



24-25 Get Your Move On Camp Training

Definitions to know:

RPE (Rate of Perceived Exertion): Your speed work is set to a level *8* defined as “Feels uncomfortable, can barely speak a sentence” This puts your body into an Anaerobic capacity. In our training this RPE of 8 should only apply when doing speed work.

Example : 7 Mile Speed | 2 Mile Warm Up; 3 x 800 RPE 8 w/ 800 Recovery; 2 Miles Cool Down

You should be at an RPE of 8 during the 3 bouts of 800M with a recovery (walk or jog) for 800M between each set. If you have questions, please ask your team leader or reach out to Forrest or one of the Specialists.

Cross train: Cross training can be anything that gets your body moving for 30min-1hr (Yoga, Pilates, HIIT, or strength training)

Active recovery: (Less physically demanding cross training) - this could look like playing with your family or pets, taking a walk etc.

Rest: This is what it is, reduce movement, practice self care, let your body rest as much as possible that day, focus on feeding your body and letting it recover.



24-25 Get your Move
On Camp Training

DECEMBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7 Run 3 Min. Walk 1 Min. Repeat 6 Times Miles Easy
8 Active Recovery; Walk or Play for 30 Minutes	9 Run 3 Min. Walk 1 Min. Repeat 4 Times; Strength Train	10 Active Recovery	11 Run 3 Min. Walk 1 Min. Repeat 4 Times; Strength Train	12 Active Recovery	13 Off/Rest	14 Run 4 Min. Walk 2 Min. Repeat 5 Times Miles Easy
15 Active Recovery; Walk or Play for 30 Minutes	16 Run 4 Min. Walk 2 Min. Repeat 3 Times; Strength Train	17 Active Recovery	18 Run 3 Min. Walk 1 Min. Repeat 4 Times; Strength Train	19 Active Recovery	20 Off/Rest	21 Run 4 Min. Walk 2 Min. Repeat 5 Times Miles Easy
22 Active Recovery; Walk or Play for 30 Minutes	23 Run 4 Min. Walk 2 Min. Repeat 3 Times; Strength Train	25 Active Recovery	25 Run 4 Min. Walk 2 Min. Repeat 3 Times; Strength Train	26 Active Recovery	27 Off/Rest	28 Run 5 Min. Walk 2 Min. Repeat 7 Times
29 Active Recovery; Walk or Play for 30 Minutes	30 Run Min. Walk 2 Min. Repeat 3 Times; Strength Train	31 Active Recovery				



24-25 Get your Move
On Camp Training

JANUARY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Run Min. Walk 2 Min. Repeat 3 Times; Strength Train	2 Active Recovery	3 Off/Rest	4 Run 5 Min. Walk 2 Min. Repeat 7 Times
5 Active Recovery; Walk or Play for 30 Minutes	6 Run 5 Min. Walk 2 Min. Repeat 4 Times; Strength Train	7 Active Recovery	8 Run 5 Min. Walk 2 Min. Repeat 6 Times; Strength Train	9 Active Recovery	10 Off/Rest	11 Run 5 Min. Walk 2 Min. Repeat 5 Times
12 Active Recovery; Walk or Play for 30 Minutes	13 Run 5 Min. Walk 2 Min. Repeat 3 Times; Strength Train	14 Active Recovery	15 Run 5 Min. Walk 2 Min. Repeat 4 Times; Strength Train	16 Active Recovery	17 Off/Rest	18 Run 6 Min. Walk 3 Min. Repeat 7 Times
19 Active Recovery; Walk or Play for 30 Minutes	20 Run 5 Min. Walk 1 Min. Repeat 5 Times; Strength Train	21 Active Recovery	22 Run 2 miles ; Strength Train	23 Active Recovery	24 Off/Rest	25 Run 6 Min. Walk 3 Min. Repeat 6 Times Miles Easy
26 Active Recovery; Walk or Play for 30 Minutes	27 Run 5 Min. Walk 2 Min. Repeat 6 Times; Strength Train	28 Active Recovery	29 Run 3 Min. Walk 1 Min. Repeat 6 Times; Strength Train	30 Active Recovery	31 Off/Rest	



