

# 30K Trail Run Training Camp

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Miles
1	2/7 Long – 6 miles	2/8 <i>Rest</i>	2/9 Leg Strength	2/10 Pace- 4 miles	2/11 Hill work	2/12 <i>Rest</i>	2/13 Slow – 3 miles	13
2	2/14 Long – 7 miles	2/15 <i>Rest</i>	2/16 Climb	2/17 Pace- 4 miles	2/18 Fartlek	2/19 <i>Rest</i>	2/20 Slow – 4 miles	15
3	2/21 Long – 8 miles	2/22 <i>Rest</i>	2/23 Leg Strength	2/24 Pace- 5 miles	2/25 Hill work	2/26 <i>Rest</i>	2/27 Slow – 4 miles	17
4	2/28 Long – 9 miles	2/29 <i>Rest</i>	3/1 Climb	3/2 Pace- 5 miles	3/3 Fartlek	3/4 <i>Rest</i>	3/5 Slow – 5 miles	19
5	3/6 Long – 10 miles	3/7 <i>Rest</i>	3/8 Leg Strength	3/9 Pace- 6 miles	3/10 Hill work	3/11 <i>Rest</i>	3/12 Slow – 5 miles	21
6	3/13 Long – 12 miles	3/14 <i>Rest</i>	3/15 Climb	3/16 Pace- 6 miles	3/17 Fartlek	3/18 <i>Rest</i>	3/19 Slow – 6 miles	24
7	3/20 Long – 13 miles	3/21 <i>Rest</i>	3/22 Leg Strength	3/23 Pace- 7 miles	3/24 Hill work	3/25 Slow – 6 miles	3/26 <i>Rest</i>	26
8	3/27 Long – 14 miles	3/28 Pace- 4 miles	3/29 Climb	3/30 Pace- 5 miles	3/31 Fartlek	4/1 Slow – 6 miles	4/2 <i>Rest</i>	29
9	4/3 Long – 15 miles	4/4 Pace- 5 miles	4/5 Leg Strength	4/6 Pace- 6 miles	4/7 Hill work	4/8 Slow – 6 miles	4/9 <i>Rest</i>	32
10	4/10 Long – 8 miles	4/11 Pace- 4 miles	4/12 Climb	4/13 Pace- 4 miles	4/14 Fartlek	4/15 Slow – 4 miles	4/16 <i>Rest</i>	20
11	4/17 Long – 17 miles	4/18 Pace- 5 miles	4/19 Leg Strength	4/20 Pace- 7 miles	4/21 Hill work	4/22 Slow – 6 miles	4/23 <i>Rest</i>	35
12	4/24 Long – 18 miles	4/25 Pace- 5 miles	4/26 Climb	4/27 Pace- 8 miles	4/28 Fartlek	4/29 Slow – 7 miles	4/30 <i>Rest</i>	38
13	5/1 Long – 19 miles	5/2 Pace- 3 miles	5/3 Leg Strength	5/4 Pace- 8 miles	5/5 Hill work	5/6 <i>Rest</i>	5/7 Slow – 10 miles	40
14	5/8 Pace – 6 miles	5/9 <i>Rest</i>	5/10 <i>Rest</i>	5/11 Pace – 4 miles	5/12 <i>Rest</i>	5/13 <i>Rest</i>	5/14 <b>RACE DAY</b>	