

# Running Training

## Phase 3

### Note:

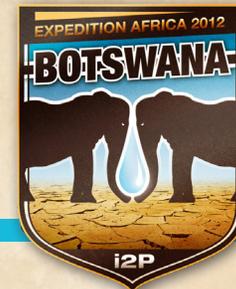
Congratulations on completing phase 2 of your Botswana training! It seems like for the most part everyone is doing great. Again, we are getting regular updates from some of you, but others?.....not so much. Please get back into the routine of sending us weekly brief updates. The schedule that we send out is a good guideline for you to follow, but sometimes needs to be modified either by increasing or decreasing depending on how things are going. We can't help you if we don't know how your training is going.

As for Phase 3 of your running training, this will be your highest volume of training with an emphasis on long runs, while continuing with some applicable quality too. Hill workouts integrated with your tempos will continue for the first 2 weeks, then we'll transition into just longer tempos for the final 2 weeks. This is the most important part of your buildup, so please give it the attention required.

You now have completed almost 2/3 of your training for Botswana, so you're almost ready. The key things to remember during this important phase are to be consistent, run on soft surfaces as much as possible, get lots of rest, look after any little aches before they become bigger issues, and let us know if you have any questions about your training.

Following this phase, we will start to taper back, and give your bodies a chance to absorb all of this great training and be ready to fly. Definitely something to look forward to. As always, please let me know if you need further clarification or if you feel we need to modify your training.

- Derrick Spafford ([info@healthandadventure.com](mailto:info@healthandadventure.com))



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9	<ul style="list-style-type: none"> <li>• Cross Train - 60-75 minutes:</li> </ul> <p>60-75mins of easy cardio cross training. Ideally this should be weight bearing cardio of elliptical, hiking, etc..</p>	<ul style="list-style-type: none"> <li>• Run - 60 minutes:</li> </ul> <p>Easy run on soft surface. Keep intensity at a comfortable level not exceeding 70% perceived max effort.</p>	<ul style="list-style-type: none"> <li>• Run: Tempo/Hills - 1 hour 21 minutes:</li> </ul> <p>Warmup: 15mins easy; Tempo: 10mins flat-rolling @ 80-90% effort, Easy: 3mins recovery; Hills: 5 x 3min uphill (8-10% grade) steady w/full recovery jog to bottom; Easy: 3min recovery; Tempo: 5mins flat at 80-90% effort; Cooldown: 15mins easy.</p>	<ul style="list-style-type: none"> <li>• Run - 60 minutes:</li> </ul> <p>Easy run on soft surface. Keep intensity at a comfortable level not exceeding 70% perceived max effort.</p>	<ul style="list-style-type: none"> <li>• Rest:</li> </ul> <p>Complete rest day.</p>	<ul style="list-style-type: none"> <li>• Run - 60 minutes:</li> </ul> <p>Easy run on soft surface. Keep intensity at a comfortable level not exceeding 70% perceived max effort.</p>	<ul style="list-style-type: none"> <li>• Run: Long - 2 hours 40 minutes:</li> </ul> <p>Your longest run in a few weeks. This should be done on flat to moderately rolling terrain if possible. Avoid anything that's too technical or rocky. Pace should be very relaxed with the goal of running slow enough in the first half of the run that you finish the last half feeling strong and like you could keep going if you had to. Hydration pack should be worn with water and sport snacks.</p>
<b>TRACKING</b>							
10	<ul style="list-style-type: none"> <li>• Cross Train - 60-75 minutes:</li> </ul> <p>60-75mins of easy cardio cross training. Ideally this should be weight bearing cardio of elliptical, hiking, etc..</p>	<ul style="list-style-type: none"> <li>• Run: Tempo - 1 hour 5 minutes:</li> </ul> <p>Easy run on soft surface. Keep intensity at a comfortable level not exceeding 70% perceived max effort.</p>	<ul style="list-style-type: none"> <li>• Run: Tempo/Hills - 1 hour 32 minutes:</li> </ul> <p>Warmup: 15mins easy; Tempo: 10mins flat-rolling @ 80-90% effort, Easy: 3mins recovery; Hills: 6 x 3min uphill (8-10% grade) steady w/full recovery jog to bottom; Easy: 3min recovery; Tempo: 10mins flat at 80-90% effort; Cooldown: 15mins easy.</p>	<ul style="list-style-type: none"> <li>• Cross Train - 45-60 minutes:</li> </ul> <p>45-60mins of easy cardio cross training. Ideally this should be NON-weight bearing cardio of bike, swim, etc...</p>	<ul style="list-style-type: none"> <li>• Rest:</li> </ul> <p>Complete rest day.</p>	<ul style="list-style-type: none"> <li>• Run: Long - 3 hours:</li> </ul> <p>Big Back to Back weekend. Today should be run on a hilly and more technical route on trails if possible. Be sure to wear hydration pack for both runs this weekend, drink to thirst and snack every 30mins. Today should be super relaxed and just about getting in the time on the legs. Walk any hills that you find too challenging to run, and incorporate walk breaks throughout as needed.</p>	<ul style="list-style-type: none"> <li>• Run: Long - 2 hours 10 minutes:</li> </ul> <p>Day #2 of your B2B efforts. Begin with either a walk or very easy run until you feel your legs have loosened up well and you're ready to start running. Be sure to keep the pace easy for the first 60m. If feeling good, then it's ok to pick up the pace slightly for the second hour. Finish with a very easy run or walk for the final 10mins.</p>
<b>TRACKING</b>							



