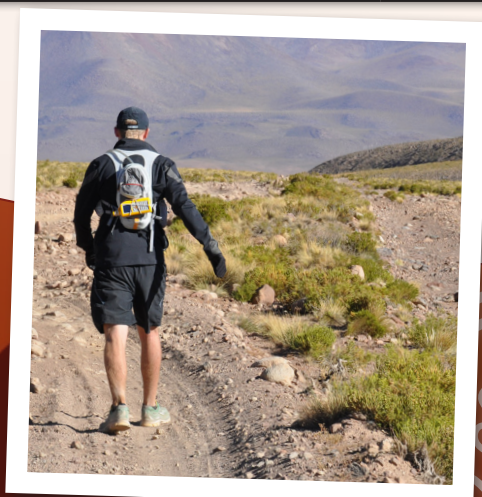


Run Type	Details
Cruise Intervals	Following a complete warm-up period, run on a very flat course (one that has no/few stops, and that is free of traffic). Bring your intensity up to a point where you are working at approx Z3 HR. The interval begins as soon as the pace is increased, not when your HR begins to climb (if using heart rate as a method of gauging intensity). It will likely take you about 3 minutes for your HR to climb up to the suggested range. By the time you reach the 6 minute mark, you should feel ready for the recovery interval. The pace is "comfortably hard". It will be a pace that is slightly less than 10km race pace. Stay relaxed, focused, and with a quick turnover. These workouts should be done with no backpack/hydration pack – on dry roads with low traffic.
Medium Hills	Find a hill that takes approx. 3 minutes to ascend, with an approximate 6% grade. Following your warm-up on the flats begin the first interval. Your HR will be anywhere from Z2 to above Z4 (near the top of the hill), just remember you are NOT sprinting up the hills – steady and controlled. Stay relaxed in the upper body, and maintain a tall posture. Recover once reaching the top (walk/jog for an equal amount of time (i.e. 3 min climb = 3 min of recovery jog). These workouts should be done with no backpack/hydration pack – on dry roads with low traffic.
Hill Repeats	Find a hill with an approximate 8% grade. Following your warm-up on the flats begin your first repeat. Over the course of the first 60 seconds rapidly build to above threshold pace. For the last 30 seconds you will increase the effort to a maximal level (however this pace must be sustainable for all subsequent intervals – if you start too slow – the workout is finished). Stay relaxed in the upper body, and maintain a tall posture. Recover once reaching the top (walk/jog for full recovery (i.e. 1.5 min climb = 4 min of recovery walk/jog). These workouts should be done with no backpack/hydration pack – on dry roads with low traffic.



Flexibility	Sets	Repetitions
Flexibility - following Strength/Stability Routine – and may be performed daily. Stay within a comfortable range.		
A. Half Kneeling Hip Flexor Rope Stretch	2	Hold for 30-40 seconds
B. Lying Figure 4 Glute Stretch	2	Hold for 30-40 seconds
C. Lying Hamstring-Peroneal Rope Stretch	2	Hold for 30-40 seconds
D. Seated Calf Rope Stretch or Standing Calf Stretch	2	Hold for 30-40 seconds
E. Bowing Kneeling Side Bend Stretch	2	Hold for 30-40 seconds
F. Chest Wall Stretch	2	Hold for 30-40 seconds
There should be no pain or symptoms associated with the performance of any exercise. If pain presents, stop the activity at once.		

