can combine two or more modes into one workout. This workout should be at an easy to moderately hard effort (RPE 1-6 on 10 scale). Avoid anaerobic effort (pilates, strength training, etc.). | Day 2 Recovery Run 4.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. | Day 3 Track Day 5.0 Varied Zone II 400m jog warm-up; 2x3200m @ Race pace, 3 min walk rest after each 320m; 2x400m @ Fast, 400m jog rest after each 400m; 400m jog cool down | Stretching Day 4 Recovery Run 3.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. | Stretching Day 5 Recovery Run 4.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. | Recovery Run 6.0 Recovery Zone I Day 6 Recovery Run 6.0 Recovery Zone I Both runs are to be done within 24 hours of each other, and at a very easy pace at which you can talk. Faster is not better. Recovery Run 5.0 | Miles 29.00 Day 7 |
| Workout 2 Distance Pace HR Zone Week 11 Workout Distance Pace HR Zone Distance HR Zone Distance HR Zone | Day 1 Cross Training Zone I Your choice of mode: swim, cycle, hike, XC ski, snowshoe, row, aerobics class stair climb, etc.; anything except your normal sport discipline(s). You can combine two or more modes into one workout. This workout should be at an easy to moderately hard effort (RPE 1-6 on 10 scale). Avoid anaerobic effort (pilates, strength training, etc.). | Day 2 Recovery Run 4.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. | Day 3 Track Day 5.0 Varied Zone II 400m jog warm-up; 2x3200m @ Race pace, 3 min walk rest after each 320m; 2x400m @ Fast, 400m jog rest after each 400m; 400m jog cool down | Stretching Day 4 Recovery Run 3.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. | Stretching Day 5 Recovery Run 4.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. | Recovery Run 6.0 Recovery Zone I Day 6 Recovery Run 6.0 Recovery Zone I Both runs are to be done within 24 hours of each other, and at a very easy pace at which you can talk. Faster is not better. Recovery Run 6.0 Recovery Run 6.0 Recovery Run 6.0 Recovery | Miles 29.00 Day 7 Rest |
| Workout 2 Distance Pace HR Zone Week 11 Workout Distance Pace HR Zone Details Workout 2 Distance Pace HR Zone | Stretching Day 1 Cross Training Zone I Your choice of mode: swim, cycle, hike, XC ski, snowshoe, row, aerobics class, stair climb, etc.; anything except your normal sport discipline(s). You can combine two or more modes into one workout. This workout should be at an easy to moderately hard effort (RPE 1-6 on 10 scale). Avoid anaerobic effort (pilates, strength training, etc.). Stretching | Day 2 Recovery Run 4.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. Strength Training | Day 3 Track Day 5.0 Varied Zone II 400m jog warm-up; 2x3200m @ Race pace, 3 min walk rest after each 3200m; 2x400m @ Fast, 400m jog rest after each 400m; 400m jog cool down Stretching | Day 4 Recovery Run 3.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. Stretching | Day 5 Recovery Run 4.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. Stretching | Recovery Run 6.0 Recovery Zone I Day 6 Recovery Run 6.0 Recovery Zone I Both runs are to be done within 24 hours of each other, and at a very easy pace at which you can talk. Faster is not better. Recovery Run 5.0 Recovery Zone I | Miles 29.00 Day 7 Rest Weekly volume Miles 27.00 |
