



## GORE-TEX™ TransRockies Run 2009 16 Week Training Plan - Finisher Program



Week #	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		TOTALS
	Activity	Distance	Activity	Distance	Activity	Distance	Activity	Distance	Activity	Distance	Activity	Distance	Activity	Distance	
1	Off		Run	4	Xtr		Run	4	Off		Run	5	Run	8	21
11-May								w/ hills							
2	Off		Run	5	Xtr		Run	6	Off		Run	6	Run	10	27
18-May								w/ stairs							
3	Off		Run	5	Xtr		Run	6	Off		Run	8	Run	12	31
25-May								tempo							
4	Off		Run	5	Xtr		Off		Run	6	Run	8	Run	10	29
1-Jun															
5	Off		Run	6	Xtr		Run	6	Off		Run	10	Run	14	36
8-Jun								w/ stairs							
6	Run	4	Run	6	Xtr		Off		Run	12	Run	14	Run	16	52
15-Jun		easy													
7	Off		Run	6	Xtr		Run	6	Off		Run	10	Run	18	40
22-Jun								tempo							
8	Run	6	Run	7	Xtr		Off		Run	10	Run	12	Run	14	49
29-Jun		easy													
9	Off		Run	7	Xtr		Run	6	Off		Run	12	Run	16	41
6-Jul								w/ stairs							
10	Run	6	Run	7	Xtr		Off		Run	14	Run	16	Run	18	61
13-Jul		easy													
11	Off		Run	8	Xtr		Run	6	Off		Run	12	Run	20	46
20-Jul								w/ hills							
12	Run	4	Run	8	Xtr		Off		Run	18	Run	20	Run	22	72
27-Jul		easy													
13	Off		Run	8	Xtr		Run	8	Off		Run	12	Run	16	44
3-Aug								tempo							
14	Off		Run	6	Xtr		Run	6	Off		Run	8	Run	12	32
10-Aug								w/ hills							
15	Off		Run	5	Xtr		Run	4	Off		Run	3	Race	20	32
17-Aug											easy				
16	Race	10	Race	25	Race	14	Race	25	Race	22	Off		Walk	2	98
24-Aug															

113 miles 6 days  
 All distances in miles  
 Xtr; Crosstrain your choice  
 Tempo; chaging, but comfortable pace  
 Easy; recovery run