

Last Man Standing Base Training Plan

July 1 – August 28, 2025

Pace Targets:

- **Easy Runs (Zone 2):** ~10:15 min/mile (steady aerobic effort, conversational)
 - **Tempo Runs:** ~8:50 min/mile (start ~9:00–9:10, finish ~8:30–8:40 negative split)
 - **Hill Repeats / Fartlek:** ~7:00–7:30 min/mile efforts
 - **Long Runs:** ~10:15 min/mile, finish with negative split
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Week 1 (July 1–6)

Focus: Establish aerobic base, steady effort

Tue Jul 1: OFF — Rest or light cross-training

Wed Jul 2: 17 miles steady @ ~10:15 pace

- Warm up 1 mile (~11:00 pace)
- Run ~10:15 pace conversational
- Cool down 1 mile

Thu Jul 3: 4 miles easy @ ~10:15

Fri Jul 4: OFF

Sat Jul 5: 6 miles trail long run @ ~10:15

Sun Jul 6: 4 miles easy @ ~10:15

Week 2 (July 7–13)

Focus: Introduce tempo pace with negative splits

Mon Jul 7: OFF

Tue Jul 8: 6 miles easy @ ~10:15

Wed Jul 9: 5 miles tempo

- Warm up 1 mile easy (~11:00)
- Tempo 3 miles: Start ~9:00, finish ~8:30
- Cool down 1 mile

Thu Jul 10: 4 miles easy @ ~10:15

Fri Jul 11: OFF

Sat Jul 12: 10 miles trail long run @ ~10:15 (last 3 miles negative split)

Sun Jul 13: 4 miles easy @ ~10:15 or rest

Week 3 (July 14–20)

Focus: Backpacking recovery

Mon–Wed (Jul 14–16): Backpacking — active recovery

Thu Jul 17: OFF

Fri Jul 18: 4 miles easy @ ~10:15

Sat Jul 19: 12 miles trail long run @ ~10:15 (last 3 miles negative split)

Sun Jul 20: OFF or walk

Week 4 (July 21–27) — Race Week

Focus: Taper, maintain sharpness

Mon Jul 21: OFF

Tue Jul 22: 5 miles tempo

- Warm up 1 mile
- Tempo 3 miles (start ~9:00, finish ~8:30)
- Cool down 1 mile

Wed Jul 23: 4 miles easy @ ~10:15

Thu Jul 24: 3 miles easy @ ~10:15

Fri Jul 25: OFF

Sat Jul 26: Burro Race 12 miles — race effort

Sun Jul 27: OFF or recovery walk

Week 5 — July 28–August 4

Focus: Return to volume & hill work

Mon Jul 28: 5 miles easy

Tue Jul 29: 8 miles easy

Wed Jul 30: Hill Repeats

- Warm-up 2 miles
 - 6 × 1 min uphill @ ~7:15 pace, jog down
 - Cool-down 1 mile
- Thu Jul 31:** 4 miles easy
- Fri Aug 1:** 6 miles easy or OFF
- Sat Aug 2:** 18 miles trail long run @ ~10:15 (last 3 miles faster)
- Sun Aug 3:** 8 miles recovery @ ~10:30

Week 6 — August 5–11

Focus: First peak week w/ 20+ mile run

Mon Aug 5: OFF

Tue Aug 6: 6 miles easy

Wed Aug 7: 7 miles tempo (5 tempo miles @ ~8:50)

Thu Aug 8: 4 miles easy

Fri Aug 9: OFF

Sat Aug 10: 24 miles trail run @ ~10:15, fuel every 30–45 min

Sun Aug 11: 10 miles recovery @ ~10:30

Week 7 — August 12–18

Focus: Cutback week, sharpen with fartlek

Mon Aug 12: OFF

Tue Aug 13: 6 miles easy

Wed Aug 14: Fartlek Workout

- Warm-up 1 mile
- 5 miles alternating 2 min hard (~7:30) / 2 min easy
- Cool-down 1 mile

Thu Aug 15: 4 miles easy

Fri Aug 16: OFF

Sat Aug 17: 16 miles trail run, finish with last 3–4 miles negative split

Sun Aug 18: 8 miles recovery

Week 8 — August 19–25

Focus: Final peak & simulation

Mon Aug 19: OFF

Tue Aug 20: 6 miles easy

Wed Aug 21: 4 miles shakeout

Thu Aug 22: OFF

Fri Aug 23: 12-Hour Simulation or 30-Mile Run

- Start early
 - Practice hourly fueling
 - Maintain steady effort
- Sat Aug 24:** OFF
- Sun Aug 25:** 4 miles easy recovery or walk

Week 9 — August 26–28

Focus: Taper

Mon Aug 26: OFF

Tue Aug 27: 4 miles easy

Wed Aug 28: 3 miles easy

Notes:

- ✓ Warm up 1 mile and cool down 1 mile on all speed/hill sessions
 - ✓ Use trails and dirt roads for long runs
 - ✓ Practice fueling during long runs
 - ✓ Prioritize sleep and recovery
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