| Workout 2 Distance Pace HR Zone Week 11 Workout Distance Pace HR Zone Distance HR Zone Distance HR Zone | Day 1 Cross Training Zone I Your choice of mode: swim, cycle, hike, XC ski, snowshoe, row, aerobics class stair climb, etc.; anything except your normal sport discipline(s). You can combine two or more modes into one workout. This workout should be at an easy to moderately hard effort (RPE 1-6 on 10 scale). Avoid anaerobic effort (pilates, strength training, etc.). | Day 2 Recovery Run 4.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. | Day 3 Track Day 5.0 Varied Zone II 400m jog warm-up; 2x3200m @ Race pace, 3 min walk rest after each 320m; 2x400m @ Fast, 400m jog rest after each 400m; 400m jog cool down | Stretching Day 4 Recovery Run 3.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. | Stretching Day 5 Recovery Run 4.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. | Recovery Run 6.0 Recovery Zone I Day 6 Recovery Run 6.0 Recovery Zone I Both runs are to be done within 24 hours of each other, and at a very easy pace at which you can talk. Faster is not better. Recovery Run 6.0 Recovery Run 6.0 Recovery Run 6.0 Recovery | Miles 29.00 Day 7 Rest |
| Workout 2 Distance Pace HR Zone Week 11 Workout Distance Pace HR Zone Details Workout 2 Distance Pace HR Zone Week 12 | Stretching Day 1 Cross Training Zone I Your choice of mode: swim, cycle, hike, XC ski, snowshoe, row, aerobics class, stair climb, etc.; anything except your normal sport discipline(s). You can combine two or more modes into one workout. This workout should be at an easy to moderately hard effort (RPE 1-6 on 10 scale). Avoid anaerobic effort (pilates, strength training, etc.). Stretching | Day 2 Recovery Run 4.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. Strength Training | Day 3 Track Day 5.0 Varied Zone II 400m jog warm-up; 2x3200m @ Race pace, 3 min walk rest after each 3200m; 2x400m Fast, 400m jog rest after each 400m; 400m jog cool down Stretching | Stretching Day 4 Recovery Run 3.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. Stretching Day 4 | Stretching Day 5 Recovery Run 4.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. Stretching Day 5 | Recovery Run 6.0 Recovery Zone I Day 6 Recovery Run 6.0 Recovery Zone I Both runs are to be done within 24 hours of each other, and at a very easy pace at which you can talk. Faster is not better. Recovery Run 5.0 Recovery Zone I Day 6 | Miles 29.00 Day 7 Rest Weekly volume Miles 27.00 |
| Workout 2 Distance Pace HR Zone Week 11 Workout Distance Pace HR Zone Distance Pace HR Zone Week 12 Workout 2 Distance Pace HR Zone Pace Pace Pace Pace Pace Pace Pace Pac | Stretching Day 1 Cross Training Zone I Your choice of mode: swirn, cycle, hike, XC ski, snowshoe, row, aerobics class, stair climb, etc.; anything except your normal sport discipline(s). You can combine two or more modes into one workout. This workout should be at an easy to moderately hard effort (RPE 1-6 on 10 scale). Avoid anaerobic effort (pilates, strength training, etc.). Stretching Day 1 Recovery Run | Day 2 Recovery Run 4.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. Strength Training Day 2 Recovery Run | Day 3 Track Day 5.0 Varied Zone II 400m jog warm-up; 2x3200m @ Race pace, 3 min walk rest after each 320m; 2x400m @ Fast, 400m jog rost after each 400m; 400m jog cool down Stretching Day 3 Track Day | Stretching Day 4 Recovery Run 3.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. Stretching Day 4 | Stretching Day 5 Recovery Run 4.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. Stretching Day 5 | Recovery Run 6.0 Recovery Zone I Day 6 Recovery Run 6.0 Recovery Zone I Both runs are to be done within 24 hours of each other, and at a very easy pace at which you can talk. Faster is not better. Recovery Run 5.0 Recovery Zone I Day 6 | Miles 29.00 Day 7 Rest Weekly volume Miles 27.00 |
