



pace  
SPORTS FITNESS

Salomon 4 Trails 2020						
<a href="http://www.pacesportsfitness.com">www.pacesportsfitness.com</a>						
Week	Phase	Date	Day	Workout	Purpose	Comments
1	Build	2/3	Mon	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
run goal:	6hrs	2/4	Tue	OFF or cross-train (bike, swim etc...)	Recovery Day	
		2/5	Wed	20min warm up + 6x 1min interval with 2min easy jogging in-between + 20min cool down	Build Speed, aerobic capacity (VO2 max)	5km effort, breathing is fast & labored. Effort is hard but not all out. 90% MHR.
		2/6	Thu	45min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light. <b>Perform this on road.</b>
		2/7	Fri	OFF or cross-train (bike, swim etc...)	Recovery Day	
		2/8	Sat	Long Steady Run: 2hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		2/9	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.
2	Build	2/10	Mon	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.

run goal:	6.5hrs	2/11	Tue	OFF or cross-train (bike, swim etc...)	Recovery Day	
		2/12	Wed	15min warm up + 6x 30second run up a moderately sloped hill with jog back down hill as recovery. 20min cool down.	Build leg strength, VO2max and lactic acid tolerance.	Find a hill with 6% to 10% grade. The effort is hard but not all out.
		2/13	Thu	45min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		2/14	Fri	OFF or cross-train (bike, swim etc...)	Recovery Day	
		2/15	Sat	Long Steady Run: 2:20hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		2/16	Sun	Long Steady Run: 1:45hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
3	Build	2/17	Mon	30min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
run goal:	7hrs	2/18	Tue	OFF or cross-train (bike, swim etc...)	Recovery Day	
		2/19	Wed	15min warm up + 6x 60second run up a moderately sloped hill with jog back down hill as recovery. 20min cool down.	Build leg strength, VO2max and lactic acid tolerance.	Find a hill with 6% to 10% grade. The effort is hard but not all out.
		2/20	Thu	45min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light. Perform this on road.
		2/21	Fri	OFF or cross-train (bike, swim etc...)	Recovery Day	
		2/22	Sat	Long Steady Run: 2:45hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		2/23	Sun	Long Steady Run: 2hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.

4	Rest	2/24	Mon	30min easy run	Build Endurance	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:	3hrs	2/25	Tue	OFF or cross-train (bike, swim etc...)	Recovery Day	
		2/26	Wed	10min warm up + 20min tempo run + 10min cool down	Increase stamina and improve running rhythm.	85-90% MHR. Slightly more intense than steady state effort. Comfortably hard effort. This workout is continious running.
		2/27	Thu	OFF or cross-train (bike, swim etc...)	Recovery Day	
		2/28	Fri	30min recovery run	Bulid Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		2/29	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.
		3/1	Sun	OFF or cross-train (bike, swim etc...)	Recovery Day	
5	Build	3/2	Mon	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
run goal:	8hrs	3/3	Tue	OFF or cross-train (bike, swim etc...)	Recovery Day	
		3/4	Wed	15min warm up + 6x 60second run up a moderately sloped hill with jog back down hill as recovery. 20min cool down.	Build leg strength, VO2max and lactic acid tolerance.	Find a hill with 6% to 10% grade. The effort is hard but not all out.
		3/5	Thu	60min recovery run	Bulid Endurance	65% MHR or 70% by the end of the run. It's very, very light. Perform this on road.
		3/6	Fri	OFF or cross-train (bike, swim etc...)	Recovery Day	
		3/7	Sat	Long Steady Run: 3hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		3/8	Sun	Long Steady Run: 2:15hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
6	Build	3/9	Mon	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.

run goal:	8.5hrs	3/10	Tue	OFF or cross-train (bike, swim etc...)	Recovery Day	
		3/11	Wed	Terrain Run: choose a rolling course that takes you approx. 60min to run. Run the flats at tempo pace and the uphill and downhill at an easy pace.	Build speed, aerobic capacity (VO2 max)	85-90% MHR. Slightly more intense than steady state effort. Comfortably hard effort. This workout is continuous running.
		3/12	Thu	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		3/13	Fri	OFF or cross-train (bike, swim etc...)	Recovery Day	
		3/14	Sat	Long Steady Run: 3:30hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		3/15	Sun	Long Steady Run: 2:00hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
7	Build	3/16	Mon	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
run goal:	9hrs	3/17	Tue	OFF or cross-train (bike, swim etc...)	Recovery Day	
		3/18	Wed	10 to 15min warm up + fartlek workout: 10 to 12 times 1 minute at slightly faster than 5k effort with 1min recovery jog + 10 to 15min cool down	Build Speed, aerobic capacity (VO2 max)	
		3/19	Thu	OFF or cross-train (bike, swim etc...)	Recovery Day	
		3/20	Fri	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light. Perform this on road.
		3/21	Sat	Long Steady Run: 3:30hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		3/22	Sun	Long Steady Run: 2:30hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.

