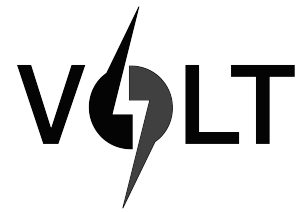




# Boise Front Trail Run Presented by **Volt Movement**

## 10 Mile Race Training Plan!



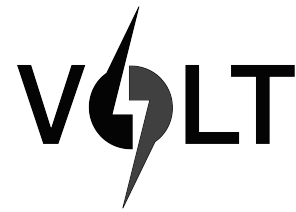
WEEK 1								Weekly Mileage
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	<b>Run:</b> 3.5 miles with 4 x hill repeats (45 second climb, jog down recovery) at the end	<b>Strength Training</b>	<b>Run:</b> 1 mile warm up 4 x 110 2 mile time trial 4 x 110 1 mile cool down	<b>Optional Run:</b> 3 miles easy  <b>Strength Training</b>	<b>Run:</b> 3.5 miles with 4 x 20 sec strides in the last 5-10'	<b>Rest</b>	<b>Run:</b> 6 miles (2 miles warm up, 2 miles at race pace (continuous uphill, if possible), 2 miles cool down)	17-20
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Pace								
Miles								
Effort (1-10)								
Date								
WEEK 2								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	<b>Run:</b> 4 miles with 4 x hill repeats (60 second climb, jog down recovery) at the end	<b>Strength Training</b>	<b>Run:</b> 1 mile warm up 4 x 110 6 x 1k at race pace with 200m in between intervals 4 x 110 1 mile cool down	<b>Optional Run:</b> 3.5 miles easy  <b>Strength Training</b>	<b>Run:</b> 4 miles with 4 x 20 sec strides in the last 5-10'	<b>Rest</b>	<b>Run:</b> 7 miles (2 miles warm up, 3 miles at race pace (continuous uphill if possible), 2 miles cool down)	20.5-24
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Pace								
Miles								
Effort (1-10)								
Date								
WEEK 3								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	<b>Run:</b> 5 miles with 4 x hill repeats (60 second climb, jog down recovery) at the end	<b>Strength Training</b>	<b>Run:</b> 1 mile warm up 4 x 110 3 x 1 mile repeats at 10k pace (or race pace minus :15/mile) with 2 min rest between intervals 4 x 110 1 mile cool down	<b>Optional Run:</b> 4 miles easy  <b>Strength Training</b>	<b>Run:</b> 5 miles with 4 x 20 sec strides in the last 5-10'	<b>Rest</b>	<b>Run:</b> 8 miles (2 miles warm up, 4 miles at race pace (continuous uphill, if possible), 2 miles cool down)	23-27
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Pace								
Miles								
Effort (1-10)								
Date								



# Boise Front Trail Run

## Presented by **Volt Movement**

### 10 Mile Race Training Plan!



WEEK 4								Weekly Mileage
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	<b>Run:</b> 5.5 miles with 5 x hill repeats (60 second climb, jog down recovery) at the end	<b>Strength Training</b>	<b>Run:</b> 1 mile warm up 4 x 110 10 x 400 best average (try to hold a challenging pace for all 10) with :90 rest 4 x 110 1 mile cool down	<b>Optional Run:</b> 4.5 miles easy  <b>Strength Training</b>	<b>Run:</b> 5.5 miles with 4 x 20 sec strides in the last 5-10'	<b>Rest</b>	<b>Run:</b> 9 miles (2 miles warm up, 5 miles at race pace (continuous uphill, if possible), 2 miles cool down)	24.5-29
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Pace								
Miles								
Effort (1-10)								
Date								
WEEK 5								Weekly Mileage
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	<b>Run:</b> 4.5 miles with 4 x hill repeats (30 second climb, jog down recovery) at the end	<b>Strength Training</b>	<b>Run:</b> 1 mile warm up 4 x 110 4 x 800 at 5k pace with 200m jog between each 4 x 110 1 mile cool down	<b>Optional Run:</b> 5 miles easy  <b>Strength Training</b>	<b>Run:</b> 4 miles easy with 4 x 20 sec strides in last 5-10'	<b>Rest</b>	<b>Run:</b> 5 miles (2 miles easy, build mile 3, mile 4 at race pace (continuous uphill, if possible), mile 5 easy)	17.5-22.5
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Pace								
Miles								
Effort (1-10)								
Date								
WEEK 6								Weekly Mileage
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	<b>Run:</b> 3 miles with 4 x hill repeats (30 second climb, jog down recovery) at the end	<b>Mobility</b>	<b>Run:</b> 3 miles easy with 4 x 20 sec strides in last 5-10'	<b>Mobility</b>	<b>Run:</b> 2 miles easy	<b>RACE DAY!!!</b>	<b>Recover!</b>	8.5+RACE
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Pace								
Miles								
Effort (1-10)								
Date								