Jacks Training Plan											
		Goals									
Week number	Week Beginning Monday	Nutrition	Mind	Fitness	T	W	Th	F	Sat	Sun	Comments
				M							
	31-Aug	Try to focus on a balance diet this week. That means having veggies or fruit with each of your meals. IF you are training early in the morning try to take in your morning calories while you are working out. This will help you determine how much of certain foods you can consume when on the run. Good practice for LONG races or time on feet.	Reconcile the need to train with everything else that you must do in your life. Don't feel too guilty if you miss a workout because rest is just as important as training. Listen to your body and try to figure out when it needs more rest to rebuild and be stronger when you get back.	REST DAY	60 minute run. Find a flat area to run in where the air is safe to breathe. After 10 minutes of warm up increase your pace to **70%** of your Maximum HR. Keep this up for 40 minutes then back down to 60% and a cool down until the end of the run. Really focus on stretching after this run and spend at least 10 minutes on focused stretching. The easy workout should have warmed up the muscles but the fact that you did not work them that hard will all them to stretch better. Breathe into your streches and hold them but with out pain.	Bike ride conversational pace 60 minutes. Concentrate on high cadence of 85 - 95 RPMs whether on flats or on hills. Do this drill: take one foot out of the pedal and just pedal with one leg. Notice the way you have to sweep the pedal on the bottom of the stroke and pull it up to get it around. Do this for 3 minutes on each side. Do this drill twice. Then when you engage both feet in the pedals try to emulate the sweeping on the bottom of the stroke and pedaling in CIRCLES (engaging the pedals thoughout the rotation) NOT SQUARES (only pushing down on the pedals).	90 minute run. Find a flat area to run in where the air is safe to breathe. After 10 minutes of warm up increase your pace to **75%** of your Maximum HR. Keep this up for 30 minutes then back down to 60% and a cool down until the end of the run. Really focus on stretching after this run and spend at least 10 minutes on focused stretching. The easy workout should have warmed up the muscles but the fact that you did not work them that hard will all them to stretch better. Breathe into your streches and hold them but with out pain.	Bike ride conversational pace 90 minutes. Concentrate on high cadence of 85 - 95 RPMs whether on flats or on hills. Work on the full pedal stroke power that you learned on Wednesday. If necessary repeat the one foot pedaling drill to get the feeling back. Pedal in CIRCLES (engaging the pedals thoughout the rotation) NOT SQUARES (only pushing down on the pedals). Now find some hills and do the full pedal stroke thing. Resist the urge to stand up by using a lower gear and spin, spin spin.	90 minute trail run rolling hills. Don't push the pace and try to keep your HR low (70 - 75%). Hydrate really well so you pee like a race horse. See how much better you feel when you are over hydrated?	Bike ride conversational pace 2 hours. Concentrate on high cadence of 85 - 95 RPMs whether on flats or on hills. Work on the full pedal stroke power that you learned on Wednesday. If necessary repeat the one foot pedaling drill to get the feeling back. Pedal in CIRCLES (engaging the pedals thoughout the rotation) NOT SQUARES (only pushing down on the pedals). Now find some hills and do the full pedal stroke thing. Resist the urge to stand up by using a lower gear and spin, spin spin.	easy week for recovery
	7-Sep										Build up
	14-Sep										Build up
	21-Sep								Nobel Canyon 50K		Race week Taper