

# RUN

trek**women**  TRIATHLON SERIES

an Xterra Mile LLC property

# RUN

## 8-WEEK RUN PLAN\*

Week	Load =	I (Zones)	x Frequency	x Time (min)	Workout Type**
1	60	1 - 2	1	15 - 30	SS

Emphasis: Proper run/walk technique.

Learn how to run lightly, striking the ground gently either mid-foot or heel first. Run relaxed using belly breathing techniques.

2	100	1 - 2	2	20 - 35	SS
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Emphasis: Run gear.

Make sure your shorts, tops, socks and shoes are comfortable.

Consider training tools such as speed, distance, and heart rate monitor.

3	125	1 - 2	2	25 - 40	SS, I
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Emphasis: Run safety.

Safety is particularly important for women because we often run off-road.

Think about reflective gear, lights and running with a partner. Be aware of your surroundings.

4	150	2 - 3	2	30 - 45	SS, I, R
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Emphasis: Gaining speed and endurance.

Alternate between high zone runs and low ones, between stress and recovery.

The body adapts to this sequence by gaining endurance and speed.

5	200	2 - 3	3	30 - 45	SS, I, R, C
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Emphasis: Run endurance.

"Time trial" 1 mile at an all-out effort and log your average heart rate and elapsed time. This is a runner's fitness test.

Repeat in week 7 and chart your improvement.

6	250	2 - 3	3	35 - 50	C, I
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Emphasis: Speed.

Two interval sessions this week.

Perform a "brick" (bike-run combination workout). Learn how to get through T2, the bike-to-run transition, by practicing bricks.

7	275	3 - 4	3	40 - 60	SS, I, R, C
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Emphasis: High training load (LIFT).

Practice the race distance (3.1 miles) and assess your average heart rate and pace.

8	100	1 - 2	1	20 - 30	R
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Emphasis: Taper week.

Do low-intensity recovery zone recovery runs. Check your gear to make sure that you have tested everything before race day.

\* **Modifications:** If you are an intermediate runner, double the distances, not the frequency, and train in higher zones. If running is your most challenged sport, add one extra run workout whenever possible.

\*\* **Workout Types:** SS= Steady State; I=Intervals; R=Recovery; C=Combination

