



pace
SPORTS FITNESS

WINTER CLINIC 2021: 50km TRAINING GROUP

GOAL: BUILD BASE & START PREPARATION FOR R135 & PH5 VIRTUAL

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Week	Phase	Date	Day	Workout	Purpose	Comments
1	Build	4-Jan	Mon	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
Run:	5:15hrs	5-Jan	Tue	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
Vert Goal:	700m	6-Jan	Wed	PACE WORKOUT 90min	Zone 3 Training.	See Google Calendar: Perceived exertion is fun-hard - NOT exhausting.
		7-Jan	Thu	45min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		8-Jan	Fri	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		9-Jan	Sat	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		10-Jan	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.
2	Build	11-Jan	Mon	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
run goal:	5:45hrs	12-Jan	Tue	75min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.

		13-Jan	Wed	PACE WORKOUT 90min	Zone 3 Training.	See Google Calendar: Perceived exertion is fun-hard - NOT exhausting.
		14-Jan	Thu	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		15-Jan	Fri	45min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		16-Jan	Sat	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		17-Jan	Sun	LONG STEADY RUN: 2: 20hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
3	Build	18-Jan	Mon	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
run goal:	6:15hrs	19-Jan	Tue	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
Vert Goal:	900m	20-Jan	Wed	PACE WORKOUT 90min	Zone 3 Training.	See Google Calendar: Perceived exertion is fun-hard - NOT exhausting.
		21-Jan	Thu	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		22-Jan	Fri	60min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		23-Jan	Sat	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		24-Jan	Sun	LONG STEADY RUN: 2: 45hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
4	Rest	25-Jan	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:	4.5hrs	26-Jan	Tue	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		27-Jan	Wed	PACE WORKOUT 90min	Zone 3 Training.	See Google Calendar: Perceived exertion is fun-hard - NOT exhausting.
		28-Jan	Thu	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.

		29-Jan	Fri	45min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		30-Jan	Sat	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		31-Jan	Sun	90min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
5	Build	1-Feb	Mon	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
run goal:	7:15hrs	2-Feb	Tue	90min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
Vert Goal:	1200m	3-Feb	Wed	PACE WORKOUT 90min	Zone 3 Training.	See Google Calendar: Perceived exertion is fun-hard - NOT exhausting.
		4-Feb	Thu	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		5-Feb	Fri	45min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		6-Feb	Sat	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		7-Feb	Sun	LONG STEADY RUN: 3hrs	Build Endurance & Stamina.	VERTICAL FOCUS: Choose a hill that takes you 20-45min to ascend and then run down and repeat for the duration of time. Time on your feet is more important than pace in a long, steady run. Run easy and run long.
6	Build	8-Feb	Mon	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
run goal:	7:30hrs	9-Feb	Tue	90min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
Vert Goal:	600-800m	10-Feb	Wed	PACE WORKOUT 90min	Zone 3 Training.	See Google Calendar: Perceived exertion is fun-hard - NOT exhausting.
		11-Feb	Thu	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.

		12-Feb	Fri	60min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		13-Feb	Sat	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		14-Feb	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.
7	Build	15-Feb	Mon	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
run goal:	8:00hrs	16-Feb	Tue	90min easy run or OFF	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
Vert Goal:	1400m			PACE WORKOUT 90min	Zone 3 Training.	See Google Calendar: Perceived exertion is fun-hard - NOT exhausting.
		17-Feb	Wed			
		18-Feb	Thu	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		19-Feb	Fri	60min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		20-Feb	Sat	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		21-Feb	Sun	LONG STEADY RUN: 4:00hrs	Build Endurance & Stamina.	VERTICAL FOCUS: Choose a hill that takes you 20-45min to ascend and then run down and repeat for the duration of time. Time on your feet is more important than pace in a long, steady run. Run easy and run long.
8	Rest	22-Feb	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 75% MHR (maximum heart rate) to 80% by the end of the run.
run goal:	4:45hrs	23-Feb	Tue	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
Vert Goal:	900m			PACE WORKOUT 90min	Zone 3 Training.	See Google Calendar: Perceived exertion is fun-hard - NOT exhausting.
		24-Feb	Wed			
		25-Feb	Thu	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab

		26-Feb	Fri	45min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		27-Feb	Sat	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		28-Feb	Sun	90min easy run	Build Endurance	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
9	Build	1-Mar	Mon	90min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
run goal:	8.5hrs	2-Mar	Tue	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
Vert Goal:		3-Mar	Wed	PACE WORKOUT 90min	Zone 3 Training.	See Google Calendar: Perceived exertion is fun-hard - NOT exhausting.
		4-Mar	Thu	OFF or OPTIONAL CROSS TRAINING	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		5-Mar	Fri	60min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		6-Mar	Sat	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		7-Mar	Sun	LONG STEADY RUN: 4:30hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
10	Build	8-Mar	Mon	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
run goal:	9:00hrs	9-Mar	Tue	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
Vert Goal:	1700m	10-Mar	Wed	PACE WORKOUT 90min	Zone 4 Training.	See Google Calendar: Shift into Power mode.
		11-Mar	Thu	60min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		12-Mar	Fri	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		13-Mar	Sat	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		14-Mar	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.

11	Build	15-Mar	Mon	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
run goal:	9.5hrs	16-Mar	Tue	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
Vert Goal:	2000m	17-Mar	Wed	PACE WORKOUT 90min	Zone 4 Training.	See Google Calendar: Shift into Power mode.
		18-Mar	Thu	60min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		19-Mar	Fri	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		20-Mar	Sat	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		21-Mar	Sun	LONG STEADY RUN: 5.5 hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
12	Rest	22-Mar	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:	4hrs	23-Mar	Tue	30min recovery Run or OFF	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
Vert Goal:	600m	24-Mar	Wed	PACE WORKOUT 90min	Zone 4 Training.	See Google Calendar: Shift into Power mode.
		25-Mar	Thu	30min recovery Run or OFF	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		26-Mar	Fri	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		27-Mar	Sat	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		28-Mar	Sun	LONG STEADY RUN: 90min	Build Endurance	Time on your feet is more important than pace in a long, steady run. Run easy and run long.

RUN GOAL:	Try to stay within 10% of this volume every week and do your best to be consistent :)
VERT WEEK:	You don't need to hit this exact vertical number, however use it as a guideline to ensure you don't make BIG bumps up and down every week. Try to build slowly and consistently this winter. Be aware of your vert numbers so you keep them gradual.