| Workout 2 Distance Pace HR Zone Week 11 Workout Distance Pace HR Zone Details Workout 2 Distance Pace HR Zone Week 12 Workout Ustance | Stretching Day 1 Cross Training Zone I Your choice of mode: swim, cycle, hike, XC ski, snowshoe, row, aerobics class, stair climb, etc.; anything except your normal sport discipline(s). You can combine two or more modes into one workout. This workout should be at an easy to moderately hard effort (RPE 1-6 on 10 scale). Avoid anaerobic effort (pilates, strength training, etc.). Stretching Day 1 Recovery Run 4.0 | Day 2 Recovery Run 4.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. Strength Training Day 2 Recovery Run 4.0 | Day 3 Track Day 5.0 Varied Zone II 400m jog warm-up; 2x3200m @ Race pace, 3 min walk rest after each 3200m; 2x400m @ Fast, 400m jog rest after each 400m; 400m jog cool down Stretching Day 3 Track Day 3.0 | Stretching Day 4 Recovery Run 3.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. Stretching Day 4 | Stretching Day 5 Recovery Run 4.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. Stretching Day 5 | Recovery Run 6.0 Recovery Zone I Day 6 Recovery Run 6.0 Recovery Zone I Both runs are to be done within 24 hours of each other, and at a very easy pace at which you can talk. Faster is not better. Recovery Run 5.0 Recovery Zone I Day 6 | Miles 29.00 Day 7 Rest Weekly volume Miles 27.00 |
| Workout 2 Distance Pace HR Zone Week 11 Workout Distance Pace HR Zone Distance Pace HR Zone Week 12 Workout 2 Distance Pace HR Zone Pace Pace Pace Pace Pace Pace Pace Pac | Day 1 Cross Training Zone I Your choice of mode: swim, cycle, hike, XC ski, snowshoe, row, aerobics class, stair climb, etc.; anything except your normal sport discipline(s). You can combine two or more modes into one workout. This workout should be at an easy to moderately hard effort (RPE 1-6 on 10 scale). Avoid anaerobic effort (pilates, strength training, etc.). Stretching Day 1 Recovery Run 4.0 Recovery | Day 2 Recovery Run 4.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. Strength Training Day 2 Recovery Run 4.0 Recovery | Day 3 Track Day 5.0 Varied Zone II 400m jog warm-up; 2x3200m @ Race pace, 3 min walk rest after each 3200m; 2x400m @ Fast, 400m; 400m jog cool down Stretching Day 3 Track Day 3.0 Varied | Stretching Day 4 Recovery Run 3.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. Stretching Day 4 | Stretching Day 5 Recovery Run 4.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. Stretching Day 5 | Recovery Run 6.0 Recovery Zone I Day 6 Recovery Run 6.0 Recovery Zone I Both runs are to be done within 24 hours of each other, and at a very easy pace at which you can talk. Faster is not better. Recovery Run 5.0 Recovery Zone I Day 6 | Miles 29.00 Day 7 Rest Weekly volume Miles 27.00 |
| Workout 2 Distance Pace HR Zone Week 11 Workout Distance Pace HR Zone Distance Pace HR Zone Week 12 Workout 2 Distance Pace HR Zone Pace Pace Pace Pace Pace Pace Pace Pac | Day 1 Cross Training Zone I Your choice of mode: swim, cycle, hike, XC ski, snowshoe, row, aerobics class, stair climb, etc.; anything except your normal sport discipline(s). You can combine two or more modes into one workout. This workout should be at an easy to moderately hard effort (RPE 1-6 on 10 scale). Avoid anaerobic effort (pilates, strength training, etc.). Stretching Day 1 Recovery Run 4.0 Recovery | Day 2 Recovery Run 4.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. Strength Training Day 2 Recovery Run 4.0 Recovery | Day 3 Track Day 5.0 Varied Zone II 400m jog warm-up; 2x3200m @ Race pace, 3 min walk rest after each 3200m; 2x400m @ Fast, 400m; 400m jog cool down Stretching Day 3 Track Day 3.0 Varied | Stretching Day 4 Recovery Run 3.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. Stretching Day 4 | Stretching Day 5 Recovery Run 4.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. Stretching Day 5 | Recovery Run 6.0 Recovery Zone I Day 6 Recovery Run 6.0 Recovery Zone I Both runs are to be done within 24 hours of each other, and at a very easy pace at which you can talk. Faster is not better. Recovery Run 5.0 Recovery Zone I Day 6 | Miles 29.00 Day 7 Rest Weekly volume Miles 27.00 |
