

12 Week Stage Race TRAINING PLAN



WEEKS
1-4



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
60-90 MINUTES EASY WITH 4 X 20 SEC HILLS HARD (IDEALLY IN THE MIDDLE)	REST AND RECOVERY! KICK THOSE FEET UP THIS IS YOUR DAY TO RECOVER FROM THE PREVIOUS WEEKS TRAINING STRESSES!	50-70 MINUTES EASY! THINK LIGHT, SMOOTH STRIDES!	60-80 MINUTES EASY WITH 6 X 20 SEC HILLS HARD! MTN LEGS + CORE DIRECTLY AFTER	50-70 MINUTES FOREVER EFFORT. WE'RE BUILDING AEROBIC BASE, SO THINK ABOUT AN EFFORT YOU CAN HOLD ALL DAY.	REST OR XTRAIN (IDEALLY 50-90 MINUTES EASY LOW IMPACT AEROBIC WORK, A STEEP HIKE (12-15% GRADES) WHERE YOU CAN PRACTICE WITH YOUR POLES OR WORK ON UPHILL TECHNIQUE IS IDEAL, TREADHILL HIKE IS A GREAT SUBSTITUTE)	2 HOURS - 2 HOURS 30 MINUTES EASY! IDEALLY ON TRAILS SIMILAR TO UPCOMING STAGE RACE. IF RACE IS TECHNICAL, PRACTICE ON TECHNICAL TRAIL THROUGHOUT THIS BUILD. FOCUS ON GOOD UPHILL FORM AND RACE DAY FUELING THROUGHOUT.
60-90 MINUTES EASY WITH 4 X 20 SEC HILLS HARD (IDEALLY IN THE MIDDLE)	REST AND RECOVERY! KICK THOSE FEET UP THIS IS YOUR DAY TO RECOVER FROM THE PREVIOUS WEEKS TRAINING STRESSES!	50-80 MINUTES EASY WITH 6 X 20 SEC HILLS HARD (IDEALLY IN THE MIDDLE) MTN LEGS + CORE DIRECTLY AFTER	40-70 MINUTES FOREVER EFFORT. NICE AND RELAXED, JUST BUILDING BASE.	50-80 MINUTES EASY WITH 5 X 30 SEC HILLS HARD (IDEALLY IN THE MIDDLE) MTN LEGS + CORE DIRECTLY AFTER	REST OR XTRAIN	2 HOURS 20 MINUTES - 2 HOURS 40 MINUTES EASY! IDEALLY ON TRAILS SIMILAR TO UPCOMING STAGE RACE! FOCUS ON GOOD UPHILL FORM AND RACE DAY FUELING THROUGHOUT. START TO PRACTICE WITH YOUR RACE SPECIFIC KIT.
60-90 MINUTES EASY WITH 4 X 30 SEC HILLS HARD	REST AND RECOVERY! KICK THOSE FEET UP THIS IS YOUR DAY TO RECOVER FROM THE PREVIOUS WEEKS TRAINING STRESSES!	50-80 MINUTES EASY WITH 4 X 20 SEC HILLS HARD.	15-20 MINUTE WARM-UP, 6-8 X 1 MIN HILLS AROUND 1-HR EFFORT WITH 90 SEC-2 MINUTE DOWNHILL RECOVERY, 15-20 MINUTES EASY MTN LEGS + CORE DIRECTLY AFTER	50-80 MINUTES FOREVER EFFORT! REALLY FOCUS IN ON AN EFFORT YOU CAN HOLD FOR HOURS AND HOURS.	REST OR XTRAIN	"2 HOURS 45 MINUTES - 3 HOURS 15 MINUTES EASY TO EASY/MOD. PUSH THE CLIMBS AND FOCUS ON RUNNING THE DOWNS WITH PURPOSE. WE'RE STARTING TO BUILD BULLET PROOF LEGS FOR RACE WEEK! KEEP DIALING IN YOUR RACE DAY NUTRITION. MTN LEGS + CORE DIRECTLY AFTER"
70 - 1 HOUR 45 MINUTES EASY WITH 6 X 30 SEC STEEP HILLS HARD AT THE END.	REST AND RECOVERY! KICK THOSE FEET UP THIS IS YOUR DAY TO RECOVER FROM THE PREVIOUS WEEKS TRAINING STRESSES!	60-90 MINUTES EASY	"90 MINUTES - 2 HOURS EASY TO EASY/MOD. IDEALLY OVER HILLY TERRAIN OR RACE SIMILAR TERRAIN. PUSHING CLIMBS AND REALLY FOCUSING ON BEING PURPOSEFUL ON THE DESCENTS. MTN LEGS + CORE DIRECTLY AFTER	50-80 MINUTES EASY/FOREVER EFFORT. CAN REALLY SLOW IT DOWN TODAY IF TIRED	REST OR XTRAIN	3 HOURS - 3 HOURS 30 EASY ON RACE SIMILAR TERRAIN. FOCUS ON FUELING, AIM TO FINISH FEELING GOOD!