24-25 Get your Move
On Camp Training

FEBRUARY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Run 6 Min. Walk 2Min. Repeat 7 Times Miles Easy
2 Active Recovery; Walk or Play for 30 Minutes	3 Run 6 Min. Walk 2 Min. Repeat 6 Times; Strength Train	4 Active Recovery	5 Run 5 Min. Walk 1 Min. Repeat 6 Times; Strength Train	6 Active Recovery	7 Off/Rest	8 Run 7 Min. Walk 3Min. Repeat 7 Times
9 Active Recovery; Walk or Play for 30 Minutes	10 Run 7 Min. Walk 3 Min. Repeat 5 Times; Strength Train	11 Active Recovery	12 Run 4 Min. Walk 1 Min. Repeat 5 Times; Strength Train	13 Active Recovery	14 Off/Rest	15 Run 7 Min. Walk 2 Min. Repeat 7 Times
16 Active Recovery; Walk or Play for 30 Minutes	17 Run 7 Min. Walk 2 Min. Repeat 6 Times; Strength Train	18 Active Recovery	19 Run 5 Min. Walk 1 Min. Repeat 3 Times; Strength Train	20 Active Recovery	21 Off/Rest	22 Run 8 Min. Walk 2 Min. Repeat 7 Times
23 Active Recovery; Walk or Play for 30 Minutes	24 Run 8 Min. Walk 2 Min. Repeat 8 Times; Strength Train	25 Active Recovery	26 Run 6 Min. Walk 2 Min. Repeat 4 Times; Strength Train	27 Active Recovery	28 Off/Rest	



24-25 Get your Move
On Camp Training

MARCH 2025

SUN	MON	TUE	WED	THU	FRI	SAT
						¹ Run 6 Min. Walk 2 Min. Repeat 9 Times
² Active Recovery; Walk or Play for 30 Minutes	³ Run 6 Min. Walk 2 Min. Repeat 4 Times; Strength Train	⁴ Active Recovery	⁵ Run 2 Miles	⁶ Active Recovery	⁷ Off/Rest	⁸ 3 Miles (Run Walk at your rate)
⁹ Active Recovery; Walk or Play for 30 Minutes	¹⁰ Strength Train	¹¹ 2 Mile Speed <small>*1.5 Mile Warm Up; 2 x 200 RPE 8.5 w/ 200 Recovery; 1 Miles Cool Down</small>	¹² Active Recovery	¹³ 2 Miles Easy; Strength Train	¹⁴ Off/Rest	¹⁵ 3 Miles (Run Walk at your rate)
¹⁶ Active Recovery; Walk or Play for 30 Minutes	¹⁷ Strength Train	¹⁸ 3 Mile Speed <small>*1 Mile Warm Up; 4 x 200 RPE 8 w/ 200 Recovery; 1 Miles Cool Down</small>	¹⁹ Active Recovery	²⁰ 3 Miles Easy; Strength Train	²¹ Off/Rest	²² 4 Miles Easy
²³ Active Recovery; Walk or Play for 30 Minutes	²⁴ Strength Train	²⁵ 3 Mile Speed <small>*1 Mile Warm Up; 2 x 400 RPE 8.5 w/ 400 Mile Recovery; 1 Miles Cool Down</small>	²⁶ Active Recovery	²⁷ 2 Miles Easy; Strength Train	²⁸ Off/Rest	²⁹ 5 Miles (Run Walk at your rate)
³⁰ Active Recovery; Walk or Play for 30 Minutes	³¹					



24-25 Get your Move
On Camp Training

APRIL 2025

SUN	MON	TUE	WED	THU	FRI	SAT
		1 3.5 Mile Speed <small>*1 Mile Warm Up; 3 x 400 RPE 8.5 w/ 400 Recovery; 1 Miles Cool Down</small>	2 Active Recovery	3 2 Miles; Strength Train	4 Off/Rest	5 6 Miles (Run Walk at your rate)
6 Active Recovery; Walk or Play for 30 Minutes	7 Strength Train	8 3 Mile Speed <small>*1 Mile Warm Up; 2 x 400 RPE 8.5 w/ 400 Mile Recovery; 1 Miles Cool Down</small>	9 Active Recovery	10 4 Miles; Strength Train	11 Off/Rest	12 4 Miles (Run Walk at your rate)
13 Active Recovery; Walk or Play for 30 Minutes	4 Strength Train	15 2 Mile Speed <small>*.5 Mile Warm Up; 2 x 200 RPE 8.5 w/ 200 Recovery; 1 Miles Cool Down</small>	16 Active Recovery	17 4 Miles Easy; Strength Train	18 Off/Rest	19 3 Miles (Run Walk at your rate)
20 Active Recovery; Walk or Play for 30 Minutes	21 Strength Train	22 2 Mile Speed <small>*.5 Mile Warm Up; 2 x 200 RPE 8.5 w/ 200 Recovery; 1 Miles Cool Down</small>	23 Active Recovery	24 3 Miles Easy; Strength Train	25 Off/Rest	26 3 Miles (Run Walk at your rate)
27 Active Recovery; Walk or Play for 30 Minutes	28 Strength Train	29 2 Miles Easy	30			



24-25 Get your Move
On Camp Training

MAY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
				1 2 Miles (Take time to prepare your head for race day)	2 Off/Rest	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31