



pace

SPORTS FITNESS

25 KM TRAINING PLAN / FALL 2023 CLINIC

GOAL: BUILD & MAINTENANCE

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Week	Phase	Date	Day	Workout	Purpose	Comments
	BUILD	7-Aug	Mon	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
WEEK	1	8-Aug	Tue	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
3x	5.5hrs	9-Aug	Wed	PACE WORKOUT 90min to 2hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
4x	6hrs	10-Aug	Thu	30min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		11-Aug	Fri	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		12-Aug	Sat	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		13-Aug	Sun	LONG STEADY RUN: 3hrs	Build Endurance & Stamina.	<p>Time on your feet is more important than pace in a long, steady run. Run easy and run long.</p> <p>DOWNHILL STRENGTH & AGILITY In the last 30min of the run, incorporate the following set of high speed downhill repetitions to help develop technique, confidence and leg strength and agility. - 1min high speed downhill running, followed by 2min very easy running or walking and repeat 3-5 times.</p>

BUILD		14-Aug	Mon	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
WEEK	2	15-Aug	Tue	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
3x	5.5hrs	16-Aug	Wed	PACE WORKOUT 90min to 2hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
4x	6hrs	17-Aug	Thu	30min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		18-Aug	Fri	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		19-Aug	Sat	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		20-Aug	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.
BUILD		21-Aug	Mon	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
WEEK	3	22-Aug	Tue	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
3x	5.5hrs	23-Aug	Wed	PACE WORKOUT 90min	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
4x	6.5hrs	24-Aug	Thu	30min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		25-Aug	Fri	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		26-Aug	Sat	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		27-Aug	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 with the last 20-30min at comfortably hard tempo pace. (80-90% MHR)
REST		28-Aug	Mon	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
WEEK	4	29-Aug	Tue	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
3x	3hrs 15min	30-Aug	Wed	15min warm up + 4 to 5 times 2 mintues with 2min recovery jog + 15 min cool down	Build Speed, aerobic capacity (VO2 max)	Intervals done in zone 3 = comfortably hard, happy hard or fun hard. The effort should NOT be exhausting.

4x	4hrs	31-Aug	Thu	45min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		1-Sep	Fri	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		2-Sep	Sat	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		3-Sep	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.
BUILD		4-Sep	Mon	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
WEEK	5	5-Sep	Tue	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
3x	5.5-6hrs	6-Sep	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.
4x	6hrs 45min	7-Sep	Thu	60min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		8-Sep	Fri	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		9-Sep	Sat	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		10-Sep	Sun	LONG STEADY RUN: 3-3.5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long. DOWNHILL STRENGTH & AGILITY In the middle of your run incorporate the following set of high speed downhill repetitions to help develop technique, confidence and leg strength and agility. - 1min high speed downhill running, followed by 2min very easy running or walking and repeat 3-5 times.
BUILD		11-Sep	Mon	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
WEEK	6	12-Sep	Tue	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab

				20min zone 1 20min zone 2 25min zone 3	Build speed, aerobic capacity (VO2 max)	Thirds 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)
3x	5.5-6hrs	13-Sep	Wed			
4x	6hrs 45min	14-Sep	Thu	45min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		15-Sep	Fri	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		16-Sep	Sat	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		17-Sep	Sun	LONG STEADY RUN: 3-3.5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
BUILD		18-Sep	Mon	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
WEEK	7	19-Sep	Tue	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
3x	5.45hrs	20-Sep	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.
4x	6:15hrs	21-Sep	Thu	30min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		22-Sep	Fri	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		23-Sep	Sat	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.
		24-Sep	Sun	Progression Run: 90min thirds	Build Endurance & Stamina.	Run the first third of the run easy, the middle 3rd medium and the last 3rd medium to hard.
REST		25-Sep	Mon	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
WEEK	8	26-Sep	Tue	OFF or OPTIONAL CROSS TRAINING	Build Endurance	

