



pace

SPORTS FITNESS

SPRING CLINIC 2021: 25km TRAINING GROUP

GOAL: BUILD & ROLLOVER 25K TRAINING PLAN

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Week	Phase	Date	Day	Workout	Purpose	Comments
1	Build	21-Jun	Mon	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
Run:	5.5-6.5 hrs	22-Jun	Tue	OFF	Recovery Day	This is a great day for core core, yoga, foam rolling or rehab
		23-Jun	Wed	PACE WORKOUT 60min	SEE GOOGLE CALENDAR	
		24-Jun	Thu	Recovery Run: 45min or speed workout	SPEED ON GOOGLE CALENDAR	RECOVERY RUN: 65% MHR or 70% by the end of the run. It's very, very light.
		25-Jun	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.
		26-Jun	Sat	OFF or OPTIONAL	Build Endurance	This session can be 30min to 3hrs depending on the
		27-Jun	Sun	LONG STEADY RUN: 3-4hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
2	Build	28-Jun	Mon	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
run goal:	6-7hrs	29-Jun	Tue	OFF	Recovery Day	This is a great day for core core, yoga, foam rolling or rehab

		30-Jun	Wed	ADVENTURE RUN 2hrs	SEE GOOGLE CALENDAR	
		1-Jul	Thu	30-60min recovery Run or Speed Workout	SPEED WORKOUT ON GOOGLE CALENDAR	RECOVERY RUN: 65% MHR or 70% by the end of the run. It's very, very light.
		2-Jul	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.
		3-Jul	Sat	OFF or OPTIONAL	Build Endurance	This session can be 30min to 3hrs depending on the
		4-Jul	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.
3	Rest	5-Jul	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:	3.5hrs	6-Jul	Tue	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 90min
		7-Jul	Wed	PACE WORKOUT 60min	SEE GOOGLE CALENDAR	
		8-Jul	Thu	60min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		9-Jul	Fri	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 90min
		10-Jul	Sat	OFF or OPTIONAL	Build Endurance	This session can be 30min to 90min
		11-Jul	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.
4	Build	12-Jul	Mon	OFF	Recovery Day	
run goal:	6-7hrs	13-Jul	Tue	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		14-Jul	Wed	ADVENTURE RUN 2-2: 20hrs	SEE GOOGLE CALENDAR	
		15-Jul		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.

		16-Jul	Fri	Recovery Run: 45min or speed workout	SPEED ON GOOGLE CALENDAR	RECOVERY RUN: 65% MHR or 70% by the end of the run. It's very, very light.
		17-Jul	Sat	OFF or OPTIONAL	Build Endurance	This session can be 30min to 3hrs depending on the
		18-Jul	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.
5	Build	July 19	Mon	75min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
run goal:	6-7hrs	July 20	Tue	OFF	Recovery Day	
		July 21	Wed	PACE WORKOUT 60min	SEE GOOGLE CALENDAR	
		July 22	Thu	60min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		July 23	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.
		July 24	Sat	OFF or OPTIONAL	Build Endurance	This session can be 30min to 3hrs depending on the
		July 25	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.
6	Rest	26-Jul	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
run goal:	4:15hrs	27-Jul	Tue	60min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		28-Jul	Wed	ADVENTURE RUN 90min	SEE GOOGLE CALENDAR	
		29-Jul	Thu	OFF	Recovery Day	
		30-Jul	Fri	Recovery Run: 45min or speed workout	SPEED ON GOOGLE CALENDAR	RECOVERY RUN: 65% MHR or 70% by the end of the run. It's very, very light.
		31-Jul	Sat	OFF or OPTIONAL	Build Endurance	This session can be 30min to 90min
		1-Aug	Sun	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
7	Build	2-Aug	Mon	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.

run goal:	6.5hrs	3-Aug	Tue	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.
		4-Aug	Wed	PACE WORKOUT 60min	SEE GOOGLE CALENDAR	
		5-Aug	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.
		6-Aug	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.
		7-Aug	Sat	VERTICAL CHALLENGE 60min	Build Endurance & Stamina.	Use this run to focus on Vertical Repeats. Keep your effort easy, steady and continuous. Avoid the temptation to make this a speed session. It's a regular long run, only with emphasis on vertical.
		8-Aug	Sun	LONG STEADY RUN: 3hrs 10min	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
8	Build	9-Aug	Mon	OFF	Recovery Day	
run goal:	06:40	10-Aug	Tue	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		11-Aug	Wed	PACE ADVENTURE 2.5-3hrs	SEE GOOGLE CALENDAR	
		12-Aug	Thu	Recovery Run: 45min or speed workout	SPEED ON GOOGLE CALENDAR	RECOVERY RUN: 65% MHR or 70% by the end of the run. It's very, very light.
		13-Aug	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.
		14-Aug	Sat	75min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		15-Aug	Sun	LONG STEADY RUN: 3hrs 40min	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.

9	Rest	16-Aug	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:	3.5hrs	17-Aug	Tue	45min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		18-Aug	Wed	PACE WORKOUT 60min	SEE GOOGLE CALENDAR	
		19-Aug	Thu	OFF	Recovery Day	
		20-Aug	Fri	45min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		21-Aug	Sat	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 90min
		22-Aug	Sun	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
10	Build	23-Aug	Mon	OFF	Recovery Day	
run goal:	7hrs	24-Aug	Tue	OFF or OPTIONAL CROSS	Build Endurance	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		25-Aug	Wed	PACE ADVENTURE 3hrs	SEE GOOGLE CALENDAR	
		26-Aug	Thu	Recovery Run: 60min or speed workout	SPEED ON GOOGLE CALENDAR	RECOVERY RUN: 65% MHR or 70% by the end of the run. It's very, very light.
		27-Aug	Fri	OFF or OPTIONAL CROSS	Build Endurance	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		28-Aug	Sat	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of
		29-Aug	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.
11	Build	30-Aug	Mon	OFF	Recovery Day	
run goal:	7hrs	31-Aug	Tue	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		1-Sep	Wed	PACE WORKOUT 60min	SEE GOOGLE CALENDAR	
		2-Sep	Thu	60min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.

		3-Sep	Fri	OFF or OPTIONAL CROSS	Build Endurance	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		4-Sep	Sat	OFF or OPTIONAL CROSS	Build Endurance	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		5-Sep	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.
12	Build	Sept 6	Mon	60min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
run goal:	7hrs	Sept 7	Tue	OFF	Recovery Day	65% MHR or 70% by the end of the run. It's very, very light.
		Sept 8	Wed	PACE ADVENTURE RUN 3hrs	SEE GOOGLE CALENDAR	
		Sept 9	Thu	Recovery Run: 60min or speed workout	SPEED ON GOOGLE CALENDAR	RECOVERY RUN: 65% MHR or 70% by the end of the run. It's very, very light.
		Sept 10	Fri	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 90min
		Sept 11	Sat	OFF or OPTIONAL	Build Endurance	This session can be 30min to 90min
		Sept 12	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.

Any days that are highlighted in green are optional for those wanting to run less volume