

<p>Week 3</p> <p>Hang in there. This is the hard week, where all of your sessions kind of pile up. Next week you'll get to recover.</p>	<p>Class Workout</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>40:00 Jog Build</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>Rest Or Optional Class Workout</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>40:00 Jog Build</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>Class Workout</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>50:00 Jog</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>1 Hour Active Recovery Walk/Mobility Session</p> <p>Meal & Snack Prep For The Week</p>
<p>Week 4</p> <p>You made it!! This is a week to reset & recover. Your time on feet comes down. Put the "extra" time into recovery.</p>	<p>Class Workout</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>30:00 Jog Build</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>Rest Or Optional Class Workout</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>30:00 Jog Build</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>Class Workout</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>40:00 Jog</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>1 Hour Active Recovery Walk/Mobility Session</p> <p>Meal & Snack Prep For The Week</p>
<p>Week 5</p> <p>If you've been primarily walking, try jogging a bit more in this rebuild phase.</p> <p>Thursday runs are now workouts for</p>	<p>Class Workout</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>35:00 Jog Build</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>Rest Or Optional Class Workout</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>Run Workout 15:00 Jog Warm-Up</p> <p>2 To 3 Hills Walk Down</p> <p>15:00 Walk/Jog Cool Down</p> <p>Mobility</p>	<p>Class Workout</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>45:00 Jog</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>1 Hour Active Recovery Walk/Mobility Session</p> <p>Meal & Snack Prep For The Week</p>

strength.				Protein/Carb snack Bed on time			
<p>Week 6</p> <p>If it has not been obvious before, it'll be more so now. Keep eating your food & getting to bed on time. You're right in the middle of training.</p>	<p>Class Workout</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>40:00 Jog Build</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>Rest Or Optional Class Workout</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>Run Workout 15:00 Jog Warm-Up</p> <p>3 To 4 Hills Walk Down</p> <p>15:00 Walk/Jog Cool Down</p> <p>Mobility Protein/Carb snack</p> <p>Bed on time</p>	<p>Class Workout</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>50:00 Jog</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>1 Hour Active Recovery Walk/Mobility Session</p> <p>Meal & Snack Prep For The Week</p>
<p>Week 7</p> <p>This is your last week of hill workouts.</p> <p>WAHOO!!</p> <p>Keep getting after it. Make it worth it.</p>	<p>Class Workout</p> <p>Mobility</p> <p>Protein snack</p> <p>Bed on time</p>	<p>45:00 Walk OR Jog Build</p> <p>Mobility</p> <p>Protein snack</p> <p>Bed on time</p>	<p>Rest Or Optional Class Workout</p> <p>Mobility</p> <p>Protein snack</p> <p>Bed on time</p>	<p>Run Workout 15:00 Jog Warm-Up</p> <p>4 To 5 Hills Walk Down</p> <p>15:00 Walk/Jog Cool Down</p> <p>Mobility Protein snack Bed on time</p>	<p>Class Workout</p> <p>Mobility</p> <p>Protein snack</p> <p>Bed on time</p>	<p>55:00 Walk OR Jog Build</p> <p>Mobility</p> <p>Protein snack</p> <p>Bed on time</p>	<p>1 Hour Active Recovery Walk/Mobility Session</p> <p>Meal & Snack Prep For The Week</p>

<p>Week 8</p> <p>This is your last “down” week before you build to race day.</p> <p>Recover well this week before the final push!!</p> <p>We’ve now added some “speed” training on Thursdays.</p>	<p>Class Workout</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>35:00 Jog Build</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>Rest Or Optional Class Workout</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>Run Workout</p> <p>15:00 Jog Warm-Up</p> <p>4 to 5 x 400’s With 2:00 Rest In Between OR 400 Walk/Jog Recovery</p> <p>15:00 Walk/Jog Cool Down</p> <p>Mobility Protein/Carb snack</p> <p>Bed on time</p>	<p>Class Workout</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>45:00 Jog</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>1 Hour Active Recovery Walk/Mobility Session</p> <p>Meal & Snack Prep For The Week</p>
<p>Week 9</p> <p>Keep working on the fundamentals.</p> <p>Maintain your CF Class schedule, get in your food, sleep & recovery sessions.</p> <p>You’re almost</p>	<p>Class Workout</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>40:00 Jog Build</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>Rest Or Optional Class Workout</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>Run Workout</p> <p>15:00 Jog Warm-Up</p> <p>5 to 6 x 400’s With 2:00 Rest In Between OR 400 Walk/Jog Recovery</p> <p>15:00 Walk/Jog Cool Down</p>	<p>Class Workout</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>50:00 Jog</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>1 Hour Active Recovery Walk/Mobility Session</p> <p>Meal & Snack Prep For The Week</p>

