



# 12-WEEK TRAINING GUIDE FOR WOMEN'S EPIC



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

## DISCLAIMER

The purpose of this DISCLAIMER AND NOTICE is to make you conscious of the potential risks connected with activity in any exercise, physical fitness or training program. And to help you make an informed decision as to whether or not you should participate in these types of activities.

DISCLAIMER OF LIABILITY. Injuries of all types can occur when participating in exercise, physical fitness and training programs, hence Women's Epic strongly encourages all participants to obtain a comprehensive physical examination by a licensed physician PRIOR to undertaking any exercise or training demonstrated in this training plan, you fully assume the risk of any resulting injury.

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USE THIS INFORMATION YOUR OWN RISK



# GETTING STARTED

This training plan is for the beginning trail runner. Preparing for your first or one of your first trail races. It doesn't need to be pretty or fast but a base is important so you do not get injured doing this plan - therefore, if you would like to start with running all your miles you should be comfortable running a steady 3 miles on the road and least 10 miles total per week. If you are close to these numbers, you will be just fine - jump on in and go for it. **If you aren't comfortable running 3 miles, you can modify this program and power walk or hike the distances as much as you need to instead of running.**

# 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, and where there are steep gradients, hiking on any unpaved surface

**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.



# TRAIL RUNNER'S STRENGTH PROGRAM

10 minute choice warmup (unless you are already warm from a run)

## **Small Band Series**

1. Lateral band walk. 15 steps right. 15 steps left. Repeat 1-3 rounds.
2. Clamshells. 15 on each leg. Repeat 1-3 rounds
3. Banded squat with lateral leg lift. 15 on each leg. Repeat 2 rounds
4. Banded bridges. 20. Repeat 2-3 rounds.

## **Single leg/balance Series**

1. Single leg jump-ups. 10 on each leg. Repeat 2 rounds.  
\*jump up onto small bench. Keeping weight on one leg only, focus on engaging your core as you jump.
2. Single leg lateral jumps. 10 on each leg. Repeat 2 rounds.
3. Single leg squats. 15 on each leg. Repeat 2 rounds.
4. Lunge to jump up. 15 on each leg. Repeat 2 rounds

**Core series** - Do each exercise 1 time all the way through. Rest. Repeat 1-3 rounds.

1. Mountain climber. 30 seconds
2. Plank. 30 seconds
3. Side Plank. 30 seconds on each side
4. Push-ups. 5-15 depending on level.
5. Russian Twist . 30 seconds. Weighted if more advanced core strength.

# WEEK 1

- **Brighton OG: 12-week training guide starts May 6, 2024**
- **Deer Valley 10k: 12-week training guide starts July 8, 2024**

## Sunday

**Rest Day - Enjoy!**

## Monday

### **Mobility Strength Work**

All exercises done with a small resistance band around ankle or foot. Do before run if you are running today.

- Lateral band walks- 10 right, 10 left x 2
- Monster band walks- 20
- Lateral standing side raises. 10 right, 10 left
- Banded bridges. 20 single, 20 pulses
- Banded clamshells. 20
- Fire Hydrants
- Banded Bicycle with twist
- Standing knee raise (with band under feet)

### **3-Mile Run-Walk Intervals**

1. Dynamic warmup
2. Run 3 mins easy effort, walk 2
3. Cool down with 10 minutes of walking.

## Tuesday

### **2-Mile Trail Run/Hike**

2 miles easy effort - hike the climbs

## Wednesday

### **Rest or 30-45 minutes Cross Train-**

Hike, bike, elliptical, yoga, (another form of exercise that brings you joy)

## Thursday

### **3 mile run plus strides**

1. Dynamic warmup
2. 2 Mile run- easy effort
3. Strides 5 x 10 seconds

## Friday

### **Rest or Cross Train + Strength Work**

Rest or 30-45 minutes cross train- hike, bike, elliptical, yoga, another form of exercise that brings you joy

### **Mobility Strength Work**

All exercises done with a small resistance band around ankle or foot. Do before run if you are running today.