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>11</b>	<ul style="list-style-type: none"> <li>• Cross Train - 45-60 minutes:</li> </ul> <p>45-60mins of easy cardio cross training. Ideally this should be NON-weight bearing cardio of bike, swim, etc...</p>	<ul style="list-style-type: none"> <li>• Run - 60 minutes:</li> </ul> <p>Easy run on soft surface. Keep intensity at a comfortable level not exceeding 70% perceived max effort.</p>	<ul style="list-style-type: none"> <li>• Run: Hilly Tempo - 1 hour 20 minutes:</li> </ul> <p>Warmup: 30mins; Hilly Tempo: 30mins steady over hilly terrain @ 80-90% effort; Cooldown: 20mins easy</p>	<ul style="list-style-type: none"> <li>• Rest:</li> </ul> <p>Complete rest day.</p>	<ul style="list-style-type: none"> <li>• Run - 45 minutes:</li> </ul> <p>Easy run on soft surface. Keep intensity at a comfortable level not exceeding 70% perceived max effort.</p>	<ul style="list-style-type: none"> <li>• Run: Long - 3 hours 15 minutes:</li> </ul> <p>Longest run so far. It's all about time on your feet today. Start your first hour super easy and just focus on continuous forward movement. Try to hit some rolling terrain to mix up the pace and effort a bit. Hike any uphill that you may find too challenging to run. Run with a hydration pack with plenty of water and be sure to take in calories regularly.</p>	<ul style="list-style-type: none"> <li>• Run - 1 hour 20 minutes:</li> </ul> <p>Your legs should be a bit tired today, so be sure to start off super relaxed. Try to stay on a soft surface as much as possible.</p>
<b>TRACKING</b>							
<b>12</b>	<ul style="list-style-type: none"> <li>• Cross Train - 60-75 minutes:</li> </ul> <p>60-75mins of easy cardio cross training. Ideally this should be weight bearing cardio of elliptical, hiking, etc..</p>	<ul style="list-style-type: none"> <li>• Run - 1 hour 10 minutes:</li> </ul> <p>Easy run on soft surface. Keep intensity at a comfortable level not exceeding 70% perceived max effort.</p>	<ul style="list-style-type: none"> <li>• Run: Hilly Tempo - 1 hour 20 minutes:</li> </ul> <p>Warmup: 20mins; Hilly Tempo: 40mins steady over hilly terrain @ 80-90% effort; Cooldown: 20mins easy</p>	<ul style="list-style-type: none"> <li>• Rest:</li> </ul> <p>Complete rest day.</p>	<ul style="list-style-type: none"> <li>• Run - 1 hour 30 minutes:</li> </ul> <p>Easy run on soft surface. Keep intensity at a comfortable level not exceeding 70% perceived max effort.</p>	<ul style="list-style-type: none"> <li>• Hike - 3 hours:</li> </ul> <p>Easy HIKE over rolling terrain if possible. The whole idea is to get out on the trails for a long hike, but not strain your legs from the impact of running. Long run tomorrow.</p>	<ul style="list-style-type: none"> <li>• Run: Long - 3 hours:</li> </ul> <p>Third day in a row with another long day on your feet. These past 3 days will mimic nicely what it will be like on the expedition with a gradual increase in fatigue each day. Be sure to start today's run at a very easy pace. Feel free to walk for the first 10-15mins before starting to run. Run should be flat for the first hour, rolling for the second hour, and flat for the third hour if possible. Be sure to run with a pack, water, and fuel regularly. If you need to take a walk break, feel free to use them when required...a good time is when eating or drinking.</p>
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