



# 16 WEEK TRAINING GUIDE FOR WOMEN'S EPIC 20K



Created by:

**COACH**  
*Rhondi*

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# 2024

# MEET YOUR COACH

**COACH**  
*Rhandi*

## About Rhandi

With more than 20 years of coaching experience, Coach Rhandi is ready to help you reach your running goals. She works with athletes of all ages and levels and specializes in creating custom training plans tailored to your goals, experience and lifestyle. Whether it's on the roads or trails, a 5k or a 100 mile race- She's got you!

You can find Rhandi living with her husband and five kids in the mountains of Northern Utah. Outside of running, coaching and training, she enjoys spending time with her family, the great outdoors, cooking, reading and bingeing on *The Office* with her hubby.



## Experience

- B.S. in Health Science.
- NASM certified Personal Trainer, Certified Run Coach and Sports Nutrition Specialist.
- 3 time ultra marathon champion
- Multiple Boston and New York Marathon Qualifier
- Ironman Triathlete
- Mountaineer- multiple big mountain summits. Favorite- Mt. Rainer, Washington. In process of getting her mountain guide certification.
- Backcountry adventure - 4 time rim to rim to rim finisher (Grand Canyon r3), Zion Traverse, FKTs, etc. I want to help you adventure in wild places!
- Wide variety of experience under her belt, including 50+ races in distances from 5k to 100 miler, roads and trails, triathlon to obstacle course racing

PRs:

- 100 miles 18 hours 13 minutes
- Other trail distances: 50k 4:43, 50 miles 8:35
- Marathon- 3:03, Half Marathon- 1:23
- 10k 38:44, 5k 19:16

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USE THIS INFORMATION YOUR OWN RISK

# TERMS TO KNOW

**Dynamic Warm-up:** A good dynamic warmup only takes 5 minutes but helps so much with injury prevention and total body muscle activation. Now you have reminded your body that it needs to fire up all of its muscles and that it's ready to get to work. 1. Walking lunges with twist x 12-20 2. High-Knees x 20 3. Butt-kickers x 20 4. Side lunge (step out to the side from lunge position) x 10 each direction 5. Sumo jump Squats x 10 6. Leg swings-front & side 7. Alternating leg kicks (or mummy kicks)- 10 on each leg

**Cross Training:** Training with different types of exercise or modalities to increase endurance and prevent injuries.

*Example:* swimming, biking, elliptical, rowing

**Rest Day:** Relax, hydrate and refuel

**Post Run Stretch:** Stretch your muscles after a workout to give your body a jump-start on recovery

*Examples:* static lunges, standing quad stretch, calf stretch, butterfly stretch

**Trail Run:** Running where there are steep gradients and unpaved surfaces

**Strides:** Start the stride by running at an easy effort, focusing on a short, quick stride. Then gradually increase your speed by lengthening your stride. Keep your torso relaxed. It should feel like a controlled fast pace.

**Fartlek Training:** Changing up the intensity of your run to improve your fitness and endurance

## **Technical Trail Run**

Choose a trail with lots of twists, turns and elevation gain. A trail that might be intimidating to you but that would be great practice. Get out there and do your best, it might be hard at first but it will get a little easier every week and help prepare you for race day. Do your best to run when you can and take hike breaks as needed. If you live in a flat area, find a dirt path with plenty of rocks, tree roots, etc. Do your best to run on a challenging trail that you might otherwise have avoided. Have fun and trust yourself.

# WEEK 1

## Sunday

**Rest Day - Enjoy!**

## Monday

### **4 miles easy effort plus strides**

1. Dynamic warmup
2. 4 miles easy effort
3. Finish with strides 4 x 20 seconds

### **Trail Runner's Core**

## Tuesday

### **Intro to Fartlek**

Fartlek means "speed play" and we are going to have some fun.