- Lateral band walks- 10 right, 10 left x 2
- Monster band walks- 20
- Lateral standing side raises. 10 right, 10 left
- Banded bridges. 20 single, 20 pulses
- Banded clamshells. 20
- Fire Hydrants
- Banded Bicycle with twist
- Standing knee raise (with band under feet)

## Saturday

### **3-Mile Trail Run/Hike**

Easy effort- hike the climbs

# WEEK 2

## Sunday

**Rest Day - Enjoy!**

## Monday

### Mobility Strength Work

All exercises done with a small resistance band around ankle or foot. Do before run if you are running today.

- Lateral band walks- 10 right, 10 left x 2
- Monster band walks- 20
- Lateral standing side raises. 10 right, 10 left
- Banded bridges. 20 single, 20 pulses
- Banded clamshells. 20
- Fire Hydrants
- Banded Bicycle with twist
- Standing knee raise (with band under feet)

### 3-Mile Run-Walk Intervals

1. Dynamic warmup
2. Run 3 mins easy effort, walk 2
3. Cool down with 10 minutes of walking.

## Tuesday

### Hill Workout 1

Dynamic warmup

- 10 minute easy pace warmup
  - 10 x 30 seconds run fast uphill  
recover on the way down
  - 10 minutes easy pace cooldown
- \*Mileage will vary based upon pace.

## Wednesday

### Rest or 30-45 minutes Cross Train

Hike, bike, elliptical, yoga, (another form of exercise that brings you joy)

## Thursday

### 3 Mile Trail Run/Hike

Dynamic warmup

- Run the flats and down hill and hike fast on the uphill.

## Friday

### Rest or Cross Train + Strength Work

Rest or 30-45 minutes cross train- hike, bike, elliptical, yoga, another form of exercise that brings you joy

### Mobility Strength Work

All exercises done with a small resistance band around ankle or foot. Do before run if you are running today.

- Lateral band walks- 10 right, 10 left x 2
- Monster band walks- 20
- Lateral standing side raises. 10 right, 10 left
- Banded bridges. 20 single, 20 pulses
- Banded clamshells. 20
- Fire Hydrants
- Banded Bicycle with twist
- Standing knee raise (with band under feet)

## Saturday

### Trail Run/Hike - 3 Miles

Heart rate should be conversational for most of the run.



# WEEK 3

Sunday

**Rest Day - Enjoy!**

Monday

## **Mobility Strength Work**

All exercises done with a small resistance band around ankle or foot. Do before run if you are running today.

- Lateral band walks- 10 right, 10 left x 2
- Monster band walks- 20
- Lateral standing side raises. 10 right, 10 left
- Banded bridges. 20 single, 20 pulses
- Banded clamshells. 20
- Fire Hydrants
- Banded Bicycle with twist
- Standing knee raise (with band under feet)

## **3-Mile Run-Walk Intervals**

1. Dynamic warmup
2. Run 3 mins easy effort, walk 2
3. Cool down with 10 minutes of walking.

Tuesday

**Trail Runner's Strength Workout (pg.**

## **Speed Work 1**

1. Dynamic warmup
  2. 1 mile warmup- walk or run
  3. 10 x 1 minute fast with 2 min jogging recovery
  4. 1 mile cooldown - walk or run
- \*\*Mileage will vary based on effort

Wednesday

**Rest or 30-45 minutes Cross Train**

Hike, bike, elliptical, yoga, (another form of exercise that brings you joy)

Thursday

## **3 Mile Trail Run/Hike**

Dynamic warmup

- Run the flats and down hill and hike fast on the uphill.

Friday

## **Mobility Strength Work**

All exercises done with a small resistance band around ankle or foot. Do before run if you are running today.

- Lateral band walks- 10 right, 10 left x 2
- Monster band walks- 20
- Lateral standing side raises. 10 right, 10 left
- Banded bridges. 20 single, 20 pulses
- Banded clamshells. 20
- Fire Hydrants
- Banded Bicycle with twist
- Standing knee raise (with band under feet)

## **2 mile run plus strides**

1. Dynamic warmup
2. 2 Mile run- easy effort
3. Strides 5 x 10 seconds

Saturday

## **4 mile trail run/hike with downhill practice**

Try to find a hilly route. Easy effort on the trail with pace pushes on the downhill. Practice going fast on the downhill.

