



pace
SPORTS FITNESS

DECEMBER TRAINING PLAN

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Week	Phase	Date	Day	Workout	Purpose	Comments
	BUILD	29-Nov	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.
WEEK	1	30-Nov	Tue	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
	5HRS	1-Dec	Wed	PACE WORKOUT 60min	Zone 3 Training.	See Google Calendar: Perceived exertion is fun-hard - NOT exhausting.
		2-Dec	Thu	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
		3-Dec	Fri	30min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		4-Dec	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.
		5-Dec	Sun	LONG STEADY RUN: 2:30 - 2:45HRS	Build Endurance	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
	BUILD	6-Dec	Mon	45-60min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.

WEEK	2	7-Dec	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
	5.5hrs	8-Dec	Wed	Run the first portion at an easy conversational pace and the back half at your Zone 3 effort (comfortably hard, happy hard, fun hard)	Zone 3 Training.	30-45min easy conversational pace & 15-30min zone 3 effort for a total of 45-60min
		9-Dec	Thu	60min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		10-Dec	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.
		11-Dec	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.
		12-Dec	Sun	LONG STEADY RUN: 2:30 - 2:45HRS	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
REST		13-Dec	Mon	OFF or OPTIONAL CROSS TRAINING	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
WEEK	3	14-Dec	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
	3.5hrs	15-Dec	Wed	Find a hill (that is more steep, than gradual) that will take approx. 15-20 minues to ascend at zone 3 effort (comfortably hard, happy hard, fun hard) then descend at zone 3 effort. Take one minute rest and repeat.	Zone 3 Training.	total workout time is 45-60min
		16-Dec	Thu	OFF or OPTIONAL CROSS TRAINING	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		17-Dec	Fri	60min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		18-Dec	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.
		19-Dec	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.
MAINTENANCE		20-Dec	Mon	OFF	Recovery Day	

WEEK	4	21-Dec	Tue	60min recovery Run or OFF	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
	4.5-5 HRS	22-Dec	Wed	Run the first portion at an easy conversational pace and the back half at your Zone 3 effort (comfortably hard, happy hard, fun hard)	Zone 3 Training.	30-45min easy conversational pace & 15-30min zone 3 effort for a total of 45-60min
		23-Dec	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.
		24-Dec	Fri	30-45min recovery Run or OFF	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		25-Dec	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.
		26-Dec	Sun	2hrs	Build Endurance	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
MAINTENANCE		27-Dec	Mon	60min recovery Run or OFF	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
WEEK	5	28-Dec	Tue	OFF	Recovery Day	
	4.5-5 HRS	29-Dec	Wed	Find a hill (that is more steep, than gradual) that will take approx. 15-20 minues to ascend at zone 3 effort (comfortably hard, happy hard, fun hard) then descend at zone 3 effort. Take one minute rest and repeat.	Zone 3 Training.	total workout time is 45-60min
		30-Dec	Thu	30-45min recovery Run or OFF	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		31-Dec	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.
		1-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.
		2-Jan	Sun	2:00hrs	Build Endurance	Time on your feet is more important than pace in a long, steady run. Run easy and run long.





