

BEGINNER BOOTCAMP

TRAIL
RUNNER

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Week 1

Rest and Recovery
(rest days are best done with the feet up and as little stress as possible. Resting is training.)

1-2 miles easy
Focus on smooth, easy strides and an effort level where you can maintain a conversation the entire time!

2-3 miles easy
(nice smooth strides, conversational effort)

1-2 miles
easy

rest or x-train,
great day for easy hike, bike or fun yoga!

3-5 miles
easy (on trails if you can!)

2-4 miles
easy

Week 2

REST

2-3 miles
easy

1-2 miles
recovery effort
(as slow as you can go without walking)

2-4 miles
easy with 4
x 30 sec hills
hard

rest or x-train,
great day for easy hike, bike or fun yoga!

4-6 miles
easy (on trails if you can!)

2-4 miles
easy

Week 3

REST

2-4 miles easy with 4
x 20 sec hills hard
(aim for 6-8% grade. You'll be winded at the top, so always take full recovery walking or jogging down.)

1-2 miles
recovery effort
(as slow as you can go without walking)

2-4 miles
easy with 4
x 30 sec hills
hard

rest or x-train,
great day for easy hike, bike or fun yoga!

4-6 miles
easy (on trails if you can!)

2-4 miles easy
with 4 x 30 sec hills
mod/hard
(ease into these, last one should be your best)

Week 4

REST

2-3 miles
easy with
4 x 20 sec
hills
mod/hard

3-5 miles
easy

2-3 miles
easy with 4
x 30 sec hills
hard

rest or x-train,
great day for easy hike, bike or fun yoga!

5-7 miles
easy (on trails if you can!)

2-4 miles
easy
with 4 x 20
sec hills hard

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Week 5

REST
down
week!

1-2 miles
easy

2-3 miles easy
with 4 x 20 sec
hills mod/hard
(ease into
these, last one
is your best)

1-2 miles
easy

rest or x-train,
great day for
easy hike, bike
or fun yoga!

3-5 miles
easy - find a
trail! Snap a
photo! Have
an adventure!

2-4 miles
easy, on
trail if you
can!

Week 6

REST

2-3 miles
easy with 4
x 20 sec hills
hard

2 easy warm-up, 4
x 20 sec fast/2 min
easy, 2 miles easy
cool-down (Strides
aren't sprints.
They should feel
zippy, smooth and
effortless.

1-2 miles
recovery
effort (as slow
as you can go
without
walking)

rest or x-train,
great day for
easy hike, bike
or fun yoga!

5-7 miles easy
(find a new trail
if you can!)

3-5 miles
easy with 4
x 20 sec hills
hard

Week 7

REST

2-3 miles
easy with 4
x 20 sec hills
hard

2 easy warm-up,
5 x 20 sec fast/2
min easy, 2 miles
easy cool-down

1-2 miles
recovery effort
(as slow as you
can go without
walking)

rest or x-train,
great day for
easy hike, bike
or fun yoga!

5-7 miles easy
(find a new trail
if you can!)

3-5 miles
easy with 4
x 20 sec hills
hard

Week 8

REST

2-3 miles
easy with 4
x 20 sec hills
hard

2 easy warm-up,
6 x 20 sec fast/2
min easy, 2 miles
easy cool-down

1-2 miles
recovery effort
(as slow as you
can go without
walking)

rest or x-train,
great day for
easy hike, bike
or fun yoga!

5-7 miles easy
(find a new trail
if you can!)

3-5 miles
easy with 4
x 20 sec
hills hard

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Week 9

REST

2-3 miles
easy with 4
x 20 sec hills
hard

2 easy warm-
up, 8 x 20 sec
fast/2 min
easy, 2 miles
easy cool-
down

1-2 miles
recovery effort
(as slow as you
can go without
walking)

rest or x-train,
great day for
easy hike, bike
or fun yoga!

8-10 miles
easy

3-5 miles
easy with 4
x 20 sec hills
hard

Week 10

REST -
down
week!

1-2 miles
easy

2-3 miles easy
with 4 x 20 sec
hills mod/hard
(ease into
these, last one
is your best)

1-2 miles
easy

rest or x-train,
great day for
easy hike, bike
or fun yoga!

5-7 miles
easy

2-4 miles
easy with 4 x
20 sec fast/2
min easy

Week 11

REST

2-3 miles
easy with 4
x 20 sec hills
hard

2 easy warm-
up, 10 x 20 sec
fast/2 min
easy, 2 miles
easy cool-
down

2-3 miles
easy

rest or x-train,
great day for
easy hike, bike
or fun yoga!

8-10 miles
easy

3-5 miles
easy with 4
x 20 sec hills
hard

Week
12

REST

2-3 miles easy
with 4 x 20
sec fast, 2
min easy

2 easy warm-
up, 6x30 sec
hills hard, 2
miles easy
cool-down

2-3 miles
easy

rest or x-train,
great day for
easy hike, bike
or fun yoga!

10-12 miles
easy

3-5 miles
easy with 4
x 20 sec hills
hard