

# Rothrock Trail Challenge Training Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 25-50 miles	Rest	3-6 mile easy run with 4 x :20 second hill strides sometime in second half of the run. For the strides, find a smooth hill with a 3-6% grade, build up to the fastest speed you can run while maintaining long-distance running form then jog super easy for about 2 mins for recovery. Strides will be a staple in the training plan to build top-end speed, running economy and muscular power!	4-8 mile easy run (don't worry about pace on easy runs, have fun and make sure it feels good!)	6-10 mile easy/mod run. Start easy and progress to steady then half marathon effort by the end	3-6 mile easy run, cross train, or rest	7-12 mile easy trail run. If possible, do all long runs on trails similar to race course (technical trails with serious vert). For most of us, this means some hiking on the ascents, but we're going to keep calling it trail "running". If you're local, make sure to make it up Spruce Gap a couple times :)	5-8 mile easy run with 4 x :20 hill strides
Week 2 29-55 miles	Rest	2-3 mile easy warmup, 10-15 x 1 min hard (10k effort progressing to 5k)/ 1 min easy, then 3 min easy, 4 x :30 sec hill strides, 2-3 mile easy cooldown. Workout days like this should be done on roads or smooth, flowy trails. If you're local, you're probably wondering what a "smooth flowy trail" is... don't worry about it, just stick to the roads!	4-8 mile easy run (all easy runs can be on roads or trails)	6-10 mile easy/mod run. Start easy and progress to steady then half marathon effort by the end	3-6 mile easy run, cross train, or rest	7-12 mile easy trail run	5-8 mile easy run with 4 x :20 hill strides
Week 3 30-56 miles	Rest	2-3 mile easy warmup, 8-12 x 1 min hills hard (5k-3k effort)/ run down recovery, 5 min easy, 10 min moderate (think 10k effort) on flat-ish terrain, 1-2 mile easy cooldown	4-8 mile easy run	5-9 mile easy run with 4 x :20 hill strides	3-6 mile easy run, cross train, or rest	8-13 mile easy/mod trail run. Start easy and progress to race pace by the end	7-10 mile easy run
Week 4 25- 50 miles	Rest	6-8 mile easy run with 4 x :20 sec hill strides	3-6 mile easy run or rest	3-8 mile easy run	2-4 mile easy run, cross train, or rest	9-14 mile easy trail run over hilly race-like terrain with strong, purposeful uphill. On the uphill, practice running longer before hiking, hiking faster, etc. Use downhill and flats as easy recovery running. Spruce Gap anyone??	7-10 mile easy run

Week 5 33-58 miles	Rest	2-3 mile easy warmup, 5/4/3/2/1 minutes mod/hard (10k effort progressing to 5k)/ w 2 min easy between, 3 min easy, 4 x :30 sec hill strides, 2-3 mile easy cooldown	4-8 mile easy run	5-9 mile easy run	3-6 mile easy run, cross train, or rest	10-15 mile easy/mod trail run. Start easy and progress to race pace by the end	7-10 mile easy run with 4 x :20 hill strides
Week 6 33-61 miles	Rest	4-8 mile easy run with 6 x :30 sec hill strides	4-8 mile easy/mod run. Start easy and progress to steady then 1 hour-ish effort by the end	5-9 mile easy run	3-6 mile easy run, cross train, or rest	12-18 mile easy trail run on terrain similar to race with 45-60 min moderate (think race pace) in the middle. Longest run before race day! If you're local, this is a good day to check out the "cliffs of insanity" :)	8-12 mile easy trail run with strong, purposeful downhills. Practice going down technical trails and prepare the musculoskeletal system for race day!
Week 7 26-50 miles	Rest	4-6 mile easy run	2-3 mile easy warmup, 4-6 x 3 min hills mod/hard with run down recovery, 3 min easy, 5 x 1min hard (5k effort)/ 1 min easy on flat-ish terrain, 1-3 mile easy cooldown. Rothrock State Forest better watch out for you after this big hill+speed stimulus!	3-8 mile easy run	3-6 mile easy run, cross train, or rest	8-12 mile easy trail run	5-8 mile easy run with 4 x :20 hill strides
Week 8	Rest	2-3 miles easy, 20-30 min steady (race pace effort), 2-3 miles easy	4-7 mile easy run	Rest and recover	3-6 mile easy run	2-4 mile easy run with 4 x :20 moderate hill strides in the AM or rest	ROTHROCK TRAIL CHALLENGE!!!! You're amazing! Have fun!!

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