8	Rest	3/23	Mon	30min easy run	Build Endurance	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:	4.5hrs	3/24	Tue	OFF or cross-train (bike, swim etc...)	Recovery Day	
		3/25	Wed	10min warm up + 20min tempo run + 10min cool down	Increase stamina and improve running rhythm.	85-90% MHR. Slightly more intense than steady state effort. Comfortably hard effort. This workout is continious running.
		3/26	Thu	30min recovery run	Bulid Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		3/27	Fri	OFF or cross-train (bike, swim etc...)	Recovery Day	
		3/28	Sat	Long Steady Run: 2hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		3/29	Sun	60min recovery run	Bulid Endurance	65% MHR or 70% by the end of the run. It's very, very light.
9	Build	3/30	Mon	75min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
run goal:	9.5hrs	3/31	Tue	OFF or cross-train (bike, swim etc...)	Recovery Day	
		4/1	Wed	10 to 15min warm up + fartlek workout: 4 to 5 times 2 mintues with 2min recovery jog + 15 min cool down	Build Speed, aerobic capacity (VO2 max)	5km effort, breathing is fast & labored. Effort is hard but not all out. 90% MHR.
		4/2	Thu	75min recovery run	Bulid Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		4/3	Fri	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
		4/4	Sat	Fast Finish Long Run: 3:00hr	Build Endurance, leg resistance to fatigue, practice race pace, try equipment and nutritional routine.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		4/5	Sun	Long Steady Run: 3hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.

10	Build	4/6	Mon	90min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
run goal:	10:15hrs	4/7	Tue	OFF or cross-train (bike, swim etc...)	Recovery Day	
		4/8	Wed	10 to 15min warm up + fartlek workout: 4 to 5 times 2 mintues with 2min recovery jog + 15 min cool down	Build Speed, aerobic capacity (VO2 max)	5km effort, breathing is fast & labored. Effort is hard but not all out. 90% MHR.
		4/9	Thu	OFF or cross-train (bike, swim etc...)	Recovery Day	
		4/10	Fri	60min recovery run	Buld Endurance	65% MHR or 70% by the end of the run. It's very, very light. <b>Perform this on road.</b>
		4/11	Sat	Long Steady Run: 3:30hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		4/12	Sun	Long Steady Run: 3hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
11	Rest	4/13	Mon	60min recovery run	Buld Endurance	65% MHR or 70% by the end of the run. It's very, very light.
run goal:	5.5hrs	4/14	Tue	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
		4/15	Wed	75min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run. Perform this on road.
		4/16	Thu	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
		4/17	Fri	Long Steady Run: 90min	Build Endurance	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		4/18	Sat	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
		4/19	Sun	Long Steady Run: 2hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
12	Build	4/20	Mon	OFF or cross-train (bike, swim etc...)	Recovery Day	
run goal:	10:15hrs	4/21	Tue	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.

		4/22	Wed	Vertical training: find a hill that takes approx. 30-45min to climb up and down. Repeat 2-3 times with no rest in-between (total time approx. 90min)	Build leg strength, VO2max and lactic acid tolerance.	great way to practice using your poles!
		4/23	Thu	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
		4/25	Sat	75min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		4/24	Fri	Long Steady Run: 4:00hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		4/26	Sun	Long Steady Run: 2:30hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
13	Build	4/27		OFF or cross-train (bike, swim etc...)	Recovery Day	
run goal:	11hrs	4/28		60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run. Perform this on road.
		4/29		10min warm up + 30min tempo run + 10min cool down	Increase stamina and improve running rhythm.	85-90% MHR. Slightly more intense than steady state effort. Comfortably hard effort. This workout is continuous running.
		4/30		Long Steady Run: 2hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		5/1		OFF or cross-train (bike, swim etc...)	Recovery Day	
		5/2		Long Steady Run: 4:00hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		5/3		Long Steady Run: 3hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
14	Build	5/4	Mon	OFF or cross-train (bike, swim etc...)	Recovery Day	
run goal:	11:45hrs	5/5	Tue	75min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		5/6	Wed	Vertical training: find a hill that takes approx. 30-45min to climb up and down. Repeat 2-3 times with no rest in-between (total time approx.2hrs)	Build leg strength, VO2max and lactic acid tolerance.	great way to practice using your poles!

