

25 KM TRAINING PLAN / FALL 2023 CLINIC GO

GOAL: BUILD & MAINTENANCE

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Week	Phase	Date	Day	Workout	Purpose	Comments
В	JILD	7-Aug	Mon	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
WEEK	1	8-Aug	Tue	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
3x	5.5hrs	9-Aug	Wed	PACE WORKOUT 90min to 2hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
4x	6hrs	10-Aug	Thu	30min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		11-Aug	Fri	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		12-Aug	Sat	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
						Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		13 Aug	Sun	LONG STEADY RUN: 3hrs	Build Endurance &	DOWNHILL STRENGTH & AGILITY 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
		13-Aug	Sun	LUNG STEADY RUN: 3NIS	Stamina.	easy running or walking and repeat 3-5 times.

						75% MHR (maximum heart rate) to 80% by the end of the
BI	JILD	14-Aug	Mon	45min easy run	Build Endurance	run.
	J120	1 + 7 tag	IVIOII	- Horimir Casy Fair	Balla Erradianec	This is a great day to do the online videos: ankle series,
WEEK	2	15-Aug	Tue	OFF	Recovery Day	core series, yoga, foam rolling or rehab
	_	107149	1.40	PACE WORKOUT 90min	Build Endurance &	Time on your feet is more important than pace in a long,
3x	5.5hrs	16-Aug	Wed	to 2hrs	Stamina.	steady run. Run easy and run long.
-	0.010	107109	1100	10 =0		65% MHR or 70% by the end of the run. It's very, very
4x	6hrs	17-Aug	Thu	30min recovery Run	Build Endurance	light.
				OFF or OPTIONAL		
		18-Aug	Fri	CROSS TRAINING	Build Endurance	
		10 110		OFF or OPTIONAL		
		19-Aug	Sat	CROSS TRAINING	Build Endurance	
		10 11.9			Build Endurance &	Time on your feet is more important than pace in a long,
		20-Aug	Sun	LONG STEADY RUN: 3hrs	Stamina.	steady run. Run easy and run long.
			, J			The state of the s
				1	I	75% MHR (maximum heart rate) to 80% by the end of the
BI	JILD	21-Aug	Mon	60min easy run	Build Endurance	run.
В	סבונ	Z 1-Aug	IVIOIT	Outline easy run	Build Effdurance	This is a great day to do the online videos: ankle series,
WEEK	3	22-Aug	Tue	OFF	Recovery Day	core series, yoga, foam rolling or rehab
VVEEN	3	22-Aug	Tue	PACE WORKOUT 90min	Build Endurance &	Time on your feet is more important than pace in a long,
3x	5.5hrs	23-Aug	Wed	PACE WORKOUT 90IIIII	Stamina.	steady run. Run easy and run long.
37	3.31113	25-Aug	vveu		Otalilila.	65% MHR or 70% by the end of the run. It's very, very
4x	6.5hrs	24-Aug	Thu	30min recovery Run	Build Endurance	light.
77	0.01113	24-Aug	1110	OFF or OPTIONAL	Balla Effactation	Ingrit.
		25-Aug	Fri	CROSS TRAINING	Build Endurance	
		20-Aug		OFF or OPTIONAL	Balla Effactation	
		26-Aug	Sat	CROSS TRAINING	Build Endurance	
		20 / tug	Out		Build Endurance, leg	
					resistance to fatigue,	
					practice race pace, try	Time on your feet is more important than pace in a long,
				Fast Finish Long Run: 3:	equipment and nutritional	steady run. Run easy and run long with the last 20-30min
		27-Aug	Sun	30hr	routine.	at comfortably hard tempo pace. (80-90% MHR)
						(22 22 72 11111)
				1		75% MHR (maximum heart rate) to 80% by the end of the
P	REST		Mon	45min easy run	Build Endurance	run.
		28-Aug	IVIOIT	Tomin Gasy run	Dalia Elladiance	This is a great day to do the online videos: ankle series,
WEEK	4	29-Aug	Tue	OFF	Recovery Day	core series, yoga, foam rolling or rehab
AAFFIX	7	29-Aug	Tue	15min warm up + 4 to 5	TCCCVETY Day	core series, yoga, loant foiling of ferial
				times 2 mintues with 2min		
	3hrs			recovery jog + 15 min cool	Build Speed, aerobic	Intervals done in zone 3 = comfortably hard, happy hard
3x	15min	30-Aug	Wed	down	capacity (VO2 max)	or fun hard. The effort should NOT be exhausting.
<u> </u>	10111111	l 00-∧ug	IVVEU	Lacati	Toubacity (AOZ IIIax)	or fair fiara. The chort should NOT be exhausting.

