

12k Trail Training Plan

This plan was developed by Fort HealthCare physical therapists to use in preparation for the Frosty Rock Challenge.



A few notes to optimize your training:

This plan is for individuals who can already run at least 3 miles.

Sunday cross training should focus on stretching and strengthening.

Cross training can include anything EXCEPT running. Examples of cross training include walking, elliptical, swimming, yoga, Pilates or strength training.

Have trail specific running shoes that will provide more stability and traction.

Realize your pace will likely be slower on a trail versus road running.

Begin running on a flat trail, then increase your mileage and trail difficulty over time.

Scan the trail a few steps ahead to watch for changes in terrain. Keep your stride shorter than you would on the road.

FortHealthCare.com/FrostyRock

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	30 min. Cross Train*	2 Mile Run	30 min. Cross Train	2 Mile Run	30 min. Cross Train	REST	3 Mile Run
Week 2	30 min. Cross Train*	3 Mile Run	30 min. Cross Train	2 Mile Run	30 min. Cross Train	REST	4 Mile Run
Week 3	30 min. Cross Train*	3 Mile Run	35 min. Cross Train	2 Mile Run	35 min. Cross Train	REST	5 Mile Run
Week 4	30 min. Cross Train*	2 Mile Run	35 min. Cross Train	3 Mile Run	35 min. Cross Train	REST	3 Mile Run
Week 5	30 min. Cross Train*	3 Mile Run	35 min. Cross Train	3 Mile Run	35 min. Cross Train	REST	6 Mile Run
Week 6	30 min. Cross Train*	3 Mile Run	40 min. Cross Train	3 Mile Run	40 min. Cross Train	REST	7 Mile Run
Week 7	30 min. Cross Train*	2 Mile Run	40 min. Cross Train	3 Mile Run	40 min. Cross Train	REST	4 Mile Run
Week 8	30 min. Cross Train*	3 Mile Run	45 min. Cross Train	3 Mile Run	45 min. Cross Train	REST	7 Mile Run
Week 9	30 min. Cross Train*	3 Mile Run	45 min. Cross Train	3 Mile Run	45 min. Cross Train	REST	8 Mile Run
Week 10	30 min. Cross Train*	3 Mile Run	30 min. Cross Train	2 Mile Run	REST	REST	RACE DAY!