



| TRAIL RUNNING |
TRAINING PLAN



TRAIL RUNNING ISN'T YOUR TYPICAL RUN AROUND THE BLOCK.

GET YOURSELF READY TO RACE ON THE DIRT.

Running on trails can be exhilarating, but also exhausting as it places much more stress on the body than road running. Rocks, tree roots, mud and altitude result in a very dynamic run experience that demands focus, high energy, strength and balance.

The higher demands of running on rugged terrain means that that athlete must take their preparation seriously if they want to succeed at running off-road. Under Armour's performance experts have developed a conditioning program designed to get you in the best possible shape to compete off-road. It is specifically built to cope with the rigors of trail running, so you'll be ready to go on race day.

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PROGRAM OVERVIEW

THIS 14-WEEK PROGRAM WILL HELP YOU BECOME A BETTER TRAIL RUNNER WITH MOBILITY, ENDURANCE STRENGTH, RECOVERY AND BREATHING TRAINING.



MOVEMENT AND MOBILITY

The Movement & Mobility Routine will prepare your body for the unstable nature of trail running. Keeping the body in good condition is not only better for performance, but also helps you stay injury-free. These pre-run exercises are developed to work on areas of the body that are pushed to the max while trail running, specifically the feet, hips and upper back.

TIMES PER WEEK: EVERY DAY

REQUIRED EQUIPMENT: FOAM ROLLER OR TENNIS BALL



STRENGTH

The strength program is designed specifically for runners looking to get a competitive edge. It is not designed to build muscle, but rather enhance your stability and mobility to run stronger. All sessions are circuit-based, building strength while taxing your cardiovascular system.

TIMES PER WEEK: VARIES. AIM FOR 2-3 SESSIONS

OPTIONAL EQUIPMENT: KETTLEBELLS, DUMBBELLS



RUNNING AND ENDURANCE

The running program is built for beginner- and intermediate-level trail runners. You will be introduced to tempo running, fast hill repeats and long slow runs, as well as understanding the discipline of recovery runs. You should attempt to run off-road at least twice a week to acclimate the body to the demands of the trail.

TIMES PER WEEK: VARIES. AIM FOR 5X (1-2X OFF ROAD)



RECOVERY

The recovery routine is based on Under Armour's belief that today's recovery is tomorrow's training. It is essential to attempt to restore movement quality after a run. The program is designed to hit the areas of the body that need the most attention. These moves will require a foam roller or tennis ball, which can be found at your local gym or health club. These moves should be done after every workout.

TIMES PER WEEK: EVERY DAY

REQUIRED EQUIPMENT: FOAM ROLLER OR TENNIS BALL



BREATHING

Trail running often involves running at higher altitudes, so this plan also includes a research-based technique that improves athletic breathing and can simulate training at altitude. This technique was adapted from High Performance Breathing Techniques developed by Dr. Patrick McKeown.

