



pace
SPORTS FITNESS



SALOMON 4 TRAILS 2021

Goal: Build Endurance

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Week	Phase	Date	Day	Workout	Purpose	Comments
1	Rest	3.29	Mon	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	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:	4:15hr	3.30	Tue	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run. Perform this on road.
		3.31	Wed	45min easy conversational pace, followed by 20min Zone 3 effort	Build leg strength, VO2max and lactic acid tolerance.	Run the first portion at an easy conversational pace and the back half at your Zone 3 effort (comfortably hard, happy hard, fun hard)
		4.1	Thu	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	
		4.2	Fri	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		4.3	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.
		4.4	Sun	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
2	Build	4.5	Mon	90min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.

Run Goal:	9:00hr	4.6	Tue	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	
		4.7	Wed	20min warm up, followed by 25min of hill intervals and finish with 20min cool down	Build leg strength, VO2max and lactic acid tolerance.	Find a moderately sloped hill (that is more gradual than steep) that will take 2-3 minutes to ascend. Ascend at zone 3 effort (comfortably hard, happy hard, fun hard) and then recover by jogging down the hill.
		4.8	Thu	30min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		4.9	Fri	OFF	Recovery	You can use this day for rehab, yoga , massage or core work.
		4.10	Sat	Long Steady Run: 4hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		4.11	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.
3	Build	4.12	Mon	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
Run Goal:	9.5hr	4.13	Tue	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	
		4.14	Wed	Terrain Run: choose a rolling course that takes you approx. 90min to run. Run the flats at tempo pace and the uphill and downhills 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.
		4.15	Thu	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		4.16	Fri	OFF	Recovery	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		4.17	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.

		4.18	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.
4	Build	4.19	Mon	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light. Perform this on road.
Run Goal:	10hr	4.20	Tue	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	
		4.21	Wed	20min zone 1 20min zone 2 25min zone 3	Build speed, aerobic capacity (VO2 max)	Thirde progression Run. Run the first 3rd very, very easy (zone 1). Run the second 3rd easy (zone 2) Run the last 3rd comfortably hard, happy hard, fun hard. (zone 3)
		4.22	Thu	OFF	Recovery	You can use this day for rehab, yoga , massage or core work.
		4.23	Fri	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		4.24	Sat	Long Steady Run: 4hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		4.25	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.
5	Rest	4.26	Mon	OFF	Recovery	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:	5hr	4.27	Tue	75min 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
		4.28	Wed	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		4.29	Thu	OFF	Recovery	You can use this day for rehab, yoga , massage or core work.
		4.30	Fri	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.

		5.1	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.
		5.2	Sun	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	
6	Build	5.3	Mon	90min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
Run Goal:	10:30hr	5.4	Tue	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	
		5.5	Wed	30min warm up, followed by 15min of zone 3 intervals (3 repeats) and 12min of zone 4 hill intervals (6 repeats), finish with 30min cool down	Build speed, aerobic capacity (VO2 max) and strength, lactic acid tolerance.	3min at Zone 3 effort with 2min recovery jogs (on flat terrain) into... 10sec hill ups with 2min recovery.
		5.6	Thu	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light. Perform this on road.
		5.7	Fri	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		5.8	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.
		5.9	Sun	Fast Finish Long Run: 3:30hr	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.
7	Build	5.10	Mon	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	
Run Goal:	10:45hr	5.11	Tue	75min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.

		5.12	Wed	30min warm up, followed by 15min of zone 3 intervals (3 repeats) and 12min of zone 4 hill intervals (6 repeats), finish with 30min cool down	Build speed, aerobic capacity (VO2 max) and strength, lactic acid tolerance.	3min at Zone 3 effort with 2min recovery jogs (on flat terrain) into... 10sec hill ups with 2min recovery.
		5.13	Thu	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		5.14	Fri	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		5.15	Sat	Long Steady Run: 4hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		5.16	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.
8	BUILD	5.17	Mon	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	
Run Goal:	11:15hr	5.18	Tue	75min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run. Perform this on road. Perform this on road.
		5.19	Wed	30min warm up, followed by 15min of zone 3 intervals (3 repeats) and 12min of zone 4 hill intervals (6 repeats), finish with 30min cool down	Build speed, aerobic capacity (VO2 max) and strength, lactic acid tolerance.	3min at Zone 3 effort with 2min recovery jogs (on flat terrain) into... 10sec hill ups with 2min recovery.
		5.20	Thu	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		5.21	Fri	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		5.22	Sat	Long Steady Run: 4:30hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		5.23	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.

9	REST	5.24	Mon	45min 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:	5.5hr	5.25	Tue	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	
		5.26	Wed	60min recovery run	Bulid Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		5.27	Thu	75min 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
		5.28	Fri	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		5.29	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.
		5.30	Sun	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	
10	BUILD	5.31	Mon	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	
Run Goal:	11.5hr	6.1	Tue	90min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run. Perform this on road.
		6.2	Wed	45min easy conversational pace, followed by 20min Zone 3 effort	Build leg strength, VO2max and lactic acid tolerance.	Run the first portion at an easy conversational pace and the back half at your Zone 3 effort (comfortably hard, happy hard, fun hard)
		6.3	Thu	60min recovery run	Bulid Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		6.4	Fri	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		6.5	Sat	Long Steady Run: 4hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		6.6	Sun	Long Steady Run: 4hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.

11	Build	6.7	Mon	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	
	12.5hr	6.8	Tue	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		6.9	Wed	20min warm up. 3 times 7min interval with 3min recovery jog in-between. 20min cool down	Build stamina - lactate threshold speed.	
		6.10	Thu	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		6.11	Fri	Long Steady Run: 2.5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		6.12	Sat	Long Steady Run: 4.5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		6.13	Sun	Long Steady Run: 3.5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
12	PEAK	6.14	Mon	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	
	14.5hr	6.15	Tue	2hr easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		6.16	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!
		6.17	Thu	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.

		6.18	Fri	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.
		6.19	Sat	Long Steady Run: 4hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		6.20	Sun	Long Steady Run: 4hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
13	TAPER	6.21	Mon	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
	6.5hr	6.22	Tue	OFF or OPTIONAL CROSS TRAINING	Build Endurance or Recovery	
		6.23	Wed	20min easy conversational. 30min tempo run. 20min easy conversational.	Build stamina - lactate threshold speed.	85-90% MHR. Slightly more intense than steady state effort. Comfortably hard effort. This workout is continuous running.
		6.24	Thu	60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light. Perform this on road.
		6.25	Fri	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		6.26	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.
		6.27	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.
14	TAPER	6.28		OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
	4.5hr	6.29		60min recovery run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		6.30		45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		7.1		OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		7.2		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.
		7.3		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.

		7.4		OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
15		7.5	Mon	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		7.6	Tue	STAGE ONE	GOOD LUCK!	
		7.7	Wed	STAGE TWO	HAVE FUN!	
		7.8	Thu	STAGE THREE	STAY POSITIVE!	
		7.9	Fri	STAGE FOUR	STAY STRONG!	
		7.10	Sat	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.
		7.11	Sun	OFF	Recovery Day	You can use this day for rehab, yoga , massage or core work.

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.