

EIGHT WEEKS TO A FOUR-HOUR PATCH SPRINT

Week #1 (4/1):

2 Mile Slow Run
3 Mile Walk (Hill course)
45:00 Jog/Fast/walk Intervals (1)
30:00 Aerobic Cross Train (2)
Cross Train (3)
2 Rest days (or easy walks)

Week #2 (4/8):

2 Mile Slow Run
4 Mile Walk (Hill course)
45:00 Jog/Fast/walk Intervals
45:00 Aerobic Cross Train
Cross Train
2 Rest days (or easy walks)

Week #3 (4/15):

3 Mile Slow Run
5 Mile Walk (Hill course)
45:00 Jog/Fast/walk Intervals
60:00 Aerobic Cross Train
Cross Train
2 Rest days (or easy walks)

Week #4 (4/22):

2 Mile Slow Run
5 Mile Walk (Hill course)
1 Hour Jog/Run/walk Intervals
60:00 Aerobic Cross Train
Cross Train
2 Rest days (or easy walks)

Week #5 (4/29):

3 Mile Run: Mile #2 Hard
Climb a Mountain (or two)
1 Hour Jog/Run/walk Intervals
75:00 Aerobic Cross Train
3 Rest days (or easy walks)

Week #6 (5/6):

3 Mile Run: Mile #2 Hard
6 Mile Walk (Hill course)
60:00 Jog/Run/walk Intervals
90:00 Aerobic Cross Train
Cross Train
2 Rest days (or easy walks)

Week #7 (5/13):

4 Mile Slow Run
5 Mile run: Miles #2 and #4 as fast as possible
3-5 Hour Hike up Mountain (s)
Cross Train
Cross Train
Rest
Rest

Week #8 (5/20):

M- rest or walk
T- 45:00 Jog/Run/walk Intervals
W- 30:00 Easy run
Th- rest
F- 2 Mile slow jog
Sa- **Patch Sprint**
Su- rest

Guide

(1)- Jog for 5:00. Sprint for 1:00. Walk for 1:00. Repeat.

(2) AEROBIC CROSS TRAINS are any form of exercise other than running, where the heart rate is elevated for the specified time. (Biking, Treadmill, Elliptical, Swim, etc.)

(3) CROSS TRAINS: Any physical activity designed to recover from the rigors of the tougher workouts. (Walk, golf, easy hike, etc.)

Our experts remind racers to plan each week in advance to alternate between easy days and hard days. "The key here," they say, "is to try and follow the schedule as closely as possible. Obviously you don't want to miss any workouts but if you do, don't sweat it: There are plenty of off days worked into the program." Just as important: "Even if you're feeling strong and overly ambitious, do not exceed the recommended workout schedule by going longer or faster. That will only have a negative effect on subsequent workouts and your overall training program."