TIMES PER WEEK: EVERY DAY

UA RUN STRONG

PROGRAM

WK	MON	TUES	WED	THUR	FRI	SAT	SUN
1	MOVEMENT & MOBILITY RUN / WALK 2 miles NO STRENGTH RECOVERY ROUTINE	MOVEMENT & MOBILITY Rest <i>(no run or strength session)</i> RECOVERY ROUTINE	MOVEMENT & MOBILITY RUN / WALK 4 miles NO STRENGTH RECOVERY ROUTINE	MOVEMENT & MOBILITY Rest <i>(no run or strength session)</i> RECOVERY ROUTINE	MOVEMENT & MOBILITY RUN / WALK 2 miles NO STRENGTH RECOVERY ROUTINE	MOVEMENT & MOBILITY TRAIL RUN / HIKE 8 miles NO STRENGTH RECOVERY ROUTINE	MOVEMENT & MOBILITY Rest <i>(no run or strength session)</i> RECOVERY ROUTINE
2	MOVEMENT & MOBILITY RUN / WALK 4 miles STRENGTH SESSION 1 RECOVERY ROUTINE	MOVEMENT & MOBILITY Rest <i>(no run or strength session)</i> RECOVERY ROUTINE	MOVEMENT & MOBILITY RUN / WALK 6 miles STRENGTH SESSION 1 RECOVERY ROUTINE	MOVEMENT & MOBILITY Rest <i>(no run or strength session)</i> RECOVERY ROUTINE	MOVEMENT & MOBILITY RUN / WALK 2 miles NO STRENGTH RECOVERY ROUTINE	MOVEMENT & MOBILITY TRAIL RUN / HIKE 8 miles NO STRENGTH RECOVERY ROUTINE	MOVEMENT & MOBILITY Rest <i>(no run or strength session)</i> RECOVERY ROUTINE
3	MOVEMENT & MOBILITY RUN / WALK 4 miles STRENGTH SESSION 1 RECOVERY ROUTINE	MOVEMENT & MOBILITY RUN / WALK + STRIDES 4 miles + 6 x :15 NO STRENGTH RECOVERY ROUTINE	MOVEMENT & MOBILITY CROSS TRAIN 60:00 STRENGTH SESSION 1 RECOVERY ROUTINE	MOVEMENT & MOBILITY NO RUN STRENGTH SESSION 2 RECOVERY ROUTINE	MOVEMENT & MOBILITY RUN / WALK 4 miles NO STRENGTH RECOVERY ROUTINE	MOVEMENT & MOBILITY TRAIL RUN / HIKE 10 miles NO STRENGTH RECOVERY ROUTINE	MOVEMENT & MOBILITY Rest <i>(no run or strength session)</i> RECOVERY ROUTINE
4	MOVEMENT & MOBILITY RUN / WALK 4 miles STRENGTH SESSION 1 RECOVERY ROUTINE	MOVEMENT & MOBILITY FARTLEK 2 miles + 4 x 4:00 on / 2:00 off NO STRENGTH RECOVERY ROUTINE	MOVEMENT & MOBILITY CROSS TRAIN 60:00 STRENGTH SESSION 1 RECOVERY ROUTINE	MOVEMENT & MOBILITY NO RUN STRENGTH SESSION 2 RECOVERY ROUTINE	MOVEMENT & MOBILITY RUN / WALK 6 miles NO STRENGTH RECOVERY ROUTINE	MOVEMENT & MOBILITY TRAIL RUN / HIKE 12 miles NO STRENGTH RECOVERY ROUTINE	MOVEMENT & MOBILITY Rest <i>(no run or strength session)</i> RECOVERY ROUTINE
5	MOVEMENT & MOBILITY RUN / WALK 4 miles STRENGTH SESSION 1 RECOVERY ROUTINE	MOVEMENT & MOBILITY SHORT HILLS 4 miles + 6 x :20 NO STRENGTH RECOVERY ROUTINE	MOVEMENT & MOBILITY CROSS TRAIN 60:00 - 70:00 STRENGTH SESSION 1 RECOVERY ROUTINE	MOVEMENT & MOBILITY NO RUN STRENGTH SESSION 2 RECOVERY ROUTINE	MOVEMENT & MOBILITY RUN / WALK 8 miles NO STRENGTH RECOVERY ROUTINE	MOVEMENT & MOBILITY TRAIL RUN / HIKE 14 miles NO STRENGTH RECOVERY ROUTINE	MOVEMENT & MOBILITY Rest <i>(no run or strength session)</i> RECOVERY ROUTINE
6	MOVEMENT & MOBILITY RUN / WALK + STRIDES 4 miles + 6 x :15 STRENGTH SESSION 1 RECOVERY ROUTINE	MOVEMENT & MOBILITY FARTLEK 2 miles + 3 x 6:00 on / 2:00 off NO STRENGTH RECOVERY ROUTINE	MOVEMENT & MOBILITY CROSS TRAIN 60:00 - 80:00 STRENGTH SESSION 1 RECOVERY ROUTINE	MOVEMENT & MOBILITY NO RUN STRENGTH SESSION 2 RECOVERY ROUTINE	MOVEMENT & MOBILITY RUN / WALK 8 miles NO STRENGTH RECOVERY ROUTINE	MOVEMENT & MOBILITY TRAIL RUN / HIKE 16 miles NO STRENGTH RECOVERY ROUTINE	MOVEMENT & MOBILITY Rest <i>(no run or strength session)</i> RECOVERY ROUTINE
7	MOVEMENT & MOBILITY RUN / WALK + STRIDES 4 miles + 6 x :15 STRENGTH SESSION 1 RECOVERY ROUTINE	MOVEMENT & MOBILITY HILL CLIMB 6 miles @ 10% NO STRENGTH RECOVERY ROUTINE	MOVEMENT & MOBILITY CROSS TRAIN 60:00 - 80:00 STRENGTH SESSION 1 RECOVERY ROUTINE	MOVEMENT & MOBILITY NO RUN STRENGTH SESSION 2 RECOVERY ROUTINE	MOVEMENT & MOBILITY RUN / WALK 14 miles NO STRENGTH RECOVERY ROUTINE	MOVEMENT & MOBILITY TRAIL RUN / HIKE 12 miles NO STRENGTH RECOVERY ROUTINE	MOVEMENT & MOBILITY Rest <i>(no run or strength session)</i> RECOVERY ROUTINE