1. Mobility warmup
2. 10 minutes easy effort warmup run
3. Follow this pattern- 3 minutes easy effort 2 minutes tempo effort 1 minute walk x 5 sets
4. 10 minutes easy effort cooldown run

### **Trail Runners Strength**

Be sure to do anytime after your run- not before

## Wednesday

**Rest**

## Thursday

### **30 minute trail run**

1. Dynamic warmup
2. 30 minute easy effort trail run: run the flats and the downhill portions and hike the uphill.

\*Mileage will vary based on individual athlete

### **Strength Training: Hips and Glutes**

## Friday

### **Choice Cross Training: 30-45 mins**

Easy effort choice cross training 30-45 minutes. (Yoga, pilates, hike, swim, bike- move your body in a different way than running.)

### **Trail Runner's Core**

## Saturday

### **6 trail miles (run/hike intervals)**

1. Mobility warmup with bands
2. For the run- follow a run/hike pattern based on your fitness level. One of the following
  - Run 3 mins, hike 3 mins
  - Run 4 mins, hike 2 mins
  - Run 5 mins, hike 1 minute

*Also feel free to power hike any big climb.*



# WEEK 2

## Sunday

**Rest Day - Enjoy!**

## Monday

### 4 miles easy effort plus strides

1. Dynamic warmup
2. 4 miles easy effort
3. Finish with strides 5 x 20 seconds

### Trail Runner's Core

## Tuesday

### Intro to hill repeats

Find a hill with a 5-7% grade. You can just estimate. You are looking for a hill that is not easy to run up but possible to run up if you put forth good effort.

1. Mobility warmup with bands
2. 10-15 minute easy effort run or walking warmup
3. Main workout- 8 x 30 seconds run uphill at tempo effort and then jog down slowly. Rest or easy run at the bottom of the hill until your heart rate returns back to normal. Repeat 8 times.
4. 10 minute easy effort run or walking cooldown

\*\*Mileage will vary

### Trail Runners Strength

Be sure to do anytime after your run- not before

## Wednesday

**Rest**

## Thursday

### 30 minute trail run

1. Dynamic warmup
2. 30 minute easy effort trail run- run the flats and the downhill portions and hike the uphill.

\*Mileage will vary based on individual athlete

### Strength Training: Hips and Glutes

## Friday

### Choice Cross Training: 30-45 mins

Easy effort choice cross training 30-45 minutes. (Yoga, pilates, hike, swim, bike- move your body in a different way than running.)

### Trail Runner's Core

## Saturday

### 7 trail miles (run/hike intervals)

1. Mobility warmup with bands
2. For the run- follow a run/hike pattern based on your fitness level. One of the following
  - Run 4 mins, Hike 2 mins
  - Run 5 mins, Hike 2 mins
  - Run 6 mins, Hike 1 minute

*Also feel free to power hike any big climb*

# WEEK 3

Wednesday

Rest

Sunday

Rest Day - Enjoy!

Monday

**5 miles easy effort plus strides**

1. Dynamic warmup
2. 5 miles easy effort
3. Finish with strides 5 x 20 seconds

**Trail Runner's Core**

Tuesday

**Hill Repeats**

Find a hill with a 5-7% grade. You can just estimate. You are looking for a hill that is not easy to run up but possible to run up if you put forth good effort.

1. Mobility warmup with bands
2. 10-15 minute easy effort run or walking warmup
3. Main workout
- 4 x 30 seconds.

Run uphill at tempo effort and then jog down slowly. Rest or easy run at the bottom of the hill until your heart rate returns back to normal. Repeat 4 times

- 4 x 1 minute
- Run uphill at tempo effort and then jog down slowly. Rest or easy run at the bottom of the hill until your heart rate returns back to normal. Repeat 4 times
4. 10 minute easy effort run or walking cooldown

\*\*Mileage will vary

**Trail Runners Strength**

Be sure to do anytime after your run- not before

Thursday

**45 minute trail run**

1. Dynamic warmup
2. 45 minute easy effort trail run- run the flats and the downhill and hike the uphill.

\*Mileage will vary based on individual athlete

**Strength Training: Hips and Glutes**

Friday

**Choice Cross Training: 30-45 mins**

Easy effort choice cross training 30-45 minutes. (Yoga, pilates, hike, swim, bike- move your body in a different way than running.)