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WEEKS
5-8



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 HOURS TO 2 HOURS 30 MINUTES EASY ON RACE SIMILAR TERRAIN. DON'T BE AFTAI D TO REALLY SLOW THIS ONE DOWN IF YOU ARE FEELING TIRED. FUEL LIKE YOU WOULD ON RACE	REST	50-70 MINUTES EASY WITH 5 X 20 SEC HILLS HARD. EASE INTO THESE, LAST HILL IS YOUR BEST!	15-20 MINUTES EASY, 12-15 X 1 MINUTE FAST/1 MINUTE EASY, 15-20 MINUTES EASY. THINK AROUND 1-HR EFFORT TO START THIS INTERVALS, WITH 2ND HALF A BIT FASTER, AROUND 10K EFFORT. MTN LEGS + CORE DIRECTLY AFTER	40-60 MINUTES FOREVER EFFORT. NICE AND RELAXED, ACTIVE RECOVERY.	REST OR XTRAIN	2 HOURS 20 MINUTES TO 2 HOURS 45 MINUTES EASY ON RACE SIMILAR TERRAIN. FOCUS ON YOUR FUELING AND UPHILL TECHNIQUE.
60-90 MINUTES EASY WITH 4 X 20 SEC HILLS HARD	REST	50-80 MINUTES EASY WITH 4 X 30 SEC STEEP HILLS HARD. THINK 12-15% GRADE ON THESE.	15-20 MINUTE WARM-UP, 1-2 X 1/2/3/4 STEEP HILLS AROUND MODERATE TO 1-HR EFFORT WITH REALISTIC RUNDOWN RECOVERY, 5 MINUTES EASY RUNNING, 4-5 X 45 SEC STEEP HILLS HARD, 15-20 MINUTE COOL-DOWN. MTN LEGS + CORE DIRECTLY AFTER	50-80 MINUTES FOREVER EFFORT. NICE AND RELAXED!	REST OR XTRAIN	3 HOURS - 4 HOURS EASY ON RACE SIMILAR TERRAIN. FOCUS ON FUELING, AIM TO FINISH FEELING GOOD!
1 HOUR 45 MINUTES - 2 HOURS 15 MINUTES EASY, AIMING TO FINISH FEELING GOOD!	REST	50-80 MINUTES EASY WITH 5 X 20 SEC HILLS HARD. THINK LIGHT AND FAST, 6-8% GRADE.	15-20 MINUTE WARM-UP, 15-25 MINUTE MODERATE UPHILL TEMPO, 5-10 MINUTES EASY RUNNING, 4-5 X 45 SEC STEEP HILLS HARD, 15-20 MINUTE COOL-DOWN MTN LEGS + CORE DIRECTLY AFTER	50-80 MINUTES FOREVER EFFORT. NICE AND RELAXED!	REST OR XTRAIN	4 HOURS - 5 HOURS EASY ON RACE SIMILAR TERRAIN. FOCUS ON FUELING, AIM TO FINISH FEELING GOOD!
1 HOUR 45 MINUTES - 2 HOURS 15 MINUTES EASY OVER RACE SIMILAR TERRAIN. AIM TO FINISH FEELING GOOD!	REST	40-70 MINUTES EASY WITH 6 X 30 SEC STEEP HILLS HARD	30-60 MINUTES FOREVER EFFORT	REST	RACE WEEK DRESS REHEARSAL WEEKEND! 90 MINUTES - 2 HOURS EASY ON RACE SIMILAR TERRAIN. REALLY FOCUS ON RACE EXECUTION, EASING INTO THE FIRST HOUR OR SO AND THEN AIMING TO FINISH FEELING GOOD. FUEL EXACTLY HOW YOU WOULD ON RACE DAY AND CARRY THE SAME KIT.	4-6 HOURS EASY ON RACE SIMILAR TERRAIN.

