



# TRAINING OVERVIEW

## ROAD TO TRAIL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY REST
10.30	ROAD STRENGTH 6:45-7:30PM	RECOVERY RUN	INTENSITY RUN	RECOVERY OR OFF	RECOVERY	ROAD ENDURANCE RUN 8AM EDGE	OFF
11.6	RECOVERY RUN	INTENSITY RUN	RECOVERY OR OFF	TRAIL STRENGTH 6-7AM	RECOVERY	TRAIL ENDURANCE RUN 7AM CARPOOL 8AM RUN START	OFF
11.13	ROAD STRENGTH 6:45-7:30PM	RECOVERY RUN	INTENSITY RUN	RECOVERY OR OFF	RECOVERY OR OFF	ROAD ENDURANCE RUN 8AM EDGE	OFF
11.20	RECOVERY RUN	TRAIL STRENGTH 6-7 AM SPECIAL DUE TO HOLIDAY	RECOVERY OR OFF	INTENSITY RUN	RECOVERY OR OFF	TRAIL ENDURANCE RUN 7AM CARPOOL 8AM RUN START	OFF
11.27	ROAD STRENGTH 6:45-7:30PM	RECOVERY RUN	INTENSITY RUN	RECOVERY OR OFF	RECOVERY OR OFF	ROAD ENDURANCE RUN 8AM EDGE	OFF
12.4	RECOVERY RUN	INTENSITY RUN	RECOVERY OR OFF	TRAIL STRENGTH 6-7AM	RECOVERY OR OFF	TRAIL ENDURANCE RUN 7AM CARPOOL 8AM RUN START	OFF
12.11	ROAD STRENGTH 6:45-7:30PM	RECOVERY RUN	INTENSITY RUN	RECOVERY OR OFF	RECOVERY OR OFF	ROAD ENDURANCE RUN 8AM EDGE	OFF
12.18	RECOVERY RUN	INTENSITY RUN	RECOVERY OR OFF	TRAIL STRENGTH 6-7AM	RECOVERY OR OFF	TRAIL ENDURANCE RUN 7AM CARPOOL 8AM RUN START	OFF
12.25	ROAD STRENGTH NO RUN - HOLIDAY	RECOVERY RUN	INTENSITY RUN	RECOVERY OR OFF	RECOVERY OR OFF	ROAD ENDURANCE RUN 8AM EDGE	OFF
1.1	RECOVERY RUN	INTENSITY RUN	RECOVERY OR OFF	TRAIL STRENGTH 6-7AM	RECOVERY OR OFF	FROZEN GNOME 10K or 20K INDIV or RELAY	OFF
1.8	ROAD STRENGTH 6:45-7:30PM	RECOVERY RUN	INTENSITY RUN	RECOVERY OR OFF	RECOVERY OR OFF	ROAD ENDURANCE RUN 8AM EDGE	OFF
1.15	RECOVERY RUN	INTENSITY RUN	RECOVERY OR OFF	TRAIL STRENGTH 6-7AM	RECOVERY OR OFF	TRAIL ENDURANCE RUN 7AM CARPOOL 8AM RUN START	OFF
1.22	ROAD STRENGTH 6:45-7:30PM	RECOVERY RUN	INTENSITY RUN	RECOVERY OR OFF	RECOVERY OR OFF	ROAD ENDURANCE RUN 8AM EDGE	OFF
1.29	ROAD STRENGTH 6:45-7:30PM	RECOVERY RUN	INTENSITY RUN	RECOVERY OR OFF	RECOVERY OR OFF	F3 RACE 5K + 13.1	OFF

COMBINING STRENGTH, ENDURANCE & RECOVERY, THIS TRAINING PLAN WAS DESIGNED TO ADAPT TO YOUR EXPERIENCE LEVEL AND INTENDED TO BE FLEXIBLE TO YOUR TRAINING

- GREEN CELLS INDICATE GROUP RUNS:
  - ROAD STRENGTH: WILL INCLUDE SHORTER DISTANCES, INCLUDE DYNAMIC, HIGHER INTENSITY MOVEMENTS (EX: PROGRESSIVE BRIDGE SPRINTS WITH SUPPORTING DRILLS)
  - TRAIL STRENGTH: WILL INCLUDE UNIQUE INCLINE/DECLINE WORK AND TERRAIN TRAINING (EX: PARKING GARAGE SESSIONS, OFF-ROAD STABILITY WORK)
  - ROAD ENDURANCE: WILL INCLUDE CITY MILES GEARING UP TO F3 5K OR 13.1 ON 2.3.24
  - TRAIL ENDURANCE: WILL BE ON LOCAL TRAILS (~30 MINS FROM CITY) AND BE ENTIRELY TIME BASED GEARING UP TO FROZEN GNOME 10 OR 20K (INDIVIDUAL OR RELAY OPTIONS) ON 1.6.24