**Trail Runner's Core**

Saturday

**8 trail miles with fast finish**

1. Mobility warmup with bands
  2. 8 miles on the trails.
- First 7 miles easy effort, last mile go for it.

# WEEK 4 - RECOVERY WEEK

Sunday

**Rest Day - Enjoy!**

Monday

**3 miles easy effort plus strides**

1. Dynamic warmup
2. 3 miles easy effort
3. Finish with strides 4 x 20 seconds

**Trail Runner's Core**

Tuesday

**Fartlek**

1. Mobility warmup
2. 10 minutes easy effort warmup run
3. Follow this pattern:
  - 4 minutes easy effort 2 minutes tempo effort 1 minute walk 1 minute sprint x 5 sets
4. 10 minutes easy effort cooldown run

\*Mileage will vary

**Trail Runner's Strength**

Be sure to do anytime after your run- not before

Wednesday

**Rest**

Thursday

**30 minute trail run**

1. Dynamic warmup
2. 30 minute easy effort trail run- run the flats and the downhill and hike the uphill.

**Strength Training: Hips and Glutes**

Friday

**Choice Cross Training: 30-45 mins**

Easy effort choice cross training 30-45 minutes. (Yoga, pilates, hike, swim, bike- move your body in a different way than running.)

**Trail Runner's Core**

Saturday

**6 trail miles - easy effort**

1. Mobility warmup with bands
2. 6 trail miles- easy effort

Enjoy the drop in miles this week and allow your body to recover - you are working hard.



# WEEK 5

## Sunday

**Rest Day - Enjoy!**

## Monday

**5 miles easy effort plus strides**

1. Dynamic warmup
2. 5 miles easy effort
3. Finish with strides 5 x 20 seconds

**Trail Runner's Core**

## Tuesday

**Hill repeats**

Find a hill with a 5-7% grade. You can just estimate. You are looking for a hill that is not easy to run up but possible to run up if you put forth good effort.

1. Mobility warmup with bands
2. 10-15 minute easy effort run or walking warmup
3. Main workout:  
6 x 30 seconds.

Run uphill at tempo effort and then jog down slowly. Rest or easy run at the bottom of the hill until your heart rate returns back to normal.

Repeat 6 times

5 x 1 minute

Run uphill at tempo effort and then jog down slowly. Rest or easy run at the bottom of the hill until your heart rate returns back to normal. Repeat 5 times

4. 10-15 minute easy effort run or walking cooldown

\*\*Mileage will vary

**Trail Runners Strength**

## Wednesday

**Rest**

## Thursday

**45 minute trail run**

1. Dynamic warmup
2. 45 minute easy effort trail run- run the flats and the downhill and hike the uphill.

**Strength Training: Hips and Glutes**

## Friday

**60 minute hike**

1. Dynamic warmup
2. Choice 60 minute hike

**Trail Runner's Core**

## Saturday

**8 mile long run with big climb**

1. Mobility warmup with bands
2. 8 easy effort trail miles For the big climb- try and choose a trail with 1-2 hard climbs that will challenge you.

**Trail Runners Strength**

Optional second day of strength work. Be sure to do anytime after your run- not before

“

DREAM BIG  
TRAIN SMART  
WORK HARD

- Coach Rhandi

# WEEK 6

## Sunday

**Rest Day - Enjoy!**

## Monday

### **5 miles easy effort plus strides**

1. Dynamic warmup
2. 5 miles easy effort
3. Finish with strides 5 x 20 seconds

### **Trail Runner's Core**

## Tuesday

### **Tempo pushes**

1. Mobility warmup with bands
  2. 10-15 minute easy effort warmup run
  3. 5 minutes tempo effort, followed by 5 minute recovery effort x 3 sets.
  4. 10-15 minute easy effort cooldown run
- \*Mileage will vary

### **Trail Runners Strength**

## Wednesday

### **Rest or Choice Cross Training**

Easy effort choice cross training 30-45 minutes. Yoga, pilates, hike, swim, bike-move your body in a different way than running.

