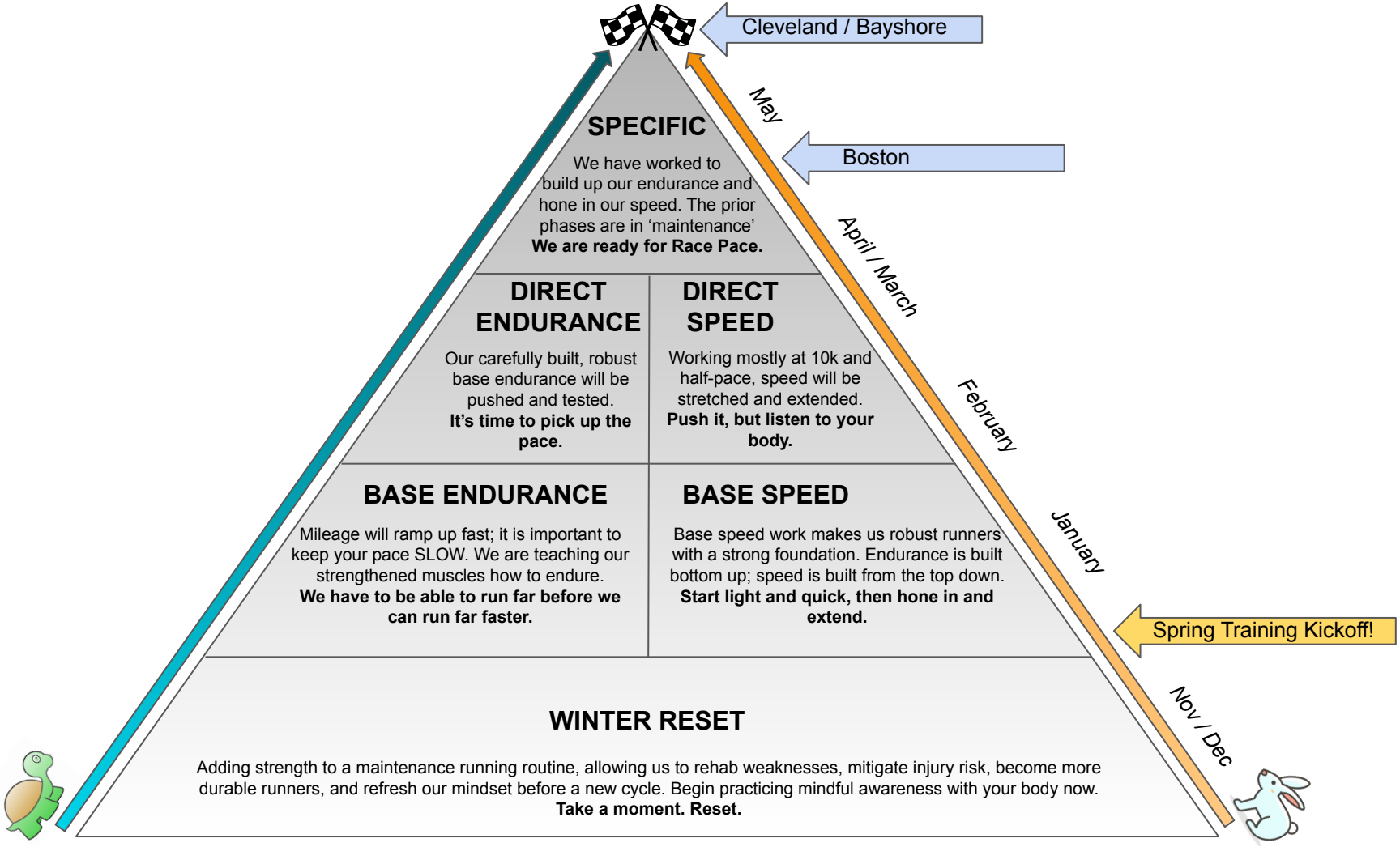
Cleveland / Bayshore
Boston
Spring Training Kickoff!
May
April / March
February
January
Nov / Dec
SPECIFIC
We have worked to build up our endurance and hone in our speed. The prior phases are in 'maintenance'
We are ready for Race Pace.
DIRECT ENDURANCE
Our carefully built, robust base endurance will be pushed and tested.
It's time to pick up the pace.
DIRECT SPEED
Working mostly at 10k and half-pace, speed will be stretched and extended.
Push it, but listen to your body.
BASE ENDURANCE
Mileage will ramp up fast; it is important to keep your pace SLOW. We are teaching our strengthened muscles how to endure.
We have to be able to run far before we can run far faster.
BASE SPEED
Base speed work makes us robust runners with a strong foundation. Endurance is built bottom up; speed is built from the top down.
Start light and quick, then hone in and extend.
WINTER RESET
Adding strength to a maintenance running routine, allowing us to rehab weaknesses, mitigate injury risk, become more durable runners, and refresh our mindset before a new cycle. Begin practicing mindful awareness with your body now.
Take a moment. Reset.