

SOLE POWER
BY MICHELIN

TRAINING

FOR
THE

TRAIL

THE COMPLETE TRAINING GUIDE TO RUNNING YOUR FIRST 10K IN THE WILD



THE COMPLETE GUIDE TO RUNNING YOUR FIRST 10K IN THE WILD

*RUNNERS UPLOADED A MASSIVE
86.7 MILLION SESSIONS TO STRAVA
LAST YEAR - AND WITH THE RISE OF
ADVENTURE RACES AND MUD RUNS,
WE'VE SEEN CRAZY GROWTH IN THE
GLOBAL TRAIL RUNNING COMMUNITY.*

It's a big deal! Runners are going wild. And for those bold enough to embrace the backcountry, there's so much more to come.

This is a one-of-a-kind pursuit that calls on a special breed of person. Running off-road is no mean feat, but don't let that stop you. With gusto, the right gear and the right training sidekick, you too can be mean on your feet.

That's why Michelin have taken their expertise in traction technology off the beaten track, teaming up with premium sports brands to bring you a new generation of trail running shoes.

And now, with this new training plan, you can go toe-to-toe with mother nature, tackle new terrains and make your own adventures. Simply follow the daily calendar schedule and you can take on your first 10K trail run in just 12 weeks!

What's more, there's bags of running tips, nutritional advice and downtime and recovery suggestions in there to help boost your performance. So when the going gets tough, you're prepared for it.

THE TIME IS NOW.

***ARE YOU READY TO TRAIN
FOR THE TRAIL?***

“CONSISTENCY REQUIRES DISCIPLINE.
FORCE YOURSELF OUT OF THE DOOR.”

BOB GLOVER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	<p>EASY RUN: 20--30min steady state running at a conversational pace</p> <input type="checkbox"/>	<p>RECOVERY: 40--60min walk, swim or cycle. Keep moving to circulate the blood, carrying nutrients to your muscles that help you to recover and stop you stiffening up!</p> <input type="checkbox"/>	<p>EASY RUN: 20--30min steady state running at a conversational pace</p> <input type="checkbox"/>	<p>RECOVERY: 40--60min walk, swim or cycle</p> <input type="checkbox"/>	<p>CROSS TRAIN (OPTIONAL): Switch up your sports, try a fartlek run, row or ride</p> <input type="checkbox"/>	<p>DISTANCE: 40--60min run on trail terrain</p> <input type="checkbox"/>	<p>REST</p> <input type="checkbox"/>
WEEK 2	<p>EASY RUN: 20--30min steady state running at a conversational pace</p> <input type="checkbox"/>	<p>RECOVERY: 40--60min walk, swim or cycle</p> <input type="checkbox"/>	<p>EASY RUN: 20--30min steady state running at a conversational pace</p> <input type="checkbox"/>	<p>RECOVERY: Rest and recovery days are a great way to get others involved and means you can spend some quality time with friends and family</p> <input type="checkbox"/>	<p>CROSS TRAIN: Fartlek run, row or ride</p> <input type="checkbox"/>	<p>DISTANCE: 40--60min run on trail terrain</p> <input type="checkbox"/>	<p>REST</p> <input type="checkbox"/>
WEEK 3	<p>EASY RUN: 30--35min steady state running at a conversational pace</p> <input type="checkbox"/>	<p>RECOVERY: 40--60min walk, swim or cycle</p> <input type="checkbox"/>	<p>EASY RUN: 30--35min steady state running at a conversational pace</p> <input type="checkbox"/>	<p>RECOVERY: 40--60min walk, swim or cycle</p> <input type="checkbox"/>	<p>CROSS TRAIN (OPTIONAL): Fartlek run, row or ride</p> <input type="checkbox"/>	<p>DISTANCE: 40--60min run on trail terrain</p> <input type="checkbox"/>	<p>REST New trainers? Make sure you're comfortable with what you'll be wearing on race day, especially your shoes. Bed them in as you progress through this plan</p> <input type="checkbox"/>
WEEK 4	<p>EASY RUN: 35--40min steady state running at a conversational pace</p> <input type="checkbox"/>	<p>RECOVERY: 40--60min walk, swim or cycle</p> <input type="checkbox"/>	<p>EASY RUN: 35--40min steady state running at a conversational pace</p> <input type="checkbox"/>	<p>RECOVERY: 40--60min walk, swim or cycle</p> <input type="checkbox"/>	<p>CROSS TRAIN: Fartlek run, row or ride</p> <input type="checkbox"/>	<p>DISTANCE: 40--60min run on trail terrain Experiment with jelly sweets or dried fruit like raisins for an energy hit on the hills</p> <input type="checkbox"/>	<p>REST</p> <input type="checkbox"/>