# WEEK 4

Sunday

**Rest Day - Enjoy!**

Monday

## **Mobility Strength Work**

All exercises done with a small resistance band around ankle or foot. Do before run if you are running today.

- Lateral band walks- 10 right, 10 left x 2
- Monster band walks- 20
- Lateral standing side raises. 10 right, 10 left
- Banded bridges. 20 single, 20 pulses
- Banded clamshells. 20
- Fire Hydrants
- Banded Bicycle with twist
- Standing knee raise (with band under feet)

## **Steady 3 miles**

1. Dynamic warmup
2. Easy effort- try to keep a steady and even pace.

Tuesday

## **Hill Workout 2**

Dynamic warmup  
10 minute easy pace warmup  
10 x 60 seconds run fast uphill  
Recover on the way down  
10 minutes easy pace cooldown  
\*Mileage will vary based upon pace.

**Trail Runner's Strength Workout**  
(pg.

Wednesday

**Rest or 30-45 minutes Cross Train**  
Hike, bike, elliptical, yoga, (another form of exercise that brings you joy)

Thursday

## **3 Mile Trail Run/Hike**

Dynamic warmup  
- Run the flats and down hill and hike fast on the uphill.

Friday

## **Mobility Strength Work**

All exercises done with a small resistance band around ankle or foot. Do before run if you are running today.

- Lateral band walks- 10 right, 10 left x 2
- Monster band walks- 20
- Lateral standing side raises. 10 right, 10 left
- Banded bridges. 20 single, 20 pulses
- Banded clamshells. 20
- Fire Hydrants
- Banded Bicycle with twist
- Standing knee raise (with band under feet)

## **3 mile run plus strides**

1. Dynamic warmup
2. 2 Mile run- easy effort
3. Strides 5 x 10 seconds

Saturday

## **5 mile trail run/hike with fast finish**

Dynamic warmup  
4 miles easy effort  
Last mile fast finish - push the pace and go for it

“

DREAM BIG  
TRAIN SMART  
WORK HARD

- Coach Rhandi

# WEEK 5 - RECOVERY WEEK

We will pull back on mileage and effort this week. One of the best ways to absorb all of the fitness you are gaining is to recover well.

## Sunday

### Rest Day - Enjoy!

## Monday

### Mobility Strength Work

All exercises done with a small resistance band around ankle or foot. Do before run if you are running today.

- Lateral band walks- 10 right, 10 left x 2
- Monster band walks- 20
- Lateral standing side raises. 10 right, 10 left
- Banded bridges. 20 single, 20 pulses
- Banded clamshells. 20
- Fire Hydrants
- Banded Bicycle with twist
- Standing knee raise (with band under feet)

### Steady 3 miles

1. Dynamic warmup
2. Easy effort- try to keep a steady and even pace.

## Tuesday

### Rest or 30-45 minutes Cross Train

Hike, bike, elliptical, yoga, (another form of exercise that brings you joy)

## Wednesday

### Speed Work 1

1. Dynamic warmup
2. 1 mile warmup- walk or run
3. 10 x 1 minute fast with 2 min jogging recovery
4. 1 mile cooldown - walk or run

\*\*Mileage will vary based on effort

## Thursday

### 3 Mile Trail Run/Hike

Dynamic warmup  
Run 3 minutes, hike 3 minutes.

## Friday

### Extra Rest Day

Extra rest day from running this week

### Mobility Strength Work

All exercises done with a small resistance band around ankle or foot. Do before run if you are running today.

- Lateral band walks- 10 right, 10 left x 2
- Monster band walks- 20
- Lateral standing side raises. 10 right, 10 left
- Banded bridges. 20 single, 20 pulses
- Banded clamshells. 20
- Fire Hydrants
- Banded Bicycle with twist
- Standing knee raise (with band under feet)

## Saturday

**6 mile trail run/hike with Dynamic warmup**

# WEEK 6

Sunday

**Rest Day - Enjoy!**

Monday

## **Mobility Strength Work**

All exercises done with a small resistance band around ankle or foot. Do before run if you are running today.

