

Training Schedule



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
July 18th - July 24th	<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 to 10 min. • Finish with Flexibility 	<ul style="list-style-type: none"> • Morning: Movement Prep/Strength and Stability. • Afternoon - 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"> • Morning: Movement Prep/Strength and Stability. • Afternoon - 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).
July 25th - July 31st	<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 to 10 min. • Finish with Flexibility 	<ul style="list-style-type: none"> • Morning: Movement Prep/Strength and Stability. • Afternoon - Cross Train Aerobic (i.e. Bike) for 45 minutes Mid Zone 1. • Finish with Flexibility 	<ul style="list-style-type: none"> • Run: Warm up 15 min followed by 6 X 3 min (3 min recovery) Medium Hills (6% grade). • Cooldown 15 min. • Finish with Flexibility 	<ul style="list-style-type: none"> • Morning: Movement Prep/Strength and Stability. • Afternoon - 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.
August 1st - August 7th	<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"> • Morning: Movement Prep/Strength and Stability. • Afternoon - 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"> • Morning: Movement Prep/Strength and Stability. • Afternoon - 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.
August 8th - August 14th	<ul style="list-style-type: none"> • Recovery Day - Flexibility only 	<ul style="list-style-type: none"> • Run. 30 minutes Low Zone 1 (easy pace). • Finish with Flexibility 	<ul style="list-style-type: none"> • Morning: Movement Prep/Strength and Stability. • Afternoon - Cross Train Aerobic (i.e. Bike) for 30 minutes Mid Zone 1. • Finish with Flexibility 	<ul style="list-style-type: none"> • Recovery Day - Flexibility only 	<ul style="list-style-type: none"> • Morning: Movement Prep/Strength and Stability. • Afternoon - 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/Trek. Similar location to Saturday workout. Total duration of workout is 90 minutes. Walk 20 minutes. Run 20 minutes Low to Mid Zone 1. Walk for 5 minutes. Finish balance of workout time low zone 1 run.

Training Schedule



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
August 15th - August 21st	<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"> Morning: Movement Prep/Strength and Stability. Afternoon - 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). Over the first 60 seconds build to above Threshold pace. For the following 30 seconds increase effort to maximal-sustainable. Cooldown 15 min. Finish with Flexibility 	<ul style="list-style-type: none"> Morning: Movement Prep/Strength and Stability. Afternoon - 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.
August 22nd - August 28th	<ul style="list-style-type: none"> Recovery Day - Flexibility only 	<ul style="list-style-type: none"> Run: Warm up 15 min followed by 30 min at Threshold pace. Cooldown 5 to 10 min. Finish with Flexibility 	<ul style="list-style-type: none"> Morning: Movement Prep/Strength and Stability. Afternoon - Cross Train Aerobic (i.e. Bike) for 60 minutes Mid Zone 1. Finish with Flexibility 	<ul style="list-style-type: none"> Run: Warm up 15 min followed by 5 X 1.5 min (4 min recovery) Hill Repeats (8% grade). Over the first 60 seconds build to above Threshold pace. For the following 30 seconds increase effort to maximal-sustainable. Cooldown 15 min. Finish with Flexibility 	<ul style="list-style-type: none"> Morning: Movement Prep/Strength and Stability. Afternoon - Run: 60 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 - 135 minutes duration. 	<ul style="list-style-type: none"> Run/Trek. Similar location to Saturday workout. Total duration of workout is 120 minutes. 30 minutes Low Zone 1 Run. Followed by 30 minutes high zone 1 run. Walk 10 minutes. Then 20 minutes High zone 1 run. Followed by 20 minutes low Zone 1 run. Walk for balance of workout duration.
August 29th - September 4th	<ul style="list-style-type: none"> Recovery Day - Flexibility only 	<ul style="list-style-type: none"> Warm up 15 min followed by 30 min at Threshold pace (same pace as Cruise Intervals). Then slow down to steady High Zone 1 Pace (5 to 6 min/km) for 15 min. Cooldown 10 min. Finish with Flexibility 	<ul style="list-style-type: none"> Morning: Movement Prep/Strength and Stability. Afternoon - Run: 60 minutes Low Zone 1 (easy pace). Finish with Flexibility 	<ul style="list-style-type: none"> Run. Warm up 15 min followed by 6 X 1.5 min (4 min recovery) Hill Repeats (8% grade). Over the first 60 seconds build to above Threshold pace. For the following 30 seconds increase effort to maximal-sustainable. Finish with Flexibility 	<ul style="list-style-type: none"> Morning: Movement Prep/Strength and Stability. Afternoon - Run: 60 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 - 140 minutes duration. 	<ul style="list-style-type: none"> Run/Trek. Similar location to Saturday workout. Total duration of workout is 120 minutes. 30 minutes Low Zone 1 Run. Followed by 30 minutes high zone 1 run. Walk 10 minutes. Then 20 minutes High zone 1 run. Followed by 20 minutes low Zone 1 run. Walk for balance of workout duration.
September 5th - September 11th	<ul style="list-style-type: none"> Recovery Day - Flexibility only 	<ul style="list-style-type: none"> Run: 30 minutes low Zone 1 (easy pace). Finish with Flexibility 	<ul style="list-style-type: none"> Morning: Movement Prep/Strength and Stability. Afternoon - Cross Train Aerobic (i.e. Bike) for 30 minutes Mid Zone 1. Finish with Flexibility 	<ul style="list-style-type: none"> Recovery Day - Flexibility only 	<ul style="list-style-type: none"> Morning: Movement Prep/Strength and Stability. Afternoon - 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/Trek. Similar location to Saturday workout. Total duration of workout is 90 minutes. 30 minutes Low Zone 1 Run. Followed by 30 minutes high zone 1 run. Walk 10 minutes. Then 20 minutes High zone 1 run. Followed by 20 minutes low Zone 1 run. Walk for balance of workout duration.

