

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
14 October 17th - October 23rd	<ul style="list-style-type: none"> • Training Plan Delivered 	<ul style="list-style-type: none"> • Run: warm up 15 min followed by 3 x 6 min (1.5 min recovery) Threshold Cruise Intervals. • Cooldown 5-10 min. • Finish with Flexibility 	<ul style="list-style-type: none"> • Run: 45 minutes Low Zone 1 (easy pace). • Finish with Flexibility 	<ul style="list-style-type: none"> • Run: Warm up 15 min followed by 4 x 3 min (3 min recovery) Medium Hills (6% grade). • Cooldown 15 min. • Finish with Flexibility 	<ul style="list-style-type: none"> • Run: 45 minutes Low Zone 1 (easy pace). • Finish with Flexibility 	<ul style="list-style-type: none"> • Run: Wearing a lightweight running backpack/hydration bladder. Location should be ideally on trail (medium to firm pack sand/dirt - depending on location) - there should be several short hills. Pace should be steady at approx 5 to 7min/km middle to high zone 1 - 75 minutes duration. 	<ul style="list-style-type: none"> • Run/Trek. Similar location to Saturday workout. Total duration of workout is 90 minutes. Low to mid Zone 1 Run. Every 15 minutes, slow to a walk for 5 minutes in duration, then resume back into run pace (keeping it consistent with previous run interval). Repeat for duration of total workout time.
15 October 24th - October 30th	<ul style="list-style-type: none"> • Recovery Day - Flexibility only 	<ul style="list-style-type: none"> • Run: warm up 15 min followed by 3 x 8 min (1.5 min recovery) Threshold Cruise Intervals. • Cooldown 5-10 min. • Finish with Flexibility 	<ul style="list-style-type: none"> • Cross Train Aerobic (i.e. bike) 45 minutes Mid Zone 1 (easy-moderate pace). • Finish with Flexibility 	<ul style="list-style-type: none"> • Run: Warm up 15 min follow by 6 x 3 min (3 min recovery) Medium Hills (6% grade). • Cooldown 15 min. • Finish with Flexibility 	<ul style="list-style-type: none"> • Run: 45 minutes Low Zone 1 (easy pace). • Finish with Flexibility 	<ul style="list-style-type: none"> • Run: Wearing a lightweight running backpack/hydration bladder. Location should be ideally on trail (medium to firm pack sand/dirt - depending on location) - there should be several short hills. Pace should be steady at approx 5 to 7min/km middle to high zone 1 - 90 minutes duration. 	<ul style="list-style-type: none"> • Run/Trek. Similar location to Saturday workout. Total duration of workout is 90 minutes. Low to mid Zone 1 Run. After 45 minutes, slow to a walk for 15 minutes in duration, then resume back into run pace (keeping it consistent with previous run interval). Complete balance of workout running.
16 October 31st - November 6th	<ul style="list-style-type: none"> • Recovery Day - Flexibility only 	<ul style="list-style-type: none"> • Run: Warm up 15 min followed by 2 x 10 min (2.5 min recovery) Threshold Cruise Intervals. • Cooldown 10 min. • Finish with Flexibility 	<ul style="list-style-type: none"> • Run: 60 minutes Low Zone 1 (easy pace). • Finish with Flexibility 	<ul style="list-style-type: none"> • Run: Warm up 15 min followed by 8 x 3 min (3 min recovery) Medium Hills (6% grade). • Cooldown 15 min. • Finish with Flexibility 	<ul style="list-style-type: none"> • Run: 45 minutes Low Zone 1 (easy pace). • Finish with Flexibility 	<ul style="list-style-type: none"> • Run: Wearing a lightweight running backpack/hydration bladder. Location should be ideally on trail (medium to firm pack sand/dirt - depending on location) - there should be several short hills. Pace should be steady at approx 5 to 7min/km middle to high zone 1 - 120 minutes duration. 	<ul style="list-style-type: none"> • Run/Trek. Similar location to Saturday workout. Total duration of workout is 90 minutes. Run 30 minutes Low Zone 1. Walk for 5 minutes. Run 20 minutes Mid to High Zone 1. Walk for 5 minutes. Run 10 min at Cruise Interval pace. Walk for 5 minutes. Finish balance of workout time low zone 1 run.



Training Schedule



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17 November 7th - November 13th	<ul style="list-style-type: none"> Recovery Day - Flexibility only 	<ul style="list-style-type: none"> Run: Warm up 15 min followed by 25 min at Threshold pace (same pace as Cruise Intervals). Cooldown 10 min. Finish with Flexibility 	<ul style="list-style-type: none"> Run: 60 minutes Low Zone 1 (easy pace). Finish with Flexibility 	<ul style="list-style-type: none"> Run: Warm up 15 min followed by 4 X 1.5 min (4 min recovery) Hill Repeats (8% grade). For 60 seconds build to above Threshold Pace. For following 30 seconds increase effort to max sustainable. Cooldown 15 min. Finish with Flexibility 	<ul style="list-style-type: none"> Run: 45 minutes Low Zone 1 (easy pace). Finish with Flexibility 	<ul style="list-style-type: none"> Run: Wearing a lightweight running backpack/hydration bladder. Location should be ideally on trail (medium to firm pack sand/dirt - depending on location) - there should be several short hills. Pace should be steady at approx 5 to 7min/km middle to high zone 1 - 120 minutes duration. 	<ul style="list-style-type: none"> Run/Trek. Similar location to Saturday workout. Total duration of workout is 110 minutes. Low to mid Zone 1 Run. Every 15 minutes, slow to a walk for 5 minutes in duration, then resume back into run pace (keeping it consistent with previous run interval. Repeat for duration of total workout time.
18 November 14th - November 20th	<ul style="list-style-type: none"> Recovery Day - Flexibility only 	<ul style="list-style-type: none"> Run: 30 minutes Mid Zone 1. Finish with Flexibility 	<ul style="list-style-type: none"> Run: 45 minutes Mid Zone 1. Finish with Flexibility 	<ul style="list-style-type: none"> Run: 45 minutes Mid Zone 1 (easy pace) Finish with Flexibility 	<ul style="list-style-type: none"> Run: 30 minutes Low Zone 1 (easy pace). Finish with Flexibility 	<ul style="list-style-type: none"> Run: Wearing a lightweight running backpack/hydration bladder. Location should be ideally on trail (medium to firm pack sand/dirt - depending on location) - there should be several short hills. Pace should be steady at approx 5 to 7min/km middle to high zone 1 - 60 minutes duration. 	<ul style="list-style-type: none"> Run: Wearing a lightweight running backpack/hydration bladder. Location should be ideally on trail (medium to firm pack snow or sand/dirt - depending on location - there should be several short hills. Pace should be steady at approx 5 to 7min/km middle to high zone 1 - 60 minutes duration.
19 November 21st - November 27th	<ul style="list-style-type: none"> Recovery Day - Flexibility only 	<ul style="list-style-type: none"> Recovery Day - Flexibility only 	<ul style="list-style-type: none"> Recovery Day - Flexibility only 	Travel			

