



BEGINNERS 25K TRAINING PLAN



Day	Training Plan	Coach Cory Says:
Week 1		
Monday	Rest or walk	Rest days are pivotal to your long-term development. It gives your body time to adapt to the work you did that week and gives you a mental break from training. Mental and physical health will lead to better performances and a more fulfilling life!
Tuesday	Easy day 3-4 miles, 4x20 second hill strides	Hill strides teach you to lean slightly forward, take quick short steps, and land underneath your hips. Gradually build up to top speed.
Wednesday	Workout 10-15 minute warm up run, 3/2/1 minute hills (10k effort progressing to 5k effort) with a jog down recovery, 10-15 minute cool down run	Try to gradually get faster each rep. Focus on effort not pace. As trail runners, you need to learn to listen to your body's limits so you can run a smart race that plays into your strengths.
Thursday	Easy day 3-4 miles	Easy days should be done at a conversation pace! It will not benefit you to run fast on your easy days. Consistency will always beat intensity!
Friday	Easy day 3-4 miles or 45-60 minutes of aerobic cross training (bike, elliptical, hike, or swim)	If you are feeling beat down, take a cross training day!
Saturday	Long run 6-8 miles	Try to find a route that is similar to the terrain and vert you will run on race day.
Sunday	Easy day 3-4 miles, 4x20 second hill strides	Celebrate even the smallest victories from that week of training!
Week 2		
Monday	Rest or walk	
Tuesday	Easy day 3-4 miles, 4x20 second hill strides	
Wednesday	Workout 10-15 minute warm up run, 3x2 minute hills (10k effort progressing to 5k effort) with jog down recovery, 15-20minute cool down	

Thursday	Easy day 3-4 miles	
Friday	Easy day 3-4 miles or 45-60 minutes of aerobic cross training (bike, elliptical, hike, or swim)	
Saturday	Long run 8-10 miles	
Sunday	Easy day 3-4 miles, 4x20 second hill strides	
Week 3		
Monday	Rest or walk	
Tuesday	Easy day 3-4 miles, 4x20 second hill strides	
Wednesday	Workout 10-15 minute warm up run, 6x1 minute hills (5k effort) with run down recovery, 15-20 minute cool down	
Thursday	Easy day 3-4 miles	
Friday	Easy day 3-4 miles or 45-60 minutes of aerobic cross training (bike, elliptical, hike, or swim)	
Saturday	Long run 10-12 miles	
Sunday	Easy day 3-4 miles, 4x20 second hill strides	
Week 4		
Monday	Rest or walk	
Tuesday	Easy day 4-5 miles, 4x20 second hill strides	
Wednesday	Workout 10-15 minute warm up run, 3/2/1 minute hills (10k effort) with jog down recovery followed by 5 minutes (half marathon effort) on flat or rolling hills, 15-20 minute cool down run	
Thursday	Easy day 4-5 miles	
Friday	Easy day 4-5 miles or 45-60 minutes of aerobic cross training (bike, elliptical, hike, or swim)	
Saturday	Long run 10-12 miles	

Sunday	Easy day 4-5 miles, 4x20 second hill strides	
Week 5		
Monday	Rest or walk	
Tuesday	Easy day 3-4 miles, 4x20 second hill strides	
Wednesday	Workout 10-15 minute warm up run, 3x4 minutes (marathon effort) with a 2 minute jog recovery on flat or rolling hills, 10-15 minute cool down run Taper	Gradually ease back on your training so that you are fresh and itching to race! From this point on it is all about maintaining the work you have done and keeping your legs loose for race day!
Thursday	Easy day 2-3 miles	
Friday	Easy day 2-3 miles	
Saturday	Long run 6-8 miles	
Sunday	Easy day 2-3 miles, 4x20 second hill strides	
Week 6 – Race Week!		
Monday	Rest!	Carb load and hydrate throughout the week not just the night before the race.
Tuesday	Easy day 2-3 miles, 4x20 second hill strides	
Wednesday	Easy day 2-3 miles	
Thursday	Easy day 2-3 miles	
Friday	Pre-race 30 minute run, 4x20 second hill strides	
Saturday	Race day!	You can be a fierce competitor and have fun! Don't take yourself too seriously! Enjoy the community!
Sunday	Food!!!!	Stock up on the calories and recover!