- Lateral band walks- 10 right, 10 left x 2
- Monster band walks- 20
- Lateral standing side raises. 10 right, 10 left
- Banded bridges. 20 single, 20 pulses
- Banded clamshells. 20
- Fire Hydrants
- Banded Bicycle with twist
- Standing knee raise (with band under feet)

## **Steady 4 miles**

1. Dynamic warmup
2. Easy effort- try to keep a steady and even pace.

Tuesday

## **Speed Work 2**

1. Dynamic warmup
  2. 1 mile warmup- walk or run
  3. 12 x 1 minute fast with 2 min jogging recovery
  4. 1 mile cooldown - walk or run
- \*\*Mileage will vary based on effort

## **Train Runner Strength Workout**

Wednesday

## **Rest or 30-45 minutes Cross Train**

Hike, bike, elliptical, yoga, (another form of exercise that brings you joy)

Thursday

## **4-Mile Trail Technical Practice**

Friday

## **Mobility Strength Work**

All exercises done with a small resistance band around ankle or foot. Do before run if you are running today.

- Lateral band walks- 10 right, 10 left x 2
- Monster band walks- 20
- Lateral standing side raises. 10 right, 10 left
- Banded bridges. 20 single, 20 pulses
- Banded clamshells. 20
- Fire Hydrants
- Banded Bicycle with twist
- Standing knee raise (with band under feet)

## **3 mile run plus strides**

1. Dynamic warmup
2. 3 Mile run- easy effort
3. Strides 5 x 10 seconds

Saturday

## **6 mile trail run/hike workout**

1. Dynamic warmup
2. 2 miles easy pace
3. 1 mile push the pace
4. 2 mile easy pace
5. 1 mile push the pace

# WEEK 7

Sunday

**Rest Day - Enjoy!**

Monday

## **Mobility Strength Work**

All exercises done with a small resistance band around ankle or foot. Do before run if you are running today.

- Lateral band walks- 10 right, 10 left x 2
- Monster band walks- 20
- Lateral standing side raises. 10 right, 10 left
- Banded bridges. 20 single, 20 pulses
- Banded clamshells. 20
- Fire Hydrants
- Banded Bicycle with twist
- Standing knee raise (with band under feet)

## **Steady 4 miles**

1. Dynamic warmup
2. Easy effort- try to keep a steady and even pace.

Tuesday

## **Trail Runner Strength Training**

### **Hill Workout 3**

Dynamic warmup  
10 minute easy pace warmup  
10 x 1 min run fast uphill recover on the way down  
10 minutes easy pace cooldown  
\*Mileage will vary based upon pace.

Wednesday

## **Rest or 30-45 minutes Cross Train**

Hike, bike, elliptical, yoga, (another form of exercise that brings you joy)

Thursday

## **4-Mile Trail Technical Practice**

Friday

## **Mobility Strength Work**

All exercises done with a small resistance band around ankle or foot. Do before run if you are running today.

- Lateral band walks- 10 right, 10 left x 2
- Monster band walks- 20
- Lateral standing side raises. 10 right, 10 left
- Banded bridges. 20 single, 20 pulses
- Banded clamshells. 20
- Fire Hydrants
- Banded Bicycle with twist
- Standing knee raise (with band under feet)

## **4 mile run plus strides**

1. Dynamic warmup
2. 4 Mile run- easy effort
3. Strides 8 x 10 seconds

Saturday

## **6 mile trail run/hike workout**

1. Dynamic warmup
2. 2 miles easy pace
3. 1 mile push the pace
4. 2 mile easy pace
5. 1 mile push the pace

# WEEK 8

Sunday

**Rest Day - Enjoy!**

Monday

## **Mobility Strength Work**

All exercises done with a small resistance band around ankle or foot. Do before run if you are running today.

