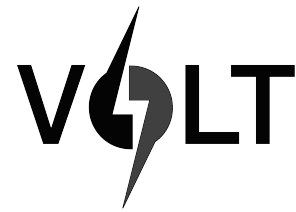




Boise Front Trail Run

Presented by **Volt Movement**

5 Mile Race Training Plan!



WEEK 1								Weekly Mileage
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	Run: 2 miles with 4 x hill repeats (30 second climb, jog down recovery) at the end	Strength Training	Run: 1 mile warm up 4 x 110 1 mile time trial 4 x 110 1 mile cool down	Optional Run: 2 miles easy Strength Training	Run: 2 miles with 4 x 20 sec strides in the last 5-10'	Rest	Run: 1 mile warm up, 1.5 miles uphill, jog down recovery.	10-12
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	
	Run: 2.5 miles with 4 x hill repeats (30 second climb, jog down recovery) at the end	Strength Training	Run: 1 mile warm up 4 x 110 3 x 1k at race pace with 200m in between intervals 4 x 110 1 mile cool down	Optional Run: 2.5 miles easy Strength Training	Run: 2.5 miles with 4 x 20 sec strides in the last 5-10'	Rest	Run: 3.5 miles (1 mile warm up, 1.5 miles uphill, jog down recovery)	12.5-15
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	
	Run: 3 miles with 4 x hill repeats (45 second climb, jog down recovery) at the end	Strength Training	Run: 1 mile warm up 4 x 110 4x: 200 build to fast, 200 easy 4 x 110 1 mile cool down	Optional Run: 3 miles easy Strength Training	Run: 3 miles with 4 x 20 sec strides in the last 5-10'	Rest	Run: 5 miles (1 mile warm up, 2 miles uphill, jog down recovery)	13-16
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** 5 Mile Race Training Plan!



WEEK 4								Weekly Mileage
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	Run: 3.5 miles with 4 x hill repeats (60 second climb, jog down recovery) at the end	Strength Training	Run: 1 mile warm up 4 x 110 8 x 400 best average (try to hold a challenging pace for all 10) with :90 rest 4 x 110 1 mile cool down	Optional Run: 3 miles easy Strength Training	Run: 3.5 miles with 4 x 20 sec strides in the last 5-10'	Rest	Run: 5 miles (1 mile warm up, 2 miles uphill, jog down recovery)	15.5-18.5
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 5								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	Run: 4 miles with 4 x hill repeats (45 second climb, jog down recovery) at the end	Strength Training	Run: 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	Optional Run: 3 miles easy Strength Training	Run: 4 miles easy with 4 x 20 sec strides in last 5-10'	Rest	Run: 3 miles (build from easy to race pace). Can be hilly or flat terrain	15-18
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								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	Run: 2.5 miles with 4 x hill repeats (30 second climb, jog down recovery) at the end	Mobility	Run: 2 miles easy with 4 x 20 sec strides in last 5-10'	Mobility	Run: 2 miles easy	RACE DAY!!!	Recover!	6.5+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								