Training Schedule



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
September 12th - September 18th	<ul style="list-style-type: none"> Recovery Day - Flexibility only 	<ul style="list-style-type: none"> Run: Warm up 15 min followed by steady High Zone 1 pace (5-6 min/km) for 20 minutes. Followed by 30 min at Threshold Pace. Cooldown 10 min. Finish with Flexibility 	<ul style="list-style-type: none"> Morning: Movement Prep/Strength and Stability. Afternoon - Run 60 minutes Low Zone 1 (easy pace). Finish with Flexibility 	<ul style="list-style-type: none"> Run: Warm up 15 min followed by 6 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"> Morning: Movement Prep/Strength and Stability. Afternoon - Run 60 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 - 150 minutes duration. 	<ul style="list-style-type: none"> Run/Trek. Similar location to Saturday workout. Total duration of workout is 120 minutes. Walk 20 minutes. Run 20 minutes Low to Low to Mid 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.
September 19th - September 25th	<ul style="list-style-type: none"> Recovery Day - Flexibility only 	<ul style="list-style-type: none"> Run: Warm up 15 min followed by 20 min at Threshold Pace. Cooldown 10 min. Finish with Flexibility 	<ul style="list-style-type: none"> Morning: Movement Prep/Strength and Stability. Afternoon - Run 45 minutes Low Zone 1 (easy pace). 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"> Morning: Movement Prep/Strength and Stability. Afternoon - Run: 20 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 7 min/km middle to high zone 1 - 60 minutes duration.
September 26th - October 2nd	<ul style="list-style-type: none"> Recovery Day - Flexibility only 	<ul style="list-style-type: none"> Run. 20 to 30 minutes Low Zone 1 (easy pace). Finish with Flexibility 	<ul style="list-style-type: none"> Run. 20 to 30 minutes Low Zone 1 (easy pace). Finish with Flexibility 	<ul style="list-style-type: none"> Recovery Day - Flexibility only 	Travel	Travel	Travel

If you have any questions about the contents of this training plan, please contact John Zahab at jzahab@impossible2possible.com.