12 Week Stage Race TRAINING PLAN

WEEKS
9-12



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3-5 HOURS EASY ON RACE SIMILAR TERRAIN. DON'T BE AFRAID TO REALLY SLOW THIS ONE DOWN.	REST	REST OR 30-50 MINUTES FOREVER EFFORT. THINK ACTIVE RECOVERY.	50-80 MINUTES EASY, IF FEELING GOOD ADD 4 X 20 SEC HILLS HARD TO THE MIDDLE OF THE RUN.	60-90 MINUTES EASY OR 15-20 MINUTES WARM-UP, 6/5/4/3/2/1 MINUTE STEEP HILLS MODERATE WITH REALISTIC RUNDOWN RECOVERY, 15-20 MINUTE COOL-DOWN MTN LEGS + CORE DIRECTLY AFTER	REST OR 30-50 MINUTES FOREVER EFFORT. THINK ACTIVE RECOVERY.	2 HOURS 30 MINUTES - 3 HOURS EASY ON RACE SIMILAR TERRAIN. FOCUS ON FUELING, AIM TO FINISH FEELING GOOD! OPTIONAL MTN LEGS + CORE DIRECTLY AFTER
1 HOUR 45 MINUTES - 2 HOURS 15 MINUTES EASY, AIMING TO FINISH FEELING GOOD!	REST	60-90 MINUTES EASY	90 MINUTES - 2 HOURS EASY TO EASY/MOD. IDEALLY OVER HILLY TERRAIN OR RACE SIMILAR TERRAIN. PUSHING CLIMBS AND REALLY FOCUSING ON BEING PURPOSEFUL ON THE DESCENTS. MTN LEGS + CORE DIRECTLY AFTER	50-80 MINUTES EASY/FOREVER EFFORT. CAN REALLY SLOW IT DOWN TODAY IF TIRED FROM LASTER.	REST OR XTRAIN	4-6 HOURS EASY ON RACE SIMILAR TERRAIN. DIAL IN YOUR RACE DAY FUELING AND KIT ONE LAST TIME. MAKE SURE TO TAKE THE DOWNHILLS WITH PURPOSE!
2-4 HOURS EASY ON RACE SIMILAR TERRAIN. DON'T BE AFRAID TO REALLY SLOW THIS ONE DOWN.	REST. SLIGHT TAPER!	REST OR 30-50 MINUTES FOREVER EFFORT. THINK ACTIVE RECOVERY.	50-80 MINUTES EASY, IF FEELING GOOD ADD 4 X 20 SEC HILLS HARD TO THE MIDDLE OF THE RUN.	60-90 MINUTES EASY TO EASY/MOD OR 15-20 MINUTES WARM-UP, 20-30 MINUTE EASY/MOD TO MODERATE UPHILL TEMPO, 15-20 MINUTE COOL-DOWN MTN LEGS + CORE DIRECTLY AFTER	REST OR XTRAIN	40-70 MINUTES EASY, IDEALLY ON FASTER TERRAIN. LET'S GIVE THOSE LEGS A BREAK FROM ALL THE CLIMBING AND DESCENDING.
70-90 MINUTES EASY ON RACE DAY TERRAIN OR FASTER TERRAIN, YOUR CHOICE BASED ON HOW YOU FEEL!	REST! RACE WEEK CELEBRATION!	40-70 MINUTES EASY TO EASY/MOD. IDEALLY ON TRAILS.	30-60 MINUTES EASY TO FOREVER EFFORT. CAN REALLY SLOW THIS ONE DOWN!	REST OR 30-40 MINUTES EASY TO FOREVER EFFORT	REST	20-40 MINUTE SHAKEOUT! JUST STAYING LOOSE BEFORE RACE WEEK BEGINS!