| Workout 2 Distance Pace HR Zone Week 11 Workout Distance Pace HR Zone Distance Pace HR Zone Week 12 Workout 2 Distance Pace HR Zone Pace Pace Pace Pace Pace Pace Pace Pac | Day 1 Cross Training Zone I Your choice of mode: swim, cycle, hike, XC ski, snowshoe, row, aerobics class, stair climb, etc.; anything except your normal sport discipline(s). You can combine two or more modes into one workout. This workout should be at an easy to moderately hard effort (RPE 1-6 on 10 scale). Avoid anaerobic effort (pilates, strength training, etc.). Stretching Day 1 Recovery Run 4.0 Recovery | Day 2 Recovery Run 4.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. Strength Training Day 2 Recovery Run 4.0 Recovery | Day 3 Track Day 5.0 Varied Zone II 400m jog warm-up; 2x3200m @ Race pace, 3 min walk rest after each 3200m; 2x400m @ Fast, 400m; 400m jog cool down Stretching Day 3 Track Day 3.0 Varied | Stretching Day 4 Recovery Run 3.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. Stretching Day 4 | Stretching Day 5 Recovery Run 4.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. Stretching Day 5 | Recovery Run 6.0 Recovery Zone I Day 6 Recovery Run 6.0 Recovery Zone I Both runs are to be done within 24 hours of each other, and at a very easy pace at which you can talk. Faster is not better. Recovery Run 5.0 Recovery Zone I Day 6 | Miles 29.00 Day 7 Rest Weekly volume Miles 27.00 |
| Workout 2 Distance Pace HR Zone Week 11 Workout Distance Pace HR Zone Distance Pace HR Zone Week 12 Workout 2 Distance Pace HR Zone Pace Pace Pace Pace Pace Pace Pace Pac | Day 1 Cross Training Zone I Your choice of mode: swim, cycle, hike, XC ski, snowshoe, row, aerobics class, stair climb, etc.; anything except your normal sport discipline(s). You can combine two or more modes into one workout. This workout should be at an easy to moderately hard effort (RPE 1-6 on 10 scale). Avoid anaerobic effort (pilates, strength training, etc.). Stretching Day 1 Recovery Run 4.0 Recovery | Day 2 Recovery Run 4.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. Strength Training Day 2 Recovery Run 4.0 Recovery | Day 3 Track Day 5.0 Varied Zone II 400m jog warm-up; 2x3200m @ Race pace, 3 min walk rest after each 3200m; 2x400m @ Fast, 400m; 400m jog cool down Stretching Day 3 Track Day 3.0 Varied | Stretching Day 4 Recovery Run 3.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. Stretching Day 4 | Stretching Day 5 Recovery Run 4.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. Stretching Day 5 | Recovery Run 6.0 Recovery Zone I Day 6 Recovery Run 6.0 Recovery Zone I Both runs are to be done within 24 hours of each other, and at a very easy pace at which you can talk. Faster is not better. Recovery Run 5.0 Recovery Zone I Day 6 | Miles 29.00 Day 7 Rest Weekly volume Miles 27.00 |
| Workout 2 Distance Pace HR Zone Week 11 Workout Distance Pace HR Zone Distance Pace HR Zone Week 12 Workout 2 Distance Pace HR Zone Pace Pace Pace Pace Pace Pace Pace Pac | Day 1 Cross Training Zone I Your choice of mode: swim, cycle, hike, XC ski, snowshoe, row, aerobics class, stair climb, etc.; anything except your normal sport discipline(s). You can combine two or more modes into one workout. This workout should be at an easy to moderately hard effort (RPE 1-6 on 10 scale). Avoid anaerobic effort (pilates, strength training, etc.). Stretching Day 1 Recovery Run 4.0 Recovery | Day 2 Recovery Run 4.