## Thursday

### **45 minute trail run**

1. Dynamic warmup
2. 45 minute easy effort trail run- run the flats and the downhill and hike the uphill.

### **Strength Training: Hips and Glutes**

## Friday

### **60 minute hike**

1. Dynamic warmup
2. Choice 60 minute hike

### **Trail Runner's Core**

## Saturday

### **9 mile trail run**

1. Mobility warmup with bands
2. 9 mile trail run: 2 miles easy effort, 1 mile moderate effort x 3 sets. 9 miles total.

### **Trail Runners Strength**

Optional second day of strength work. Be sure to do anytime after your run-not before

# WEEK 7

## Sunday

### Rest Day - Enjoy!

## Monday

### 5 miles easy effort plus strides

1. Dynamic warmup
2. 5 miles easy effort
3. Finish with strides 5 x 30 seconds

### Trail Runner's Core

## Tuesday

### Technical trail practice

Many gorgeous sections of WE have rocks and roots so it's important that you practice on trails that are more technical from time to time.

1. Mobility warmup with bands
2. 10-15 minutes easy effort warmup hike
3. Technical trail run- find 1/2 mile of a trail you love that is more technical/challenging than normal. Go over your trail form cues.
4. Run back and forth on the 1/2 mile stretch for 4-5 miles all easy effort.
5. 10-15 minutes easy effort cooldown hike

### Trail Runner's Strength

## Wednesday

### Rest or Choice Cross Training

Easy effort choice cross training 30-45 minutes. Yoga, pilates, hike, swim, bike- move your body in a different way than running.

## Thursday

### 45 minute trail run

1. Dynamic warmup
2. 45 minute easy effort trail run- run the flats and the downhill and hike the uphill.

### Strength Training: Hips and Glutes

## Friday

### 60-90 minute hike

1. Dynamic warmup
2. Choice 60-90 minute hike

### Trail Runner's Core

## Saturday

### 9 mile trail run

1. Mobility warmup with bands
2. 9 miles easy effort trail run
3. Remember to practice hydration and nutrition. Don't go more than 30 minutes without calories and hydration.

### Trail Runners Strength

Optional second day of strength work. Be sure to do anytime after your run- not before

# WEEK 8 - RECOVERY

Sunday

**Rest Day - Enjoy!**

Monday

## **4 miles easy effort plus strides**

1. Dynamic warmup
2. 4 miles easy effort
3. Finish with strides 4 x 20 seconds

## **Trail Runner's Core**

Tuesday

## **Hill repeats**

Find a hill with a 5-7% grade. You can just estimate. You are looking for a hill that is not easy to run up but possible to run up if you put forth good effort.

1. Mobility warmup with bands
2. 10-15 minute easy effort run or walking warmup
3. Main workout- 6 x 30 seconds. Run uphill at tempo effort and then jog down slowly. Rest or easy run at the bottom of the hill until your heart rate returns back to normal. Repeat 6 times
- 5 x 1 minute Run uphill at tempo effort and then jog down slowly. Rest or easy run at the bottom of the hill until your heart rate returns back to normal. Repeat 5 times
4. 10-15 minute easy effort run or walking cooldown

\*\*Mileage will vary

## **Trail Runner's Strength**

Wednesday

**Rest**

Thursday

## **30 minute trail run**

1. Dynamic warmup
2. 30 minute easy effort trail run- run the flats and the downhill and hike the uphill.

\*Mileage will vary based on individual athlete

## **Strength Training: Hips and Glutes**

Friday

## **Rest or Choice Cross Training**

Easy effort choice cross training 30-45 minutes. Yoga, pilates, hike, swim, bike- move your body in a different way than running.

