



# pace

SPORTS FITNESS

SPRING CLINIC 2021 GOAL: PACE HIGH FIVE VERTICAL IN JULY

[www.pacesportsfitness.com](http://www.pacesportsfitness.com)

Week	Phase	Date	Day	Workout	Purpose	Comments
1	Taper	14-Jun	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:	4:15hrs	15-Jun	Tue	30min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
Vert Goal:		16-Jun	Wed	PACE WORKOUT 45min		
		17-Jun	Thu	OFF	Recovery Day	
		18-Jun	Fri	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 90min
		19-Jun	Sat	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 90min
		20-Jun	Sun	LONG STEADY RUN: 3hrs	Build Endurance	
2	Taper	21-Jun	Mon	LONG STEADY RUN: 90min	Recovery Day	
run goal:	4:15hrs	22-Jun	Tue	OFF	Build Endurance	
		23-Jun	Wed	PACE WORKOUT 60min		

		24-Jun	Thu	OFF	Recovery Day	
		25-Jun	Fri	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 90min
		26-Jun	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.
		27-Jun	Sun	60min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
<b>3</b>	<b>Race</b>	28-Jun	Mon	OFF	Recovery Day	
<b>run goal:</b>		29-Jun	Tue	45min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		30-Jun	Wed	<b>PACE WORKOUT 45min</b>		
		1-Jul	Thu	OFF		
		2-Jul	Fri	OFF		
		3-Jul	Sat	PACE HIGH 5	RACE	
		4-Jul	Sun	PACE HIGH 5	RACE	
<b>4</b>	<b>RACE</b>	5-Jul	Mon	PACE HIGH 5	RACE	
<b>run goal:</b>		6-Jul	Tue	PACE HIGH 5	RACE	
		7-Jul	Wed	PACE HIGH 5	RACE	
		8-Jul	Thu	PACE HIGH 5	RACE	
		9-Jul	Fri	PACE HIGH 5	RACE	
		10-Jul	Sat	OFF	Recovery Day	
		11-Jul	Sun	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 90min

5	REST	12-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:		13-Jul	Tue	60min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		14-Jul	Wed	PACE WORKOUT 45min or 45min recovery run		
		15-Jul	Thu	OFF	Recovery Day	
		16-Jul	Fri	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 90min
		17-Jul	Sat	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 90min
		18-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.

\*ONCE YOU'RE RECOVERED, START FOLLOWING ONE OF THE OTHER CLINIC PLANS, BASED ON OUR SUMMER AND FALL GOALS :)