



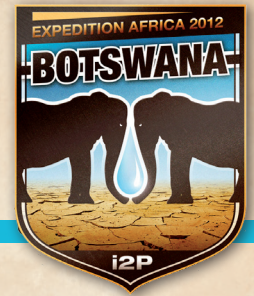
Running Training

Phase 2

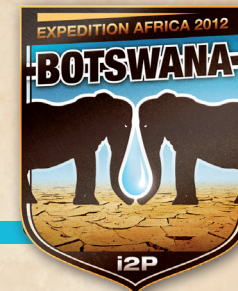
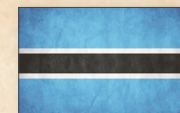
Note:

Great job everyone on completing the first phase of training towards i2P Botswana. It seems like all is going well for most of you that I've been in touch with. Once again, a reminder to send a quick email on a weekly basis to let us know how your training is going and if you have any questions or concerns. Some of you have been great with this and others I haven't heard much. For this next phase of training, we'll be continuing to increase your weekly volume, increase temp runs, add some hill training, and build your long runs/B2B long runs further. As always, please let me know if you need further clarification or if you feel we need to modify your training. Keep it going!

- Derrick Spafford (info@healthandadventure.com)



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5	<p>• Run - 50 minutes:</p> <p>Back to increasing your volume again this week. You may be a bit tired from yesterday's long run, so take it very easy today. Just a nice relaxed run.</p>	<p>• Run: Tempo - 1 hour 10 minutes:</p> <p>Warmup: 25 mins easy, Tempo: 25 mins steady effort at 80-90% max effort, Cooldown: 20 mins easy. Tempo portion should be done on flat to moderately rolling terrain.</p>	<p>• Cross Train - 45-60 minutes:</p> <p>45-60mins of easy cardio cross training. Ideally this should be weight bearing cardio of elliptical, hiking, etc...</p>	<p>• Run - 60 minutes:</p> <p>Easy to steady with effort at 70% perceived max effort.</p>	<p>• Rest:</p> <p>Complete rest day before long run tomorrow.</p>	<p>• Run: Long - 2 hours 15 minutes:</p> <p>Long Slow Distance run on trails over rolling terrain. Keep the effort light and make sure that you're feeling comfortable for the duration of the run. Hike any hills that aren't comfortable to run. Be sure to wear a hydration pack for this run.</p>	<p>• Run: Long - 1 hour 30 minutes:</p> <p>Day #2 of B2B longer efforts. Ideally this run should also be done on a soft surface, but best to keep it on a flatter trail with less climbing than yesterday.</p>
TRACKING							
6	<p>• Cross Train - 45-60 minutes:</p> <p>45-60mins of easy cardio cross training. Ideally this should be NON-weight bearing cardio of bike, swim, etc...</p>	<p>• Run - 60 minutes:</p> <p>Easy run on soft surface. Keep intensity at a comfortable level not exceeding 70% perceived max effort.</p>	<p>• Run: Tempo - 1 hour 17 minutes:</p> <p>Warmup: 25 mins easy, Tempo: 2 x 15 mins steady effort at 80-90% max effort w/2min jog recovery, Cooldown: 20 mins easy. Tempo portion should be done on flat to moderately rolling terrain.</p>	<p>• Rest:</p> <p>Complete rest day.</p>	<p>• Run - 60 minutes:</p> <p>Easy run on soft surface. Keep intensity at a comfortable level not exceeding 70% perceived max effort.</p>	<p>• Run: Long - 2 hours 30 minutes:</p> <p>Long Slow Distance run on trails over rolling terrain. Keep the effort light and make sure that you're feeling comfortable for the duration of the run. Hike any hills that aren't comfortable to run. Be sure to wear a hydration pack for this run.</p>	<p>• Run - 60 minutes:</p> <p>Easy recovery run on soft surface. Keep intensity at a comfortable level not exceeding 70% perceived max effort.</p>
TRACKING							



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7	<ul style="list-style-type: none"> • Cross Train - 60-75 minutes: <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"> • Run - 1 hour 10 minutes: <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"> • Run: Tempo/Hills - 1 hour 14 minutes: <p>Warmup: 20mins easy; Tempo: 15mins flat-rolling @ 80-90% effort, Easy: 3mins recovery; Hills: 4 x 2min uphill (8-10% grade) steady w/full recovery jog to bottom; Cooldown: 20mins easy.</p>	<ul style="list-style-type: none"> • Run - 60 minutes: <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"> • Rest: <p>Complete rest day before long run tomorrow.</p>	<ul style="list-style-type: none"> • Run: Long - 2 hours 45 minutes: <p>Back to back long runs this weekend. The goal for today is to hit at least 2:45 on the trails that includes several moderate climbs. All about time on the legs today, so ok to walk any steep or long hills. Wear hydration pack and practise taking in some calories every 30mins in the form of gels, sport chews or other easy to digest food..</p>	<ul style="list-style-type: none"> • Run: Long - 2 hours: <p>Day #2 of B2B longer efforts. Ideally this run should also be done on a soft surface, but best to keep it on a flatter trail with less climbing.</p>
TRACKING							
8	<ul style="list-style-type: none"> • Rest: <p>Complete rest day.</p>	<ul style="list-style-type: none"> • Run - 50 minutes: <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"> • Run: Tempo/Hills - 1 hour 12 minutes: <p>Warmup: 20mins easy; Tempo: 10mins flat-rolling @ 80-90% effort, Easy: 3mins recovery; Hills: 6 x 2min uphill (8-10% grade) steady w/full recovery jog to bottom; Cooldown: 15mins easy.</p>	<ul style="list-style-type: none"> • Run - 50 minutes: <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"> • Rest/Optional XT: <p>Bonus rest day or optional cross training day of up to 75mins.</p>	<ul style="list-style-type: none"> • Run - 50 minutes: <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"> • Run: Long - 2 hours: <p>Keep this long run very easy. Listen to your body. If you feel you need an extra bit of recovery this week, then cut the run short. We start building again beginning tomorrow.</p>
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