

Pound the Peak!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				Gradual HILLS: 4x30 sec. up >CP, walk down recovery	Rest	30-45 minutes CP	0-30 min CP
3/21/2016	30 minutes CP	3x(3 min >CP, 3 min jog/walk)	0-30 min CP	Gradual HILLS: 4x40 sec. up >CP, walk down recovery	Rest	30-45 minutes CP	0-30 min CP
3/28/2016	30 minutes CP	4x(3 min >CP, 3 min jog/walk)	0-30 min CP	Gradual HILLS: 5x40 sec. up, >CP walk down recovery	Rest	30-45 minutes CP	0-30 min CP
4/4/2016	30 minutes CP	4x(4 min >CP, 3 min jog/walk)	0-30 min CP	Moderate HILLS: 5x40 sec. up, walk down recovery	Rest	45-60 minutes CP	0-30 min CP
4/11/2016	30 minutes CP 4x 75 m strides	4x(5 min >CP, 3 min jog/walk)	0-30 min CP	Moderate HILLS: 5x1 min up >CP walk down recovery	Rest	45-60 minutes CP	0-30 min CP
4/18/2016	30 minutes CP 4x 75 m strides	4x(7 min >CP, 3 min jog/walk)	0-30 min CP	Steep HILLS: 6x30 sec up >CP walk down recovery	Rest	60-75 minutes CP	0-30 min CP
4/25/2016	30 minutes CP 4x 75 m strides	3x(8 min >CP, 3 min jog/walk)	0-30 min CP	Steep HILLS: 6x45 sec up >CP walk down recovery	Rest	45-60 minutes CP	0-30 min CP
5/2/2016	30 minutes CP 4x 100 m strides	3x(10 min >CP, 3 min jog/walk)	0-30 min CP		Rest		
5/9/2016	30 minutes CP 4x 100 m strides	2x(20 min >CP, 2 min jog/walk)	Rest	0-30 min CP	Rest	Race Day - Pound the Peak!	Rest

this plan was designed by nelle douglas, rca certified running coach (douglasnelle@gmail.com)
 group runs leave bluestone bike & run on saturday mornings at 7:00 am. Join 2280run on facebook
 today!

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