RESOLUTE RUNNING
www.resoluterunning.com

RTTL 10 miler
95% single track trail at OMSP
2k ft of elevation GAIN: 8 out of 10 Difficulty

Week 1					Mileage:	15
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Easy Run	Easy Run	Easy Run	Easy Run	No Running	Long Run	Recovery
2	3	2	3		5	
					Trail	
					Foam Roller	Foam Roller

Week 2					Mileage:	17
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Easy Run	Easy Run	Easy Run	Easy Run	No Running	Long Run	Recovery
2	4	2	3		6	
					Trail	
					Foam Roller	Foam Roller

Week 3					Mileage:	20
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Easy Run	Easy Run	Easy Run	Easy Run	No Running	Long Run	Recovery
3	4	3	3		7	
					Trail	
					Foam Roller	Foam Roller

Week 4					Mileage:	16
cut back week						
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Easy Run	No Running	Easy Run	Easy Run	No running	Long Run	Recovery
3	3	2	3		5	
					Trail	

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			Foam Roller		Foam Roller	Foam Roller
Week 5					**Mileage:**	**24**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Easy Run	Hill Repeats	Easy Run	Easy Run	No Running	Long Run	Recovery
4	**5**	**4**	**3**		**8**	
					Trail	
	2 mile warmup .25 mile hill repeat x2, 2 mile cool down	Foam Roller	Foam Roller		Try to find single track trail	Foam Roller
Week 6					**Mileage:**	**26**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Easy Run	Hills	Easy Run	Easy Run	No Running	Long Run	Recovery
4	**5**	**4**	**4**		**9**	
					Trail	
	2 mile warmup then 2 miles long easy hills 1 mile cool down	Foam Roller	Foam Roller		Any Trail you want	Foam Roller
Week 7					**Mileage:**	**27**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Easy Run	Hills	Easy Run	Easy Run	No running	Long Run	Recovery
4	**6**	**5**	**4**		**8**	
					Trail	
	try to find rolling hills on the trail	Foam Roller	Foam Roller		Single Track Trail if Poss	Foam Roller
Week 8					**Mileage:**	**18**

cut back week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
No Running	Easy Run	Easy Run	Easy Run	No Running	Easy Run	Recovery

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	4	**4**	**4**		**6**	
		Foam Roller	Foam Roller		Foam Roller	Foam Roller
Week 9					**Mileage:**	**30**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Easy Run	Hills	Easy Run	Hill Repeats	No Running	Long Run	Recovery
5	**6**	**4**	**6**		**9**	
	Trail		*Trail*		*Trail*	
	Rolling hills	Foam Roller	2 mile warmup .5 mile hill repeat x2, 2 mile cool down		Single track trail	Foam Roller
Week 10					**Mileage:**	**31**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Easy Run	Hills	Easy Run	Hill Sprints	No Running	Long Run	Recovery
6	**5**	**5**	**5**		**10**	
	Trail		*Road*		*slow/easy*	
	Rolling hills Try to run most or all hills	Foam Roller	2 mile warmup 3 10 second hill sprints, 3 mile cool down	Foam Roller	Trail or Road	Foam Roller
Week 11					**Mileage:**	**33**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Easy Run	Hills	Easy Run	Hills	No Running	Long Run	Recovery
5	**7**	**5**	**7**		**9**	
					Trail	
	Easy rolling Hills	Foam Roller	Easy Rolling Hills	Foam Roller	Easy Trails	Foam Roller
Week 12					**Mileage:**	**15**

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taper Week

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Easy Run	Easy Run	Easy Run	No Running	No Running	Easy Run	Recovery
3	4	5			3	
	Foam Roller		Foam Roller		Foam Roller	Foam Roller
Race Week					**Mileage:**	**19**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Easy Run	Easy Run	No Running	No Running	No Running	Race Day	Recovery
4	5				10	
	Foam Roller		Foam Roller		Foam Roller	Foam Roller