4	Alessa	24 A	Tlass	45 min and a superior Dura	Duild Fodomana	65% MHR or 70% by the end of the run. It's very, very
4x	4hrs	31-Aug	Thu	45min recovery Run OFF or OPTIONAL	Build Endurance	light.
		1-Sep	Fri	CROSS TRAINING	Build Endurance	
		1-оср	- ' ' '	OFF or OPTIONAL	Dulid Eriddrafice	
		2-Sep	Sat	CROSS TRAINING	Build Endurance	
		3-Sep	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.
						75% MHR (maximum heart rate) to 80% by the end of the
Bl	JILD	4-Sep	Mon	45min easy run	Build Endurance	run.
WEEK	5	5-Sep	Tue	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
				30min warm up, followed by 15min of zone 3		
				intervals (3 repeats)	Build speed, aerobic	3min at Zone 3 effort with 2min recovery jogs (on flat
				and 12min of zone 4 hill	capacity (VO2 max) and	terrain) into
				intervals (6 repeats), finish	strength, lactic acid	10sec hill ups with 2min recovery.
3x	5.5-6hrs	6-Sep	Wed	with 30min cool down	tolerance.	
	6hrs	7.0		00	D THE HOUSE	65% MHR or 70% by the end of the run. It's very, very
4x	45min	7-Sep	Thu	60min recovery Run	Build Endurance	light.
		8-Sep	Fri	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		о оор		OFF or OPTIONAL	Balla Eriaararioo	
		9-Sep	Sat	CROSS TRAINING	Build Endurance	
						Time on your feet is more important than pace in a long,
						steady run. Run easy and run long.
						DOWNIUL STRENGTH & ACHITY
						DOWNHILL STRENGTH & AGILITY In the middle of your run incorporate the following set of
						high speed downhill repetitions to help develop technique,
						confidence and leg strength and agility.
				LONG STEADY RUN: 3-	Build Endurance &	- 1min high speed downhill running, followed by 2min very
		10-Sep	Sun	3.5hrs	Stamina.	easy running or walking and repeat 3-5 times.
						75% MHR (maximum heart rate) to 80% by the end of the
Bl	JILD	11-Sep	Mon	45min easy run	Build Endurance	run.
WEEK	6	12-Sep	Tue	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab

3x	5.5-6hrs 6hrs 45min	13-Sep	Wed Thu	20min zone 1 20min zone 2 25min zone 3 45min recovery Run	Build speed, aerobic capacity (VO2 max) Build Endurance	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) 65% MHR or 70% by the end of the run. It's very, very light.
		•		OFF or OPTIONAL	Duild Endurance	
		15-Sep	Fri	OFF or OPTIONAL	Build Endurance	
		16-Sep	Sat	CROSS TRAINING	Build Endurance	
		17-Sep	Sun	LONG STEADY RUN: 3- 3.5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		17-оер	Juli	0.0113	Otamina.	steady full. Null easy and full long.
ВІ	JILD	18-Sep	Mon	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
WEEK	7	19-Sep	Tue	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
3x	5.45hrs	20-Sep	Wed	30min warm up, followed by 15min of zone 3 intervals (3 repeats) and 12min of zone 4 hill intervals (6 repeats), finish with 30min cool down	Build speed, aerobic capacity (VO2 max) and strength, lactic acid tolerance.	3min at Zone 3 effort with 2min recovery jogs (on flat terrain) into 10sec hill ups with 2min recovery.
4x	6:15hrs	21-Sep	Thu	30min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		22-Sep	Fri	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		23-Sep	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.
		24-Sep	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.
R	EST	25-Sep	Mon	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
WEEK	8	26-Sep	Tue	OFF or OPTIONAL CROSS TRAINING	Build Endurance	