UA RUN STRONG

PROGRAM

WK	MON	TUES	WED	THUR	FRI	SAT	SUN
8	MOVEMENT & MOBILITY RUN / WALK + STRIDES 6 miles + 6 x :15 STRENGTH SESSION 1 RECOVERY ROUTINE	MOVEMENT & MOBILITY FARTLEK 2 miles + 8 x 4:00 on / 2:00 off NO STRENGTH RECOVERY ROUTINE	MOVEMENT & MOBILITY CROSS TRAIN 60:00 - 90:00 STRENGTH SESSION 1 RECOVERY ROUTINE	MOVEMENT & MOBILITY NO RUN STRENGTH SESSION 2 RECOVERY ROUTINE	MOVEMENT & MOBILITY RUN / WALK 18 miles NO STRENGTH RECOVERY ROUTINE	MOVEMENT & MOBILITY TRAIL RUN / HIKE 14 miles NO STRENGTH RECOVERY ROUTINE	MOVEMENT & MOBILITY Rest <i>(no run or strength session)</i> RECOVERY ROUTINE
9	MOVEMENT & MOBILITY RUN / WALK + STRIDES 4 miles + 6 x :15 STRENGTH SESSION 1 RECOVERY ROUTINE	MOVEMENT & MOBILITY SHORT HILLS 4 miles + 6 x :20 NO STRENGTH RECOVERY ROUTINE	MOVEMENT & MOBILITY CROSS TRAIN 60:00 - 90:00 STRENGTH SESSION 1 RECOVERY ROUTINE	MOVEMENT & MOBILITY NO RUN STRENGTH SESSION 2 RECOVERY ROUTINE	MOVEMENT & MOBILITY RUN / WALK 18 miles NO STRENGTH RECOVERY ROUTINE	MOVEMENT & MOBILITY TRAIL RUN / HIKE 14 miles NO STRENGTH RECOVERY ROUTINE	MOVEMENT & MOBILITY Rest <i>(no run or strength session)</i> RECOVERY ROUTINE
10	MOVEMENT & MOBILITY RUN / WALK + STRIDES 6 miles + 6 x :15 STRENGTH SESSION 1 RECOVERY ROUTINE	MOVEMENT & MOBILITY FARTLEK 2 miles + 4 x 6:00 on / 2:00 off NO STRENGTH RECOVERY ROUTINE	MOVEMENT & MOBILITY CROSS TRAIN 60:00 - 90:00 STRENGTH SESSION 1 RECOVERY ROUTINE	MOVEMENT & MOBILITY NO RUN STRENGTH SESSION 2 RECOVERY ROUTINE	MOVEMENT & MOBILITY RUN / WALK 8 miles NO STRENGTH RECOVERY ROUTINE	MOVEMENT & MOBILITY TRAIL RUN / HIKE 20 miles NO STRENGTH RECOVERY ROUTINE	MOVEMENT & MOBILITY Rest <i>(no run or strength session)</i> RECOVERY ROUTINE
11	MOVEMENT & MOBILITY RUN / WALK + STRIDES 4 miles + 6 x :15 STRENGTH SESSION 1 RECOVERY ROUTINE	MOVEMENT & MOBILITY HILL CLIMB 6 miles @ 10% NO STRENGTH RECOVERY ROUTINE	MOVEMENT & MOBILITY CROSS TRAIN 60:00 - 90:00 RECOVERY ROUTINE	MOVEMENT & MOBILITY NO RUN STRENGTH SESSION 2 RECOVERY ROUTINE	MOVEMENT & MOBILITY RUN / WALK 18 miles NO STRENGTH RECOVERY ROUTINE	MOVEMENT & MOBILITY TRAIL RUN / HIKE 14 miles NO STRENGTH RECOVERY ROUTINE	MOVEMENT & MOBILITY Rest <i>(no run or strength session)</i> RECOVERY ROUTINE
12	MOVEMENT & MOBILITY RUN / WALK + STRIDES 6 miles + 6 x :15 STRENGTH SESSION 1 RECOVERY ROUTINE	MOVEMENT & MOBILITY FARTLEK 2 miles + 3 x 8:00 on / 2:00 off NO STRENGTH RECOVERY ROUTINE	MOVEMENT & MOBILITY CROSS TRAIN 60:00 - 70:00 STRENGTH SESSION 1 RECOVERY ROUTINE	MOVEMENT & MOBILITY NO RUN STRENGTH SESSION 2 RECOVERY ROUTINE	MOVEMENT & MOBILITY RUN / WALK 8 miles NO STRENGTH RECOVERY ROUTINE	MOVEMENT & MOBILITY TRAIL RUN / HIKE 22 miles NO STRENGTH RECOVERY ROUTINE	MOVEMENT & MOBILITY Rest <i>(no run or strength session)</i> RECOVERY ROUTINE
13	MOVEMENT & MOBILITY RUN / WALK + STRIDES 4 miles + 6 x :15 STRENGTH SESSION 1 RECOVERY ROUTINE	MOVEMENT & MOBILITY SHORT HILLS 4 miles + 6 x :20 NO STRENGTH RECOVERY ROUTINE	MOVEMENT & MOBILITY RUN / WALK 4 miles NO STRENGTH RECOVERY ROUTINE	MOVEMENT & MOBILITY NO RUN STRENGTH SESSION 2 RECOVERY ROUTINE	MOVEMENT & MOBILITY RUN / WALK 6 miles NO STRENGTH RECOVERY ROUTINE	MOVEMENT & MOBILITY TRAIL RUN / HIKE 12 miles NO STRENGTH RECOVERY ROUTINE	MOVEMENT & MOBILITY Rest <i>(no run or strength session)</i> RECOVERY ROUTINE
14	MOVEMENT & MOBILITY RUN / WALK + STRIDES 4 miles + 6 x :15 STRENGTH SESSION 1 RECOVERY ROUTINE	MOVEMENT & MOBILITY FARTLEK 2 miles + 4 x 3:00 on / 2:00 off NO STRENGTH RECOVERY ROUTINE	MOVEMENT & MOBILITY RUN / WALK 4 miles NO STRENGTH RECOVERY ROUTINE	MOVEMENT & MOBILITY NO RUN STRENGTH SESSION 2 RECOVERY ROUTINE	MOVEMENT & MOBILITY RUN / WALK + STRIDES 4 miles + 4 x :15 NO STRENGTH RECOVERY ROUTINE	MOVEMENT & MOBILITY RACE 50K RECOVERY ROUTINE	MOVEMENT & MOBILITY Rest <i>(no run or strength session)</i> RECOVERY ROUTINE

