

PERUVIAN AMAZON 2013

Running Training Phase 2

Note:

Great job everyone on completing the first phase of training towards Peru! It seems like all is going well for most of you for the most part. For this next phase of training, we'll be continuing to increase your weekly volume, increase tempo 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 m</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>Technique : Week 5</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>Technique: Week 5</p>	<p>• Rest:</p> <p>Complete rest day.</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> <p>Technique: Week 5</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>Technique: Week 6</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>Technique: Week 6</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> <p>Technique: Week 6</p>
TRACKING							

TECHNIQUE LEGEND

Week 5 -Focus on being tall, aligned and relaxed with slight lean. Then work on relaxing the lower legs and feet from the knees down so that you are not reaching forward with the foot. The foot should contact the ground just under the knees.

Week 6 -Focus on being tall, aligned and relaxed with slight lean and relaxed lower legs and feet from the knees down. Concentrate on your knees and sense they are the most forward part of your leg at the front of your stride.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7	<p>• Cross Train - 60-75 minutes:</p> <p>60-75mins of easy cardio cross training. Ideally this should be weight bearing cardio of elliptical, hiking, etc..</p>	<p>• Run - 1 hour 10 minutes:</p> <p>Easy run on soft surface. Keep intensity at a comfortable level not exceeding 70% perceived max effort.</p> <p>Technique: Week 7</p>	<p>• Run: Tempo/Hills - 1 hour 14 minutes:</p> <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>	<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 7</p>	<p>• Rest:</p> <p>Complete rest day.</p>	<p>• Run: Long - 2 hours 45 minutes:</p> <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>	<p>• Run: Long - 2 hours:</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.</p> <p>Technique: Week 7</p>
TRACKING							
8	<p>• Rest:</p> <p>Enjoy the rest day. Great week of training last week.</p> <p>Welcome to your recovery week.</p>	<p>• Run - 50 minutes:</p> <p>Easy run on soft surface. Keep intensity at a comfortable level not exceeding 70% perceived max effort.</p> <p>Technique: Week 8</p>	<p>• Run: Tempo/Hills - 1 hour 12 minutes:</p> <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>	<p>• Run - 50 minutes:</p> <p>Easy run on soft surface. Keep intensity at a comfortable level not exceeding 70% perceived max effort.</p> <p>Technique: Week 8</p>	<p>• Rest/Cross Train:</p> <p>Bonus rest day or optional cross training day of up to 75mins</p>	<p>• Run - 50 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:</p> <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> <p>Technique: Week 8</p>
TRACKING							

TECHNIQUE LEGEND

Week 7 -Focus on being tall, aligned and relaxed with slight lean and relaxed lower legs and feet from the knees down. Ensure you are not using the muscles in your hips to draw the knee forward in front of the hips at the front of your stride.

Week 8 -Focus on being tall, aligned and relaxed with slight lean and relaxed lower legs and feet from the knees down. Try to keep the whole leg and foot completely relaxed after your foot leaves the ground at the rear of your stride so that the relaxed leg returns forward on its own and the relaxed foot contacts the ground on its own just in front of the hips.