## **Trail Runner's Core**

Saturday

## **6 trail miles (run/hike intervals)**

1. Mobility warmup with bands
2. For the run- follow a run/hike pattern based on your fitness level. One of the following

- Run 3 mins, hike 3 mins
- Run 4 mins, hike 2 mins
- Run 5 mins, hike 1 min

Also feel free to power hike any big climb

## **Trail Runners Strength**

Optional second day of strength work. Be sure to do anytime after your run- not before

# WEEK 9

## Sunday

**Rest Day - Enjoy!**

## Monday

### **5 miles easy effort plus strides**

1. Dynamic warmup
2. 5 miles easy effort
3. Finish with strides 5 x 30 seconds

### **Trail Runner's Core**

## Tuesday

**Technical trail practice:**  
**Many gorgeous sections of WE have rocks and roots so it's important that you practice on trails that are more technical from time to time.**

1. Mobility warmup with bands
2. 10-15 minutes easy effort warmup hike
3. Technical trail run- find 1/2 mile of a trail you love that is more technical/challenging than normal. Go over your trail form cues.
4. Run back and forth on the 1/2 mile stretch for 4-5 miles all easy effort.
5. 10-15 minutes easy effort cooldown hike

### **Trail Runner's Strength**

## Wednesday

### **Rest or Choice Cross Training**

Easy effort choice cross training 30-45 minutes. Yoga, pilates, hike, swim, bike-move your body in a different way than running.

## Thursday

### **60 minute trail run**

1. Dynamic warmup
2. 60 minute easy effort trail run-run the flats and the downhill and hike the uphill

### **Strength Training: Hips and Glutes**

## Friday

### **60-90 minute hike**

1. Dynamic warmup
2. Choice 60-90 minute hike

### **Trail Runner's Core**

## Saturday

### **11 Mile Trail run. Easy-push-easy-push**

1. Mobility warmup with bands
  2. 3 miles easy effort
  3. 3 miles push the pace
  4. 4 miles easy effort
  5. 1 mile push the pace
- \*\*Hiking cooldown as needed

### **Trail Runners Strength**

Optional second day of strength work. Be sure to do anytime after your run-not before

# WEEK 10

## Sunday

**Rest Day - Enjoy!**

## Monday

### **5 miles easy effort plus strides**

1. Dynamic warmup
2. 5 miles easy effort
3. Finish with strides 6 x 30 seconds

### **Trail Runner's Core**

## Tuesday

### **Tempo Pushes**

1. Mobility warmup with bands
  2. 10-15 minute easy effort warmup run
  3. 5 minutes tempo effort, followed by 5 minute recovery effort x 4 sets.
  4. 10-15 minute easy effort cooldown run
- \*Mileage will vary

### **Trail Runner's Strength**

## Wednesday

### **Rest or Choice Cross Training**

Easy effort choice cross training 30-45 minutes. Yoga, pilates, hike, swim, bike-move your body in a different way than running.

## Thursday

### **60 minute trail run**

1. Dynamic warmup
2. 60 minute easy effort trail run-run the flats and the downhill and hike the uphill

### **Strength Training: Hips and Glutes**

## Friday

### **90 minute hike**

1. Dynamic warmup
2. 90 minute hike

### **Trail Runner's Core**

## Saturday

### **12 miles trail- steady effort**

1. Mobility warmup with bands
2. 12 miles steady even effort on the trails
3. Effort should be easy, really focus on staying smooth, steady and even with your effort.

### **Trail Runners Strength**

Optional second day of strength work. Be sure to do anytime after your run-not before



# WEEK 11

## Sunday

**Rest Day - Enjoy!**

## Monday

### 6 miles easy effort plus strides

1. Dynamic warmup
2. 6 miles easy effort
3. Finish with strides 6 x 30 seconds

### Trail Runner's Core

## Tuesday

### Hill repeats

Find a hill with a 5-7% grade. You can just estimate. You are looking for a hill that is not easy to run up but possible to run up if you put forth good effort.