—|UA RUN TRAINING|— **TERMINOLOGY**



TEMPO RUN

A disciplined, steady-paced run, working at threshold pace (between 10K and marathon race pace).



HILL REPEATS

Uphill running intervals done at near maximum intensity. The recovery jog between sets is critical. It is key to focus on technique and form.



BASE ENDURANCE-BUILDING RUNS

The objective of this workout is get the body to work for prolonged periods. The pace should be slow and steady, but even.



RECOVERY RUN

A run where the intention is to engage in a light aerobic activity to clear lactate and loosen tight muscles. If you are too sore to run, most aerobic activities will get the job done (swimming, running in the pool, cycling, etc.).

MOVEMENT & MOBILITY

—|ROUTINE|—



GLUTE ROLL

—
30 seconds on each side

—
Perform two sets



TFL ROLL

—
20 seconds on each side

—
Perform one set



FOOT ROLL

WITH TENNIS BALL

—
60 seconds on each foot

—
Perform one set



T-SPINE ROTATION

—
3 times on each side

—
Perform one set



DOWNWARD DOG

TO CLOSED ROTATION

—
3 times on each side

—
Perform one set



HIP SCRUB

—
Rock side to side for
30 seconds

—
Perform one set

STRENGTH

— / SESSION 1 / —

BEGINNER	INTERMEDIATE	ADVANCED
PLANK	PLANK WITH SHOULDER TAP	PLANK WITH SHOULDER TAP TO SIDE PLANK
DOUBLE LEG HIP BRIDGE	SINGLE LEG HIP BRIDGE	SINGLE LEG HIP BRIDGE WITH KNEE DRIVE
REACTIVE SQUAT	PRISONER SQUAT	OVERHEAD SQUAT
PUSH-UP WITH HAND RELEASE	PUSH-UP	SINGLE LEG PUSH-UP
SPLIT SQUAT	WALKING LUNGE	LUNGE - STEP FORWARD AND STEP BACK
ASSISTED PULL-UPS	PULL-UPS	PULL-UPS

