

Salt Fork Spring Challenge Training Program.

This training program is designed to help you prepare for the Salt Fork Spring Challenge. Please complete all runs at your own pace. We suggest keep them under 15 minutes per mile. The cut off time for the Spring Challenge is 3 hours. This is approximately a 17 minute per mile pace.

Before you attempt starting and committing to any running or trail running plan, it is a good idea to check in with your physician first especially if you are over the age of 40 and had the previous issues with health. If you have any concerns with this training plan please stop immediately and consult your doctor.

Week	Week	Sun.		Tue.	Wed.	Thu.	Fri.	Sat.
1	February 8th	3 Miles Trails/Road	Off / Cross-train	3 Miles Road Easy	4 Miles Road/Trails	3 Miles Road Easy	Off / Stretch	4 Miles Trails
2	February 15th	3 Miles Trails/Road	Off / Cross-train	4 Miles Road Easy	4 Miles Road/Trails	3 Miles Road Easy	Off / Stretch	5 Miles Trails
3	February 22nd	4 Miles Trails/Road	Off / Cross-train	4 Miles Road Easy	5 Miles Road/Trails	3 Miles Road Easy	Off / Stretch	6 Miles Trails
4	March 1st	4 Miles Trails/Road	Off / Cross-train	4 Miles Trails/Hills	4 Miles Road/Trails	Off / Stretch	Off / Stretch	5 Miles Trails
5	March 8th	3 Miles Trails/Road	Off / Cross-train	4 Miles Trails/Hills	5 Miles Road/Trails	3 Miles Road Easy	Off / Stretch	6 Miles Trails
6	March 15th	5 Miles Trails/Road	Off / Cross-train	5 Miles Trails/Hills	5 Miles Road/Trails	3 Miles Road Easy	Off / Stretch	7 Miles Trails
7	March 22nd	5 Miles Trails/Road	Off / Cross-train	5 Miles Trails/Hills	6 Miles Road/Trails	3 Miles Road Easy	Off / Stretch	8 Miles Trails
8	March 29th	4 Miles Trails/Road	Off / Cross-train	5 Miles Trails/Hills	4 Miles Trails	3 Miles Road Easy	Off / Stretch	7 Miles Trails
9	April 5th	6 Miles Trails/Road	Off / Cross-train	5 Miles Trails/Hills	5 Miles Trails	Off / Stretch	Off / Stretch	9 Miles Trails
10	April 12th	6 Miles Trails/Road	Off / Cross-train	5 Miles Trails/Hills	6 Miles Trails	3 Miles Road Easy	Off / Stretch	8 Miles Trails
11	April 19th	4 Miles Trails/Road	Off / Cross-train	4 Miles Trails/Hills	6 Miles Trails	3 Miles Road Easy	Off / Stretch	10 Miles Trails
12	April 26th	7 Miles Trails/Road	Off / Cross-train	4 Miles Trails/Hills	5 Miles Trails	3 Miles Road Easy	Off / Stretch	7 Miles Trails
Taper Week	May 3rd	4 Miles Trails/Road	Off / Cross-train	4 Miles Trails	3 Miles Roads	Off / Stretch	Off / Stretch	RACE DAY

Sunday: Recover from Saturdays Run with some nice rolling trails or roads.

Monday: Take the day off or do yoga, an easy walk or a bike ride.

Tuesday: Starting in week 4, hit the hills. Salt Fork has lots of hills and you need to be prepared for them. Try and run them, but walk them if you need to.

Wendsday: Mid week semi-long run. Just go out and run and have fun. Try and find a hill if you can or run with someone that will push you.

Thursday: Do an easy run to recover from the previous 2 days. Hike if you are super tired.

Friday: Rest up and stretch.

Saturday: This is your big day. Go out and run, have fun and make it count. These runs need to be on trails. This will help build core muscles and strengthen joints.