1. Mobility warmup with bands
2. 10-15 minute easy effort run or walking warmup
3. Main workout- 6 x 30 seconds. Run uphill at tempo effort and then jog down slowly. Rest or easy run at the bottom of the hill until your heart rate returns back to normal. Repeat 6 times
- 5 x 1 minute Run uphill at tempo effort and then jog down slowly. Rest or easy run at the bottom of the hill until your heart rate returns back to normal. Repeat 5 times
4. 10-15 minute easy effort run or walking cooldown

\*\*Mileage will vary

### Trail Runner's Strength

## Wednesday

### Rest or Choice Cross Training

Easy effort choice cross training 30-45 minutes. Yoga, pilates, hike, swim, bike-move your body in a different way than running.

## Thursday

### 60 minute trail run

1. Dynamic warmup
2. 60 minute easy effort trail run-run the flats and the downhill and hike the uphill

### Strength Training: Hips and Glutes

## Friday

### 90 minute hike

1. Dynamic warmup
2. 90 minute hike

### Trail Runner's Core

## Saturday

### 11 trail miles with pushes

1. Mobility warmup with bands
2. 11 trail miles following this pattern- 30 minutes easy effort 10 minutes push the pace effort for 11 miles
3. Reminder to hydrate and fuel regularly. Never go more than 30 minutes without calories.

### Trail Runners Strength

Optional second day of strength work. Be sure to do anytime after your run-not before

“

YOU CAN AND  
YOU WILL  
BECAUSE YOU'RE  
BADASS LIKE  
THAT.

# WEEK 12 - RECOVERY

Sunday

**Rest Day - Enjoy!**

Monday

**Trail Runner's Core**

Tuesday

## **Fartlek**

1. Mobility warmup
  2. 10 minutes easy effort warmup run
  3. Follow this pattern:  
4 minutes easy effort 2 minutes tempo effort 1 minute walk 1 minute sprint x 5 sets
  3. 10 minutes easy effort cooldown run
- \*Mileage will vary

**Trail Runner's Strength**

Wednesday

**Rest**

Thursday

## **40 minute trail run**

1. Dynamic warmup
2. 40 minute easy effort trail run- run the flats and the downhill and hike the uphill

**Strength Training: Hips and Glutes**

Friday

**Rest**

Saturday

## **13 miles easy effort trail run**

1. Dynamic warmup
2. 13 miles easy effort
3. Celebration dance because you are a baddie

## **Trail Runners Strength**

Optional second day of strength work. Be sure to do anytime after your run- not before

# WEEK 13

Sunday

**Rest Day - Enjoy!**

Monday

**6 miles easy effort plus strides**

1. Dynamic warmup
2. 6 miles easy effort
3. Finish with strides 6 x 30 seconds

**Trail Runner's Core**

Tuesday

**Tempo Pushes**

1. Mobility warmup with bands
2. 10-15 minute easy effort warmup run
3. 6 minutes tempo effort, followed by 6 minute recovery effort x 4 sets.
4. 10-15 minute easy effort cooldown run

\*Mileage will vary

**Trail Runner's Strength**

Wednesday

**Rest or Choice Cross Training**

Easy effort choice cross training 30-45 minutes. Yoga, pilates, hike, swim, bike-move your body in a different way than running.