WEEK	0	2 Oct	Tuo	60min oggy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the
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WEEK	9	3-Oct	Tue	60min easy run	Build Endurance	run. 5km effort, breathing is fast & labored. Effort is hard but
				10min warm up + 6x 1min interval with 2min easy	Build Spood, agraphic	not all out. 90% MHR.
4x	5:45hrs	4-Oct	Wed	jogging in-between + 10min cool down	capacity (VO2 max)	
					,	65% MHR or 70% by the end of the run. It's very, very
5x	6:45hrs	5-Oct	Thu	45min recovery Run	Build Endurance	light.
		6-Oct	Fri	OFF	Recovery Day	65% MHR or 70% by the end of the run. It's very, very light.
		7-Oct	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-Oct	Sun	LONG STEADY RUN: 2hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
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			FAL	L TRAIL RUNNING CLII	NIC STARTS WEDNE	SDAY OCTOBER 11th
		9-Oct	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
MAINT	FNVN	3-OCL	IVIOIT	1011	Trecovery Day	
MAINT	ENANCE					75% MUD (maximum hoart rate) to 90% by the and of the
MAINT	10	10-Oct	Tue	45min easy run PACE WORKOUT 60min	Build Endurance Zone 3 Training.	75% MHR (maximum heart rate) to 80% by the end of the run. See Google Calendar:

	4hrs			OFF or OPTIONAL		
4x	15min	12-Oct	Thu	CROSS TRAINING	Build Endurance	
		13-Oct	Fri	30min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		14-Oct	Sat	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		15-Oct	Sun	LONG STEADY RUN: 90min to 2hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
MAINT	ENANCE	16-Oct	Mon	OFF	Recovery Day	
WEEK	11	17-Oct	Tue	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
3x	3hrs 45min	18-Oct	Wed	PACE WORKOUT 60min	Zone 3 Training.	See Google Calendar:
4x	4hrs 45min	19-Oct	Thu	45min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		20-Oct	Fri	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		21-Oct	Sat	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		22-Oct	Sun	LONG STEADY RUN: 90min to 2hrs	Build Endurance & Stamina.	
MAINT	ENANCE	23-Oct	Mon	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
WEEK	12	24-Oct	Tue	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
3x	3hrs 45min	25-Oct	Wed	PACE WORKOUT 60min	Zone 3 Training.	See Google Calendar:
4x	4hrs 45min	26-Oct	Thu	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		27-Oct	Fri	45min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		28-Oct	Sat	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		29-Oct	Sun	LONG STEADY RUN: 90min to 2hrs	Build Endurance & Stamina.	

MAINT	ENANCE	30-Oct	Mon	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
WEEK	13	31-Oct	Tue	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
3x	3hrs 45min	1-Nov	Wed	PACE WORKOUT 60min	Zone 3 Training.	See Google Calendar:
4x	4hrs 45min	2-Nov	Thu	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		3-Nov	Fri	45min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		4-Nov	Sat	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		5-Nov	Sun	LONG STEADY RUN: 90min to 2hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
						this is a good week for recovery. You may want to run on
R	EST	6-Nov	Mon	OFF	Recovery Day	the low end of the mileage range and take an extra day off
WEEK	14	7-Nov	Tue	30min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
	3.5hrs	8-Nov	Wed	PACE WORKOUT 60min	Zone 3 Training.	See Google Calendar:
		9-Nov	Thu	30min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		10-Nov	Fri	OFF		
		11-Nov	Sat	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		12-Nov	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.
ВІ	BUILD		Mon	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
WEEK	15	14-Nov	Tue	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
3x	4hrs	15-Nov	Wed	PACE WORKOUT 60min	Strength Focus	See Google Calendar:
4x	5hrs	16-Nov	Thu	OFF or OPTIONAL CROSS TRAINING	Build Endurance	

						75% MHR (maximum heart rate) to 80% by the end of the
		17-Nov	Fri	45min easy run	Build Endurance	run.
		18-Nov	Sat	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		19-Nov	Sun	LONG STEADY RUN: 2hrs 20min	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
В	JILD	20-Nov	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
WEEK	16	21-Nov	Tue	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
3x	4hrs 30min	22-Nov	Wed	PACE WORKOUT 60min	Strength Focus	See Google Calendar:
4x	5hrs 15min	23-Nov	Thu	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		24-Nov	Fri	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		25-Nov	Sat	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		26-Nov	Sun	LONG STEADY RUN: 2hrs 45min	Build Endurance	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
В	JILD	27-Nov	Mon	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
WEEK	17	28-Nov	Tue	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
3x	5hrs	29-Nov	Wed	PACE WORKOUT 60min	Strength Focus	See Google Calendar:
4x	5hrs 45min	30-Nov	Thu	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		1-Dec	Fri	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		2-Dec	Sat	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		3-Dec	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.

R	REST		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
WEEK	18	5-Dec	Tue	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
	2.5-3hrs	6-Dec	Wed	PACE WORKOUT 60min	Zone 3 Training.	See Google Calendar:
		7-Dec	Thu	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
		8-Dec	Fri	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
		9-Dec	Sat	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		10-Dec	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.