		5/7	Thu	OFF or cross-train (bike, swim etc...)	Recovery Day	
		5/8	Fri	Long Steady Run: 2hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		5/9	Sat	Long Steady Run: 3:30hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		5/10	Sun	Long Steady Run: 3:00hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
15	Rest	5/11	Mon	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
run goal:	5:45hrs	5/12	Tue	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
		5/13	Wed	75min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run. Perform this on road.
		5/14	Thu	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
		5/15	Fri	Long Steady Run: 90min	Build Endurance	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		5/16	Sat	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
		5/17	Sun	Long Steady Run: 2hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
16	PEAK	5/18	Mon	75min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
run goal:	12:15hrs	5/19	Tue	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
		5/20	Wed	Fast Finish Long Run: 2hrs	Build Endurance, leg resistance to fatigue, practice race pace, try equipment and nutritional routine.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		5/21	Thu	90min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		5/22	Fri	OFF or cross-train (bike, swim etc...)	Recovery Day	



		5/23	Sat	Long Steady Run: 4:00hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		5/24	Sun	Long Steady Run: 3:00 - 3:30hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
17	Taper	5/25	Mon	Long Steady Run: 3hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
run goal:	7hrs	5/26	Tue	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
		5/27	Wed	40min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		5/28	Thu	35min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		5/29	Fri	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
		5/30	Sat	Long Steady Run: 90min	Build Endurance	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		5/31	Sun	Long Steady Run: 90min	Build Endurance	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
18	Taper	6/1	Mon	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
run goal:	4hrs	6/2	Tue	90min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		6/3	Wed	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		6/4	Thu	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
		6/5	Fri	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		6/6	Sat	30min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		6/7	Sun	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.
19	Taper	6/8	Mon	45min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
run goal:		6/9	Tue	OFF	Recovery Day	You can use this day for rehab, <b>yoga</b> , massage or core work.

		6/10	Wed	SALOMON 4 TRAILS	STAGE ONE	GOOD LUCK!
		6/11	Thu	SALOMON 4 TRAILS	STAGE TWO	HAVE FUN!
		6/12	Fri	SALOMON 4 TRAILS	STAGE THREE	SMILE!
		6/13	Sat	SALOMON 4 TRAILS	STAGE FOUR	CELEBRATE!
		6/14	Sun	OFF	Recovery Day	

**Liability Waiver to utilize P.A.C.E. Sports Fitness Training Program and waive liability**

I voluntarily choose to utilize the **Salomon 4 Trails** online coaching services of P.A.C.E Sports Fitness in order to improve my training and racing. I understand that the training philosophy of P.A.C.E. Sports Fitness is to very gradually increase my ability to train and race more effectively. I also understand that this training philosophy may create certain potential risks such as abnormalities in my blood pressure, breathing, heart rate, and/or muscular-skeletal system that cannot be predicted with complete accuracy. I understand that I am responsible for monitoring my own condition throughout the **Salomon 4 Trails** training program developed by this online coaching service which I have chosen and agreed to undertake, and should any unusual symptoms or conditions occur, I will immediately cease following the training program and inform my doctor of the symptoms or condition. In stating that I agree to this agreement and waiver of liability, I acknowledge that I have read this form in its entirety and that I understand the potential risks associated with these on-line coaching services. I also agree to consult with and obtain written permission from my primary care physician prior to undertaking this new training program. If I do not consult with and obtain permission from my primary care physician, I accept any and all consequences that may result from this inaction on my part. Finally, in consideration for being allowed to participate and choosing to engage in this training program, I agree to assume the risks of such training, and further agree to hold harmless P.A.C.E. Sports Fitness from any and all claims, suits, losses, and/or related causes of actions and damages, including, but not limited to, such claims that may result from my injury or death, accidental or otherwise, during or arising in any way from, these personal coaching services.

**Choosing to utilize the Salomon 4 Trails online coaching services indicates that you have read, understand and agree to the above Agreement.**