Thursday

**70 minute trail run**

1. Dynamic warmup
2. 70 minute easy effort trail run- run the flats and the downhill and hike the uphill

**Strength Training: Hips and Glutes**

Friday

**90 minute hike**

1. Dynamic warmup
2. 90 minute hike

**Trail Runner's Core**

Saturday

**10 miles easy effort trail run**

1. Dynamic warmup
2. 10 miles easy effort

**Trail Runners Strength**

Optional second day of strength work. Be sure to do anytime after your run-not before

# WEEK 14

## Sunday

**Rest Day - Enjoy!**

## Monday

### **6 miles easy effort plus strides**

1. Dynamic warmup
2. 6 miles easy effort
3. Finish with strides 6 x 30 seconds

### **Trail Runner's Core**

## Tuesday

### **Technical trail practice**

Many gorgeous sections of WE have rocks and roots so it's important that you practice on trails that are more technical from time to time.

1. Mobility warmup with bands
2. 10-15 minutes easy effort warmup hike
3. Technical trail run- find 1/2 mile of a trail you love that is more technical/challenging than normal. Go over your trail form cues.
4. Run back and forth on the 1/2 mile stretch for 4-5 miles all easy effort.
5. 10-15 minutes easy effort cooldown hike

### **Trail Runner's Strength**

## Wednesday

### **Rest or Choice Cross Training**

Easy effort choice cross training 30-45 minutes. Yoga, pilates, hike, swim, bike- move your body in a different way than running.

## Thursday

### **70 minute trail run**

1. Dynamic warmup
2. 70 minute easy effort trail run- run the flats and the downhill and hike the uphill

\*No lower body strength until after race day. Lets do everything we can to get you fresh and ready for race day. Tapering off from strength will help.

## Friday

### **90 minute hike**

1. Dynamic warmup
2. 90 minute hike

### **Trail Runner's Core**

## Saturday

### **9 mile trail run with fast finish**

1. Dynamic warmup
2. 7 miles easy effort
3. Last 2 miles push the pace and go for it. Don't look at your watch- the pace doesn't matter, just the effort.

### **Trail Runners Strength**

Optional second day of strength work. Be sure to do anytime after your run- not before

# WEEK 15

## 2 Weeks to Race- Taper

Sunday

**Rest Day - Enjoy!**

Monday

**5 miles easy effort plus strides**

1. Dynamic warmup
2. 5 miles easy effort
3. Finish with strides 6 x 30 seconds

**Trail Runner's Core**

Tuesday

**Fartlek**

1. Mobility warmup
2. 10 minutes easy effort warmup run
3. Follow this pattern-
4. minutes easy effort 2 minutes tempo effort 1 minute walk 1 minute sprint x 5 sets
4. 10 minutes easy effort cooldown run

\*Mileage will vary

Wednesday

**Rest**

Thursday

**40 minute trail run**

1. Dynamic warmup
2. 40 minute easy effort trail run- run the flats and the downhill and hike the uphill

Friday

**60 minute hike**

1. Dynamic warmup
2. 60 minute hike

Saturday

**7 mile trail run with fast finish**

1. Dynamic warmup
2. 6 miles easy effort
3. Last mile push the pace and finish strong

**Trail Runners Strength**

Optional second day of strength work. Be sure to do anytime after your run- not before

# WEEK 16 - RACE WEEK

Sunday

**Rest Day - Enjoy!**

Monday

**Trail Runner's Core**

Tuesday

**5 easy miles**

1. Mobility warmup with bands
2. 5 easy effort miles
3. Visualize having the best race of your life on Saturday

Wednesday

**3 miles with 4 x 1 minute tempo pickups**

1. Dynamic warmup
2. Run 3 easy miles with 3 x 1 minute "pickups". 1 pickup per mile spread throughout your run. Pickups should be done at a tempo effort, not a sprint.

Thursday

**Rest Day - Enjoy!**

Friday

**Race day prep**

Take this rest day to get any extra things done that you may need to do before race day. Heck- take a nap! Treat-yo-self!

Saturday

**Race Day!!!!**



**GIRL,  
DO IT FOR  
YOU.**

**Trust in your training and have fun!**

**If you would like a training plan more  
customized for your goals, you can reach  
out to Coach Rhandi at  
<https://www.rhandi.com/contact>**

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