Welcome to the Endurance Specific “Run Anything” Run Preparation Training Plan.

This plan focuses on developing your aerobic system and allowing your soft tissue to develop the resilience they need to handle the demands we want to place upon them.

Our heart and lungs develop much quicker than our soft tissue and that is a cause of niggles and full blown injuries when they aren’t yet prepared.

By following this program, the advised training intensities (using the intuitive intensity guidelines below) and the supplemental body maintenance techniques and nutrition/hydration practices we advise, it will help you develop the resilience you need to race well but also improve your overall health.

We develop the training routine over these opening weeks. There is a significant amount of repetition. The key is not to undervalue the role of repetition. It helps with the acquisition of motor skills, the ability to develop the all important skill of maintaining form under duress and allows you to focus on the training and dilute the distractions (noise). This will lay the foundations for one of our race specific plans.

The simple rules are; show up, work hard and listen. Oh and working hard may just be *going easy* when you are advised and not 'that little bit too hard'. Which for some is 'hard work' :)

As Tim Grover the athletic trainer used by Michael Jordan (and many elite NBA players) said, "it requires no talent, no special genetics, or any skill whatsoever to show up, work hard, and listen.”

Do those things and things usually work out pretty good.

Below are a couple of FAQs and resources to help you with this plan and training. This training plan can be used at any time of the year as a preparatory plan towards a more focused and specific run training plan.

FAQ's

Can I adjust the plan?

It's always best to follow the plan as planned. This allows you to get the most out of it, however your life circumstances may mean you need to adjust some days. Some might want a rest day on Sunday. Simply slide the week back one day. You may then need to swap around the weekend runs. i.e move Sun run to Friday (and leave the "long" development run on Saturday).

During winter some of you may want to ski or snowboard on your weekends. No problems. There are a number of ways you can adapt the plan. The simplest and most difficult for some is to simply get up earlier and get it done. However, if you were driving up to Whistler from Vancouver that is not really ideal. So you could move the Saturday run to Friday or move it to Sunday.

I personally ski coach on Saturdays and usually do a shorter run after a day of skiing. I'll admit, it becomes more of a mental task but I find getting it done builds mental resilience I'll need for my goal 100 miler in July.

We do want to maintain one "long" run (it's not that long, especially at the start) per week. If you moved the Sat run to Sunday you could move the Sunday run to Thursday and move Thursday's run to Wednesday. That way we'd have Tue (easy run), Wed (Key development run from week 2), Thu (easy run).

You might not ski and want to bike (if that is a winter option for you). You can simply replace one of the weekend days with a bike or x-training session. Again, aim to maintain your "long" run development session.

Can you swap X-Country skiing for a run? Yes you can. If you XC ski a lot, still aim to get a couple of runs in per week to maintain the pounding on the legs.

Do I need to do the (pre run / post run) strength work?

The short answer is yes. Committing to the short strength sessions will only make you not only a stronger and faster runner but will improve your overall health.

The short pre run "Run Ready Warm Up" only takes a few minutes and simply puts your muscles, joints and ligaments through a range of motion initiating a warm up but also laying some strength foundations at the same time.

The 2-3x week post run MTN Strength routine helps us build a strong and robust body to help meet the demands of running and the run races you want to do. They don't take long and I believe as much as your body gets out of it from a physical standpoint you get doubly as much benefit from a mental strength development standpoint because more than likely, you won't feel like doing it. It is very much worth the small investment in time.

Can I swap the post strength work for a different strength session?

Yes you can. In our other training plans we do have specific strength sessions that go with the phases of training, however for trail runners we do keep in at least 1x session per week of the mtn strength (especially the leg work) that helps us develop the leg resiliency we need when our legs are tired. A minimum of two strength training sessions per week is recommended.

Can I do the runs on a treadmill?

Absolutely. You can do any or all the runs through the winter months on the treadmill, though I have some recommendations.

Developing a high stride rate is directly related to improved performance. A stride rate in the 90+ steps per foot per minute is optimal and a treadmill can help with the development of this. So on some of your easy runs you can keep the treadmill to 0% grade and you'll get a little assist.

The runs where you have hill repeats or strides, you can do by grabbing the handles of the treadmill and while holding on, jump to the sides with the belt still moving. For hills, Increase the incline to 6-8% and adjust the speed if necessary. For moderate effort hills, the incline should be enough to change the effort. For the strides, you increase the speed that will give you a fast pace without straining.

Now grab the handles again, and jump back onto the moving belt, not letting go until you are running at the same speed as the belt.

Early on in the program you do 30 sec hill reps. So when the interval time is up, grab the handles and jump to the sides again and rest for 30 sec before grabbing the handles again and jumping back on for the next interval.

