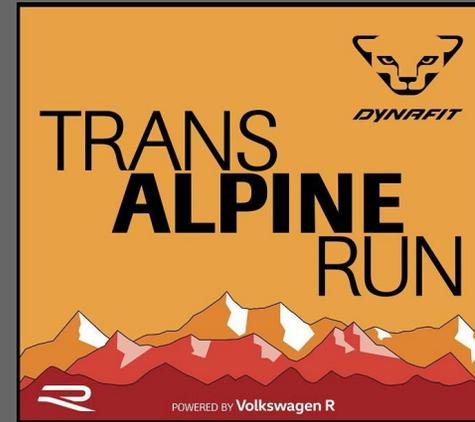




pace
SPORTS FITNESS



Transalpine Run Novice 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:	4:45hr	1/25	Tue	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	
		1/26	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"> - 20min warm up jog - 20min of intervals (5 repeats) - 20min cool down <p>TOTAL = 1hr</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 3min at Zone 3 effort followed by 1min, Zone 2, recovery jog.</p>
		1/27	Thu	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		1/28	Fri	45min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light. Perform this on road.

		1/29	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. 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	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	
2	Build	1/31	Mon	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
Run Goal:	5hr	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 SUMMARY</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	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.
		2/4	Fri	45min recovery run	Bulid Endurance	65% MHR or 70% by the end of the run. It's very, very light.

		2/5	Sat	Long Steady Run: 2:30hrs	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	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	Build	2/7	Mon	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
Run Goal:	5:30hr	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 SUMMARY</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	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.
		2/11	Fri	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light. Perform this on road.
		2/12	Sat	Long Steady Run: 2:45hrs	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	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	Rest	2/14	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:	3:45hr	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	20min 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	45min 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.
5	Build	2/21	Mon	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
Run Goal:	6:15hr	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) - 20min cool down TOTAL = 74min 	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	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.
		2/25	Fri	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light. Perform this on road.

		2/26	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. 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:	6:45hr	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>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.

		3/5	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. 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	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	Build	3/7	Mon	75min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
Run Goal:	7:00hrs	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	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.
		3/11	Fri	45min recovery run	Bulid Endurance	65% MHR or 70% by the end of the run. It's very, very light. Perform this on road.
		3/12	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.
		3/13	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.
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	Bulid Endurance	65% MHR or 70% by the end of the run. It's very, very light.

		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	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
Run Goal:	7:45hr	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.
		3/23	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 - 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 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>
		3/24	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	Fast Finish Long Run: 3:30hr	Build Endurance, leg resistance to fatigue, practice race pace, try equipment and nutritional routine.	Time on your feet is more important than pace in a long, steady run. Run easy and run long with the last 20-30min at comfortably hard tempo pace. (80-90% MHR)
		3/27	Sun	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.

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:	8:15hrs	3/29	Tue	75min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		3/30	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 SUMMARY - 30min warm up with the last 3-4 min at Zone 3. - 14min of intervals - 30min cool down TOTAL = 76min	Build speed, aerobic capacity (VO2 max) and strength, lactic acid tolerance.	WORKOUT 2x6min of 30/30's with 2min easy running in-between the sets. - 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	Bulid 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: 4hrs	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	45min recovery run	Bulid Endurance	65% MHR or 70% by the end of the run. It's very, very light.
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:	9hr	4/5	Tue	75min 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. - 18min of intervals - 30min cool down <p>TOTAL = 78min</p>	Build speed, aerobic capacity (VO2 max) and strength, lactic acid tolerance.	<p>WORKOUT</p> <p>2x8min 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.
		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	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
12	Rest	4/11	Mon	45min 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	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	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.

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:	9:20hrs	4/19	Tue	75min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run. Perform this on road.
		4/20	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 SUMMARY - 30min warm up with the last 3-4 min at Zone 3. - 22min of intervals - 30min cool down TOTAL = 82min	Build leg strength, VO2max and lactic acid tolerance.	WORKOUT 2x10min of 30/30's with 2min easy running in-between the sets. - 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	40min 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: 4hrs	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: 2hrs	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
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:	9:45hrs	4/26	Tue	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.

		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	45min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		4/29	Fri	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		4/30	Sat	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.
		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:	10:15hrs	5/3	Tue	60min 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	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light. Perform this on road.
		5/6	Fri	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		5/7	Sat	Long Steady Run: 4hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		5/8	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.

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.
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:	10hrs	5/17	Tue	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		5/18	Wed	20min warm up. 3-4 times 5min interval with 3min recovery jog in-between. 20min 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	90min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		5/21	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.
		5/22	Sun	Long Steady Run: 2.5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
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.
Run Goal:	10.5hrs	5/24	Tue	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.

		5/25	Wed	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.
		5/26	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: 90min	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:	11.5hrs	6/7	Tue	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.

		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: 2hrs	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: 3hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long with the last 20-30min at comfortably hard tempo pace. (80-90% MHR)
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:	11-12hrs	6/14	Tue	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		6/15	Wed	Vertical training: find a hill that takes approx. 30-45min to climb up and down. Repeat 2-3 times with no rest in-between (total time approx. 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.
		6/16	Thu	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		6/17	Fri	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		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: 4hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.

22	Build	6/20	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:	13hrs	6/21	Tue	60min 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: 2hrs	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: 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: 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 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.
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.

		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	45min 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:	12.5hrs	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	45min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		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.

		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 sprint. - repeat 8 times with 2min easy running between reps.
26	Build	7/18	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:	13hrs	7/19	Tue	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		7/20	Wed	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		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	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.
		7/23	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.
		7/24	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.
27	Rest	7/25	Mon	OFF	Recovery Day	this is a good week for recovery. You may want to run on the low end of the mileage range and take an extra day off
Run Goal:	5:15hrs	7/26	Tue	75min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		7/27	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.
		7/28	Thu	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		7/29	Fri	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		7/30	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.
		7/31	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.

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:	13-14hrs	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: 3hrs	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.
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.

		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.

		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.