**IMAGES SHOWN FOR INTERMEDIATE LEVEL ONLY*



PLANK
WITH SHOULDER TAP



SINGLE LEG
HIP BRIDGE



PRISONER
SQUAT



PUSH-UP



WALKING
LUNGE



PULL-UPS

STRENGTH

— / SESSION 2 / —

BEGINNER	INTERMEDIATE	ADVANCED
SIDE PLANK WITH LEGS AT 90 DEGREES	SIDE PLANK	SINGLE LEG SIDE PLANK
DOUBLE LEG HIP BRIDGE	SINGLE LEG HIP BRIDGE	SINGLE LEG HIP BRIDGE WITH KNEE DRIVE
PISTOL OVERHEAD SQUAT	ASSISTED SINGLE LEG SQUAT	PISTOL SQUAT
SINGLE LEG PUSH-UP	SPIDERMAN PUSH-UP	INVERTED PRESS TO PUSH-UP
LATERAL LUNGE	STEP LATERAL LUNGE	COSSACK LUNGE
ASSISTED PULL-UPS	INVERTED ROW WITH LEGS AT 90 DEGREES	INVERTED ROW WITH LEGS STRAIGHT

**IMAGES SHOWN FOR INTERMEDIATE LEVEL ONLY*



SIDE PLANK



SINGLE LEG HIP BRIDGE



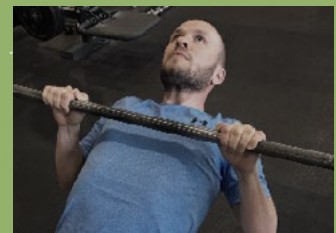
ASSISTED SINGLE LEG SQUAT



SPIDERMAN PUSH-UP



STEP LATERAL LUNGE



INVERTED ROW WITH LEGS AT 90 DEGREES

UA STRENGTH TRAINING

—| PRINCIPLES |—

IF FOLLOWED, THE UA STRENGTH TRAINING PRINCIPLES WILL LEAD TO SAFE AND EFFECTIVE MOVEMENTS, WHICH WILL ULTIMATELY KEEP YOU RUNNING THE TRAILS BETTER, FASTER STRONGER AND LONGER.

CREATE WHOLE BODY TENSION

You want to create tension in every part of your body. Squeezing your glutes and quads and locking in your shoulders allows you to get maximum benefit from every rep.

EVERY REP IS INDIVIDUAL

The first rep and the last rep should look the same. Think about a split second reset between each rep to reset your body's alignment and brace your core. Create tension, get stable and then move. Don't move and then get stable.

FAIL WITH INTEGRITY

It is OK to quit while ahead. If you perform a rep and it doesn't feel right, maybe try one more. If it doesn't get any better, stop. Beyond that point, you're doing more harm than good. Don't be afraid to save a rep for next time.

QUALITY OVER QUANTITY

Don't be concerned with how many reps or sets you get. Be concerned with how they look and feel.

INCREASE YOUR CHALLENGE

In any of the exercises, load can be added to increase the challenge, but only when the movements have been mastered with your bodyweight first!

CAREFUL PROGRESSION

Progressions should only be attempted when complete mastery of a current level has been obtained (e.g., Mastery of the single leg push-up progresses to the Spiderman push-up).

—| *HIGH-PERFORMANCE* |— **BREATHING TECHNIQUES**

THESE BREATHING TECHNIQUES ARE MEANT TO SIMULATE HIGH ALTITUDE AND WILL AIM TO IMPROVE YOUR AEROBIC CAPACITY. THIS IS ADAPTED FROM A RESEARCH-BASED TECHNIQUE DEVELOPED BY DR. PATRICK MCKEOWN.

THE GUIDE

1
GENTLY BREATHE IN AND OUT THROUGH THE NOSE FOR FIVE BREATHS

2
PINCH NOSE AND HOLD YOUR BREATH

3
WALK 20 PACES

4
RESUME BREATHING THROUGH YOUR NOSE

5
RECOVER FOR 30 SECONDS

6
REPEAT THREE TIMES

THESE EXERCISES SHOULD BE CHALLENGING, BUT NOT STRESSFUL

DURING WEEKS 1-3, PERFORM THREE SETS OF EIGHT BREATH HOLDS FOR 20 PACES WITH 60 SECONDS BETWEEN SETS. DURING WEEKS 4-8, TRY TO INCREASE BY 10 PACES PER BREATH HOLD EVERY WEEK. PERFORM THESE BREATHING EXERCISES EVERY DAY DURING YOUR TRAINING.

TRAINING PLANS DEVELOPED IN COLLABORATION WITH UA TRAINING NETWORK.



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MOUNTAIN RUNNING

S E R I E S



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