When we do the longer hills and the strides in the programs you can stay on the treadmill and adjust the incline back to 0% for the recovery (remember it takes a few seconds to get up to incline and down again) or adjust the speed back and forth.

What are strides?

Strides - are 15-to-30-second bursts of speed up to the fastest pace you can go while staying totally smooth and comfortable (it's not a sprint). This is usually about the pace you could hold for two to four minutes.

The primary benefit is improving your running economy, or reducing the amount of energy it takes to run fast. By doing strides, your brain and muscles get better at operating smoothly and comfortably at all paces—not just stride pace.

Aside from neuromuscular benefits, there are secondary benefits for cardiac stroke output (increasing the amount of blood your heart pumps with each beat), muscle strength (improving power output) and the aerobic system (improving oxygen-processing power).

TRAINING PLAN RESOURCES

Intuitive Intensity Guidelines
Please read and follow these for your best training, performance and health outcomes.
Endurance Specific Intuitive Intensity Guidelines

RESET / ROLL / STRETCH

Body maintenance is key to staying niggle and injury free. If we can sit and watch TV at night, we can do some rolling or stretching!

THE DAILY RESET - Four Exercises that will improve your life!

Trigger Point - Full Body Self Massage

Stretching & Yoga

HYDRATION

One thing I know is that most of us run around dehydrated. Even if you are drinking a lot of water BUT are neglecting to get electrolytes in, you are not adequately hydrated.

Our bodies are 60% water and a third of that is salt water. We cry, sweat and pee salt water. So we need to stop drinking plain water only in the hopes of hydrating ourselves adequately.

Our bodies need electrolytes for optimal hydration and without optimal hydration we will never perform at our best, physically and mentally.

Optimal Hydration electrolytes include:

- Sodium
- Chloride
- Potassium
- Magnesium

When we take in sodium we get extracellular hydration and when we add in Magnesium and Potassium we get intracellular hydration.

Unfortunately simply drinking plain water only can;

- Flush out electrolytes
- Cause you to pee all day
- Lead to low sodium levels
- Kill you (endurance athletes via Hyponatremia)

When we consume a proper electrolyte mix of Salt, Magnesium and Potassium we replace the minerals we have lost in sweat. We can say goodbye to headaches and you'll feel way more alert and energized.

We want to start our days with drinking electrolytes water first thing in the morning. I personally add mine to my AG1 greens drink I have as soon as I get up. You'll also want to drink electrolyte water prior to and after training and during your longer session 1+ hours.

A word of note. Pretty much 100% of the drinks on the market sold as electrolyte drinks are simply sugar drinks. We don't need those and they fall woefully short on the electrolytes.

Salt helps you maintain proper hydration.

Since sodium plays a vital role in fluid balance, not getting enough of it can lead to dehydration, especially during higher or sustained efforts or in hot environments.

Caffeine/coffee also leads to large amounts of salt loss. So if you drink coffee you need to get more salt in.

Studies suggest 3-5'000 mg of sodium/day is optimal for health. This increases by 1000 mg for every hour of exercise performed. And letting ourselves get dehydrated makes our tissue resemble jerky. And

when you haven't rehydrated after a long session you stack the odds of getting injured in the wrong direction.

The solution is EASY and SIMPLE.

Ensure you are drinking enough electrolyte water per day. And namely salt.

- 1,000mg of SODIUM with 24 oz. (680ml) of fluid

If you want a simple solution.

Try using LMNT electrolyte drink. They support our Endurance Specific races. I love their flavours... Ok, I'm not sold on the Mango Chili and Lemon Habanero. I love chili but just not in my electrolyte drink but the rest of their flavours are great.

https://drinklmnt.com/

Charlotte and I use LMNT but we also make our own since it's a little more cost effective.

Here's how:

We purchased the below in bulk.

- Redmond Real Salt (alternatively use Celtic Sea Salt)
- Magnesium Chloride - I personally find Mag Chloride better (for me) but you can use Mag malate too (which LMNT use)
- Potassium Chloride

All are available on Amazon in the USA:

- For those not in the USA, see if you can get magnesium and potassium chloride powders. You may have to ask.
- Or see if you can get it shipped to you.

Potassium Chloride
use ~ 1/10th tsp for 200mg

Magnesium Chloride
- use 1/8 tsp per serving for 60mg

Redmond Sea Salt
- use 1/2 tsp for ~ 1g of sodium.

You can then add your fresh lemon to this mix or buy any freeze-dried fruit powder to add some taste.

We use a big Mason jar, fill it with water, add powders, put a lid on, and shake well.

Being adequately hydrated WILL not only make you feel good it will allow you to perform and greatly lower the chances of soft tissue injuries.