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. Strength Training Day 2 Recovery Run 4.0 Recovery | Day 3 Track Day 5.0 Varied Zone II 400m jog warm-up; 2x3200m @ Race pace, 3 min walk rest after each 3200m; 2x400m @ Fast, 400m; 400m jog cool down Stretching Day 3 Track Day 3.0 Varied | Stretching Day 4 Recovery Run 3.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. Stretching Day 4 | Stretching Day 5 Recovery Run 4.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. Stretching Day 5 | Recovery Run 6.0 Recovery Zone I Day 6 Recovery Run 6.0 Recovery Zone I Both runs are to be done within 24 hours of each other, and at a very easy pace at which you can talk. Faster is not better. Recovery Run 5.0 Recovery Zone I Day 6 | Miles 29.00 Day 7 Rest Weekly volume Miles 27.00 |
| Workout 2 Distance Pace HR Zone Week 11 Workout Distance Pace HR Zone Distance Pace HR Zone Week 12 Workout 2 Distance Pace HR Zone Pace Pace Pace Pace Pace Pace Pace Pac | Day 1 Cross Training Zone I Your choice of mode: swim, cycle, hike, XC ski, snowshoe, row, aerobics class, stair climb, etc.; anything except your normal sport discipline(s). You can combine two or more modes into one workout. This workout should be at an easy to moderately hard effort (RPE 1-6 on 10 scale). Avoid anaerobic effort (pilates, strength training, etc.). Stretching Day 1 Recovery Run 4.0 Recovery | Day 2 Recovery Run 4.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. Strength Training Day 2 Recovery Run 4.0 Recovery | Day 3 Track Day 5.0 Varied Zone II 400m jog warm-up; 2x3200m @ Race pace, 3 min walk rest after each 3200m; 2x400m @ Fast, 400m; 400m jog cool down Stretching Day 3 Track Day 3.0 Varied | Stretching Day 4 Recovery Run 3.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. Stretching Day 4 | Stretching Day 5 Recovery Run 4.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. Stretching Day 5 | Recovery Run 6.0 Recovery Zone I Day 6 Recovery Run 6.0 Recovery Zone I Both runs are to be done within 24 hours of each other, and at a very easy pace at which you can talk. Faster is not better. Recovery Run 5.0 Recovery Zone I Day 6 | Miles 29.00 Day 7 Rest Weekly volume Miles 27.00 |
| Workout 2 Distance Pace HR Zone Week 11 Workout Distance Pace HR Zone Distance Pace HR Zone Week 12 Workout 2 Distance Pace HR Zone Pace Pace Pace Pace Pace Pace Pace Pac | Day 1 Cross Training Zone I Your choice of mode: swim, cycle, hike, XC ski, snowshoe, row, aerobics class, stair climb, etc.; anything except your normal sport discipline(s). You can combine two or more modes into one workout. This workout should be at an easy to moderately hard effort (RPE 1-6 on 10 scale). Avoid anaerobic effort (pilates, strength training, etc.). Stretching Day 1 Recovery Run 4.0 Recovery | Day 2 Recovery Run 4.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. Strength Training Day 2 Recovery Run 4.0 Recovery | Day 3 Track Day 5.0 Varied Zone II 400m jog warm-up; 2x3200m @ Race pace, 3 min walk rest after each 3200m; 2x400m @ Fast, 400m; 400m jog cool down Stretching Day 3 Track Day 3.0 Varied | Stretching Day 4 Recovery Run 3.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. Stretching Day 4 | Stretching Day 5 Recovery Run 4.0 Recovery Zone I A very easy pace, which you can talk during. Faster is not better. Stretching Day 5 | Recovery Run 6.0 Recovery Zone I Day 6 Recovery Run 6.0 Recovery Zone I Both runs are to be done within 24 hours of each other, and at a very easy pace at which you can talk. Faster is not better. Recovery Run 5.0 Recovery Zone I Day 6 | Miles 29.00 Day 7 Rest Weekly volume Miles 27.00 |
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