- Lateral band walks- 10 right, 10 left x 2
- Monster band walks- 20
- Lateral standing side raises. 10 right, 10 left
- Banded bridges. 20 single, 20 pulses
- Banded clamshells. 20
- Fire Hydrants
- Banded Bicycle with twist
- Standing knee raise (with band under feet)

## **Steady 4 miles**

1. Dynamic warmup
2. Easy effort- try to keep a steady and even pace.

Tuesday

## **Fartlek Fun 1**

1. Dynamic warmup
2. 1 mile easy effort warmup
3. Main Fartlek- 3 mins easy, 2 minutes fast, 1 minute walk. x 4
4. 1 mile easy effort run or walking cooldown

Wednesday

## **Rest or 30-45 minutes Cross Train**

Hike, bike, elliptical, yoga, (another form of exercise that brings you joy)

Thursday

## **4-Mile Trail Technical Practice**

Friday

## **Mobility Strength Work**

All exercises done with a small resistance band around ankle or foot. Do before run if you are running today.

- Lateral band walks- 10 right, 10 left x 2
- Monster band walks- 20
- Lateral standing side raises. 10 right, 10 left
- Banded bridges. 20 single, 20 pulses
- Banded clamshells. 20
- Fire Hydrants
- Banded Bicycle with twist
- Standing knee raise (with band under feet)

## **4 mile run plus strides**

1. Dynamic warmup
2. 4 Mile run- easy effort
3. Strides 8 x 10 seconds

Saturday

## **7 mile trail run/hike workout**

1. Dynamic warmup
- All easy effort

“

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



# WEEK 9

Sunday

**Rest Day - Enjoy!**

Monday

## **Mobility Strength Work**

All exercises done with a small resistance band around ankle or foot. Do before run if you are running today.

- Lateral band walks- 10 right, 10 left x 2
- Monster band walks- 20
- Lateral standing side raises. 10 right, 10 left
- Banded bridges. 20 single, 20 pulses
- Banded clamshells. 20
- Fire Hydrants
- Banded Bicycle with twist
- Standing knee raise (with band under feet)

## **Steady 3 miles**

1. Dynamic warmup
2. Easy effort- try to keep a steady and even pace.

Tuesday

## **Fartlek Fun 2**

1. Dynamic warmup
2. 1.5 mile easy effort warmup
3. Main Fartlek- 3 mins easy, 2 minutes fast, 1 minute walk. x 5
4. 1 mile easy effort run or walking cooldown

Wednesday

## **Rest or 30-45 minutes Cross Train**

Hike, bike, elliptical, yoga, (another form of exercise that brings you joy)

Thursday

## **Hill Workout 4**

Dynamic warmup

10 minute easy pace warmup

10 x 1 min run fast uphill recover on the way down

10 minutes easy pace cooldown

\*Mileage will vary based upon pace.

Friday

## **Mobility Strength Work**

All exercises done with a small resistance band around ankle or foot. Do before run if you are running today.

- Lateral band walks- 10 right, 10 left x 2
- Monster band walks- 20
- Lateral standing side raises. 10 right, 10 left
- Banded bridges. 20 single, 20 pulses
- Banded clamshells. 20
- Fire Hydrants
- Banded Bicycle with twist
- Standing knee raise (with band under feet)

## **4 mile run plus strides**

1. Dynamic warmup
2. 4 Mile run- easy effort
3. Strides 8 x 10 seconds

Saturday

## **7 mile trail run/hike with fast finish**

1. Dynamic warmup
2. Miles 1-5 easy steady effort
3. Miles 6-7- push the pace and go for it

# WEEK 10

Sunday

**Rest Day - Enjoy!**

Monday

## **Mobility Strength Work**

All exercises done with a small resistance band around ankle or foot. Do before run if you are running today.