there!!				Mobility Protein/Carb snack Bed on time			
<p>Week 10</p> <p>Enjoy the speed sessions but don't overdo them.</p> <p>They're in here to help us, not break us down too bad.</p>	<p>Class Workout</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>45:00 Jog Build</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>Rest Or Optional Class Workout</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>Run Workout</p> <p>20:00 Jog Warm-Up</p> <p>6 to 7 x 400's With 2:00 Rest In Between OR 400 Walk/Jog Recovery</p> <p>20:00 Walk/Jog Cool Down</p> <p>Mobility Protein/Carb snack</p> <p>Bed on time</p>	<p>Class Workout</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>55:00 Jog</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>1 Hour Active Recovery Walk/Mobility Session</p> <p>Meal & Snack Prep For The Week</p>
<p>Week 11</p> <p>This is your last BIG week before race day. Train well, but don't overdo it. As they say, "the</p>	<p>Class Workout</p>	<p>30:00 Walk OR Jog Build</p>	<p>Rest Or Optional Class Workout</p>	<p>10:00 Jog Warm-Up</p> <p>4 to 6 x 200's With 2:00 Rest</p> <p>10:00 Jog Cool Down</p>	<p>Class Workout</p>	<p>30:00 Jog</p>	<p>1 Hour Active Recovery Walk/Mobility Session</p> <p>Meal & Snack Prep For The Week</p>

<p>hay is in the barn.”</p> <p>Get in your workouts but put a premium on your healthy routines.</p>	<p>Mobility</p> <p>Protein snack</p> <p>Bed on time</p>	<p>Mobility</p> <p>Protein snack</p> <p>Bed on time</p>	<p>Mobility</p> <p>Protein snack</p> <p>Bed on time</p>	<p>Mobility</p> <p>Protein snack</p> <p>Bed on time</p>	<p>Mobility</p> <p>Protein snack</p> <p>Bed on time</p>	<p>Mobility</p> <p>Protein snack</p> <p>Bed on time</p>	
<p>Week 12</p> <p>Race Week!! Focus on extra sleep & recovery. Eat all the healthy foods, stay away from the junk. Listen to your body. Have fun!!</p>	<p>Class Workout</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>25:00 Jog & Stretch</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>Rest Or Optional Class Workout</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>Class Workout</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>15:00 Jog & Stretch</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>Go for a walk.</p> <p>Mobility</p> <p>Protein/Carb snack</p> <p>Bed on time</p>	<p>RACE DAY!!</p>

The Lay Of The Land

Weeks 1-4: Building time on feet phase. If you do not yet jog or run then feel free to power walk. Walk with purpose!!

Weeks 5-8: We've increased time on feet. Now is the time to keep that going & add run strength workouts on Thursdays.

Weeks 9-12: We've increased your time on feet & strength on the hills. Now is the time to add a little bit more speed & power.

Helpful Tips

To start jogging follow a timely pattern. Something as simple as 1:00 on 1:00 off/walking will do. Increase your jog time but maintain your walk time as the program progresses.

For the hill workouts, find a hill that you can jog/run up in about 1 to 2 minutes. Choose a hill depending on how challenging you want this to be. You do not need to do the same hill for all of your sessions but if you do, you'll learn its nuances & see your progress on it

during the four sessions. Although challenging, these workouts are worth it. You do not need to sprint these hills but you should move up them in a strong, consistent manner. Pro Tip: Be sure to warm-up & cool down well during these days. They are workouts after all.

For the 200 repeat days be sure to warm-up & cool down well. Take your time here. You are adding speed to the strength you've just worked so hard to develop. When adding speed be sure to build into the repetition. These are not all out efforts, more like 80 to 90% speed. You should feel light, fast & be more on your toes with your running, if you can. If you cannot get to a track, which is likely, then choose a flat piece of ground to do these on.

Mobility/Recovery

This is our favorite lower body mobility series of all time. Feel free to use any & all of it before or after your runs & especially on the Sunday recovery sessions. Add in other mobilizations as you see fit. I typically held each stretch for 1:00 or more per side.

Cat/Cow

Cobra To Pike

Mountain Climber With A Twist & Knee Out To The Side

Kneeling Adductor Stretch

90/90's With A Reach To the Sky

Foam Roll Quads

Couch Stretch

Foam Roll Glutes

Bench Pigeon Stretch

Modified Bulgarian Lunge

Jefferson Curl

Gorilla Squats