	3hrs	27-Sep	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)
		28-Sep	Thu	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		29-Sep	Fri	30min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		30-Sep	Sat	OFF		
		1-Oct	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.
BUILD		2-Oct	Mon	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
WEEK	9	3-Oct	Tue	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
4x	5:45hrs	4-Oct	Wed	10min warm up + 6x 1min interval with 2min easy jogging in-between + 10min cool down	Build Speed, aerobic capacity (VO2 max)	5km effort, breathing is fast & labored. Effort is hard but not all out. 90% MHR.
5x	6:45hrs	5-Oct	Thu	45min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		6-Oct	Fri	OFF	Recovery Day	65% MHR or 70% by the end of the run. It's very, very light.
		7-Oct	Sat	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.
		8-Oct	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.
FALL TRAIL RUNNING CLINIC STARTS WEDNESDAY OCTOBER 11th						
MAINTENANCE		9-Oct	Mon	OFF	Recovery Day	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
WEEK	10	10-Oct	Tue	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
3x	3hrs 30min	11-Oct	Wed	PACE WORKOUT 60min	Zone 3 Training.	See Google Calendar:

4x	4hrs 15min	12-Oct	Thu	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		13-Oct	Fri	30min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		14-Oct	Sat	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		15-Oct	Sun	LONG STEADY RUN: 90min to 2hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
MAINTENANCE		16-Oct	Mon	OFF	Recovery Day	
WEEK	11	17-Oct	Tue	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
3x	3hrs 45min	18-Oct	Wed	PACE WORKOUT 60min	Zone 3 Training.	See Google Calendar:
4x	4hrs 45min	19-Oct	Thu	45min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		20-Oct	Fri	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		21-Oct	Sat	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		22-Oct	Sun	LONG STEADY RUN: 90min to 2hrs	Build Endurance & Stamina.	
MAINTENANCE		23-Oct	Mon	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
WEEK	12	24-Oct	Tue	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
3x	3hrs 45min	25-Oct	Wed	PACE WORKOUT 60min	Zone 3 Training.	See Google Calendar:
4x	4hrs 45min	26-Oct	Thu	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		27-Oct	Fri	45min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		28-Oct	Sat	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		29-Oct	Sun	LONG STEADY RUN: 90min to 2hrs	Build Endurance & Stamina.	

MAINTENANCE		30-Oct	Mon	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
WEEK	13	31-Oct	Tue	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
3x	3hrs 45min	1-Nov	Wed	PACE WORKOUT 60min	Zone 3 Training.	See Google Calendar:
4x	4hrs 45min	2-Nov	Thu	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		3-Nov	Fri	45min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		4-Nov	Sat	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		5-Nov	Sun	LONG STEADY RUN: 90min to 2hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
REST		6-Nov	Mon	OFF	Recovery Day	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
WEEK	14	7-Nov	Tue	30min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
	3.5hrs	8-Nov	Wed	PACE WORKOUT 60min	Zone 3 Training.	See Google Calendar:
		9-Nov	Thu	30min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		10-Nov	Fri	OFF		
		11-Nov	Sat	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		12-Nov	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.
BUILD		13-Nov	Mon	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
WEEK	15	14-Nov	Tue	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
3x	4hrs	15-Nov	Wed	PACE WORKOUT 60min	Strength Focus	See Google Calendar:
4x	5hrs	16-Nov	Thu	OFF or OPTIONAL CROSS TRAINING	Build Endurance	

		17-Nov	Fri	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		18-Nov	Sat	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		19-Nov	Sun	LONG STEADY RUN: 2hrs 20min	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
BUILD		20-Nov	Mon	OFF	Recovery Day	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
WEEK	16	21-Nov	Tue	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
3x	4hrs 30min	22-Nov	Wed	PACE WORKOUT 60min	Strength Focus	See Google Calendar:
4x	5hrs 15min	23-Nov	Thu	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		24-Nov	Fri	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		25-Nov	Sat	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		26-Nov	Sun	LONG STEADY RUN: 2hrs 45min	Build Endurance	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
BUILD		27-Nov	Mon	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
WEEK	17	28-Nov	Tue	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
3x	5hrs	29-Nov	Wed	PACE WORKOUT 60min	Strength Focus	See Google Calendar:
4x	5hrs 45min	30-Nov	Thu	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		1-Dec	Fri	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		2-Dec	Sat	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		3-Dec	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.

	REST	4-Dec	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
WEEK	18	5-Dec	Tue	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
	2.5-3hrs	6-Dec	Wed	PACE WORKOUT 60min	Zone 3 Training.	See Google Calendar:
		7-Dec	Thu	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
		8-Dec	Fri	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
		9-Dec	Sat	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		10-Dec	Sun	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.