- Lateral band walks- 10 right, 10 left x 2
- Monster band walks- 20
- Lateral standing side raises. 10 right, 10 left
- Banded bridges. 20 single, 20 pulses
- Banded clamshells. 20
- Fire Hydrants
- Banded Bicycle with twist
- Standing knee raise (with band under feet)

## **Steady 4 miles**

1. Dynamic warmup
2. Easy effort- try to keep a steady and even pace.

Tuesday

## **Speed Work 2**

1. Dynamic warmup
  2. 1 mile warmup- walk or run
  3. 12 x 90 seconds fast with 2 min jogging recovery
  4. 1 mile cooldown - walk or run
- \*\*Mileage will vary based on effort

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

Wednesday

## **Rest or 30-45 minutes Cross Train**

Hike, bike, elliptical, yoga, (another form of exercise that brings you joy)

Thursday

## **Hill Workout 4**

Dynamic warmup

10 minute easy pace warmup

10 x 1 min run fast uphill recover on the way down

10 minutes easy pace cooldown

\*Mileage will vary based upon pace.

Friday

## **Mobility Strength Work**

All exercises done with a small resistance band around ankle or foot. Do before run if you are running today.

- Lateral band walks- 10 right, 10 left x 2
- Monster band walks- 20
- Lateral standing side raises. 10 right, 10 left
- Banded bridges. 20 single, 20 pulses
- Banded clamshells. 20
- Fire Hydrants
- Banded Bicycle with twist
- Standing knee raise (with band under feet)

## **4 mile run plus strides**

1. Dynamic warmup
2. 4 Mile run- easy effort
3. Strides 8 x 10 seconds

Saturday

## **6 mile trail run/hike with Dynamic Warmup**

# WEEK 11

Sunday

**Rest Day - Enjoy!**

Monday

## **Mobility Strength Work**

All exercises done with a small resistance band around ankle or foot. Do before run if you are running today.

- Lateral band walks- 10 right, 10 left x 2
- Monster band walks- 20
- Lateral standing side raises. 10 right, 10 left
- Banded bridges. 20 single, 20 pulses
- Banded clamshells. 20
- Fire Hydrants
- Banded Bicycle with twist
- Standing knee raise (with band under feet)

## **Steady 3 miles**

1. Dynamic warmup
2. Easy effort- try to keep a steady and even pace.

Tuesday

## **Fartlek Fun 3**

1. Dynamic warmup
2. 1.5 mile easy effort warmup
3. Main Fartlek- 3 mins easy, 2 minutes fast, 1 minute walk. x 5
4. 1 mile easy effort run or walking cooldown

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

Wednesday

## **Rest or 30-45 minutes Cross Train**

Hike, bike, elliptical, yoga, (another form of exercise that brings you joy)

Thursday

## **4-Mile Trail Technical Practice**

Friday

## **Mobility Strength Work**

All exercises done with a small resistance band around ankle or foot. Do before run if you are running today.

- Lateral band walks- 10 right, 10 left x 2
- Monster band walks- 20
- Lateral standing side raises. 10 right, 10 left
- Banded bridges. 20 single, 20 pulses
- Banded clamshells. 20
- Fire Hydrants
- Banded Bicycle with twist
- Standing knee raise (with band under feet)

Saturday

## **5 mile trail run/hike with Dynamic Warmup**

# WEEK 12 - RACE WEEK!

Reducing mileage and effort this week so that your legs and body are fresh for Saturday's race.

Sunday

**Rest Day - Enjoy!**

Monday

**3 miles plus strides**

3 miles easy effort  
Strides 6 x 10 seconds

Tuesday

**Rest or 30-45 minutes Cross Train**

Hike, bike, elliptical, yoga, (another form of exercise that brings you joy)

Wednesday

**3 mile trail run/hike**

3 easy miles on the trails.

Thursday

**Extra Rest Day**

Friday

**20 minute shake out run**

Easy effort 20 minute run with 30 second "pickups" every 5 minutes.

Pickups should be faster than easy running but not a sprint- just a "pickup" closer to tempo effort.

It's best to do this run early in the morning so the your legs have a chance to rest before tomorrow.

Saturday - IT'S HERE!!!! LET'S FREAKING DO THIS!!!!

**RACE DAY! WE CAN'T WAIT TO SEE YOU ON THE MOUNTAIN! NERVOUS? GOOD! THAT MEANS YOU'RE ABOUT TO EMBARK ON AN EPIC ADVENTURE AND STEP INTO YOUR UNTAPPED POTENTIAL WITH A COMMUNITY OF BADASS LADIES CHEERING YOU ON.**

**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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