



Week Beginning	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12-Feb	Recovery Day	1:00 Aerobic Run	1:00 Pilates/Yoga	1:00 Aerobic Run	Recovery Day	2:00 Simulation	Recovery Day
	Daily Mobility	Daily Mobility	Daily Mobility	Daily Mobility	Daily Mobility	Daily Mobility	Daily Mobility
19-Feb	0:45 Aerobic Run	Recovery Day	0:45 Aerobic Run	Recovery Day	0:20 Aerobic Run	The Gazuntite	0:20 Recovery Jog / Walk
	Daily Mobility	Daily Mobility	Daily Mobility	Daily Mobility	Daily Mobility	Daily Mobility	Daily Mobility

### Training Session

Aerobic Run  
Daily Mobility

Hike  
Hilly Trail Run  
Pilates/Yoga  
Recovery Run  
Recovery Day  
Simulation

### Description

An aerobic run should be run at intensity that you could maintain for up to two hours.

Daily, self-directed muscle flexibility and joint mobility session. I suggest you get a copy of the James Kuegler Coaching 10 Minute Mobility Guide [www.jameskuegler.com/articles/the-10-minute-mobility-guide](http://www.jameskuegler.com/articles/the-10-minute-mobility-guide)

An opportunity to a significant amount of time on your feet at a low intensity. Ideally on the hilly terrain.

A run on uneven, hilly off road terrain. it would be ideal to do this on parts of the course.

Pilates, yoga or similar. Something that is going to improve muscle strength, muscle flexibility and joint mobility.

A recovery run should be done at a low intensity that allows you to actively recover from the training load.

An opportunity to get extra sleep, so that you are recovered and rested for your next training session.

Your opportunity to simulate gear, time of day, terrain, nutrition, and intensity in preparation for next week.

**James Kuegler Coaching**

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