



Running Training

Phase 3

Note:

Congratulations on completing phase 2 of your Atacama training! It seems like everyone is doing great.

As for Phase 3 of your running training, this will be your highest volume of training with an emphasis on long runs, while continuing with some applicable quality too. Hill workouts integrated with your tempos will continue for the first 2 weeks, then we'll transition to a single longer tempo, before a short taper leading into your travel day(s). This is the most important part of your buildup, so please give it the attention required.

You now have completed almost 2/3 of your training for Atacama, so you're almost ready. The key things to remember during this important phase are to be consistent, run on soft surfaces as much as possible, get lots of rest, look after any little aches before they become bigger issues, and let us know if you have any questions about your training.

As mentioned, during the last week of this phase, we will taper back, and give your bodies a chance to absorb all of this great training and be ready to fly. Definitely something to look forward to. As always, please let me know if you need further clarification or if you feel we need to modify your training.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9	<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 - 60 minutes: <p>Easy run on soft surface. Keep intensity at a comfortable level not exceeding 70% perceived max effort.</p> <p>Technique: Week 9</p>	<ul style="list-style-type: none"> • Run: Tempo/Hills - 1 hour 21 minutes <p>Warmup: 15mins easy; Tempo: 10mins flat-rolling @ 80-90% effort, Easy: 3mins recovery; Hills: 5 x 3min uphill (8-10% grade) steady w/full recovery jog to bottom; Easy: 3min recovery; Tempo: 5mins flat at 80-90% effort; Cooldown: 15mins easy.</p>	<ul style="list-style-type: none"> • Run - 60 minutes: <p>Easy to steady with effort at 70% perceived max effort.</p> <p>Technique: Week 9</p>	<ul style="list-style-type: none"> • Rest: <p>Complete rest day.</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> <p>Technique: Week 9</p>	<ul style="list-style-type: none"> • Run: Long - 2 hours 45 minutes: <p>Your longest run in a few weeks. This should be done on flat to moderately rolling terrain if possible. Avoid anything that's too technical or rocky. Pace should be very relaxed with the goal of running slow enough in the first half of the run that you finish the last half feeling strong and like you could keep going if you had to. Hydration pack should be worn with water and sport snacks.</p>
	TRACKING						
10	<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 5 minutes: <p>Easy run on soft surface. Keep intensity at a comfortable level not exceeding 70% perceived max effort.</p> <p>Technique: Week 10</p>	<ul style="list-style-type: none"> • Run: Tempo - 1 hour 32 minutes <p>Warmup: 15mins easy; Tempo: 10mins flat-rolling @ 80-90% effort, Easy: 3mins recovery; Hills: 6 x 3min uphill (8-10% grade) steady w/full recovery jog to bottom; Easy: 3min recovery; Tempo: 10mins flat at 80-90% effort; Cooldown: 15mins easy.</p>	<ul style="list-style-type: none"> • Cross Train - 45-60 minutes: <p>45-60mins of easy cardio cross training. Ideally this should be NON-weight bearing cardio of bike, swim, etc...</p>	<ul style="list-style-type: none"> • Rest: <p>Complete rest day.</p>	<ul style="list-style-type: none"> • Run: Long - 3 hours: <p>Big Back to Back weekend. Today should be run on a hilly and more technical route on trails if possible. Be sure to wear hydration pack for both runs this weekend, drink to thirst and snack every 30mins. Today should be super relaxed and just about getting in the time on the legs. Walk any hills that you find too challenging to run, and incorporate walk breaks throughout as needed.</p>	<ul style="list-style-type: none"> • Run: Long - 2 hours 10 minutes: <p>Day #2 of your B2B efforts. Begin with either a walk or very easy run until you feel your legs have loosened up well and you're ready to start running. Be sure to keep the pace easy for the first 60m. If feeling good, then it's ok to pick up the pace slightly for the second hour. Finish with a very easy run or walk for the final 10mins.</p> <p>Technique: Week 10</p>
	TRACKING						

TECHNIQUE
LEGEND

9 - Focus on relaxing the hip flexors so they don't move the upper leg forward in front of the body.

10 - Focus on arm swing to the rear rather than to the front. Ensure the hands do not come farther forward than the front of your chest and not farther backwards than the center of your ribs.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11	<p>• Cross Train - 60-75 minutes:</p> <p>60-75 mins 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>Technique: Week 11</p>	<p>• Run: Tempo/Hill - 1 hour 20 minutes</p> <p>Warmup: 30mins; Hilly Tempo: 30mins steady over hilly terrain @ 80-90% effort; Cooldown: 20mins easy</p>	<p>• Rest:</p> <p>Complete rest day.</p>	<p>• Run - 45 minutes:</p> <p>Easy run on soft surface. Keep intensity at a comfortable level not exceeding 70% perceived max effort.</p> <p>Technique: Week 11</p>	<p>• Run: Long - 3 hours 15 minutes:</p> <p>Longest run so far. It's all about time on your feet today. Start your first hour super easy and just focus on continuous forward movement. Try to hit some rolling terrain to mix up the pace and effort a bit. Hike any uphill that you may find too challenging to run. Run with a hydration pack with plenty of water and be sure to take in calories regularly.</p>	<p>• Run: Long - 1 hour 20 minutes:</p> <p>Your legs should be a bit tired today, so be sure to start off super relaxed. Try to stay on a soft surface as much as possible.</p> <p>Technique: Week 11</p>
TRACKING							
12	<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>Technique: Week 12</p>	<p>• Run - 45 minutes:</p> <p>Very easy jogging on grass for a maximum of 45-60 mins.</p>	<p>• Rest:</p> <p>Complete rest day.</p>	<p>• Run - 30 minutes:</p> <p>Very easy jogging on grass for a maximum of 45-60 mins.</p>	<p>• Rest:</p> <p>Complete rest day.</p>	<p>• Run - 20 minutes:</p> <p>Very easy jogging on grass for a maximum of 45-60 mins.</p>
TRACKING							

TECHNIQUE
LEGEND

11 - Focusing on aligned relaxed posture, slight forward lean, completely relaxed legs and feet and rearward arm swing.

12 - Focusing on aligned relaxed posture, slight forward lean, completely relaxed legs and feet and rearward arm swing.