SEE OUR TRAINING TIPS AND TECHNIQUES PAGE FOR MORE INFORMATION

**“IT’S NOT SO MUCH THAT I BEGAN
TO RUN, BUT THAT I CONTINUED.”**

HAL HIGDON

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 5	<p>EASY RUN: 40--45min steady state running at a conversational pace</p> <input type="checkbox"/>	<p>RECOVERY: 40--60min walk, swim or cycle stiffening up!</p> <input type="checkbox"/>	<p>EASY RUN: 40--45min run on a hilly route, gradually increasing your pace</p> <input type="checkbox"/>	<p>RECOVERY: 40--60min walk, swim or cycle</p> <input type="checkbox"/>	<p>CROSS TRAIN: Try introducing interval or resistance training to improve your overall strength and fitness</p> <input type="checkbox"/>	<p>DISTANCE: 70min run on trail terrain</p> <input type="checkbox"/>	<p>REST: Experiment with energy gels in training. Never consume something you've not tried before on the trail — gels often cause upset stomachs!</p> <input type="checkbox"/>
WEEK 6	<p>EASY RUN: 40--45min steady state running at a conversational pace</p> <input type="checkbox"/>	<p>RECOVERY: 40--60min walk, swim or cycle</p> <input type="checkbox"/>	<p>INTERVALS: 10x100m hill sprints Protein helps your muscles repair during rest. Try to eat around a gram of protein for each pound — or 2g per kg — of bodyweight</p> <input type="checkbox"/>	<p>RECOVERY: 40--60min walk, swim or cycletraining schedule</p> <input type="checkbox"/>	<p>CROSS TRAIN: Fartlek run, row or ride</p> <input type="checkbox"/>	<p>DISTANCE: 70min run on trail terrain</p> <input type="checkbox"/>	<p>REST</p> <input type="checkbox"/>
WEEK 7	<p>EASY RUN: 45--50min steady state running at a conversational pace</p> <input type="checkbox"/>	<p>RECOVERY: 40--60min walk, swim or cycle Brown rice, berries and bananas are good fuel for pounding the pavement during your training</p> <input type="checkbox"/>	<p>EASY RUN: 45--50min run on a hilly route, gradually increasing your pace</p> <input type="checkbox"/>	<p>RECOVERY: 40--60min walk, swim or cycle</p> <input type="checkbox"/>	<p>CROSS TRAIN: Switch up your cross-training and build core strength practicing pilates — and stretch out your aching muscles too!</p> <input type="checkbox"/>	<p>DISTANCE: 80min run on trail terrain</p> <input type="checkbox"/>	<p>REST</p> <input type="checkbox"/>
WEEK 8	<p>EASY RUN: 45--50min steady state running at a conversational pace</p> <input type="checkbox"/>	<p>RECOVERY: 40--60min walk, swim or cycle</p> <input type="checkbox"/>	<p>INTERVALS: 30min steady state running followed by 10x100m sprints taking short breaks in between</p> <input type="checkbox"/>	<p>RECOVERY: 40--60min walk, swim or cycle White potato, whey protein and chocolate milk are all great foods to help refuel and aid recovery</p> <input type="checkbox"/>	<p>CROSS TRAIN: Take on an epic hiking adventure to build your muscular endurance. Make it a social event and share the day with friends and family</p> <input type="checkbox"/>	<p>DISTANCE: 80min run on trail terrain</p> <input type="checkbox"/>	<p>REST</p> <input type="checkbox"/>

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**“IF IT DOESN'T CHALLENGE YOU,
IT DOESN'T CHANGE YOU.”**

FRED DEVITO

WEEK 9-12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 9	<p>EASY RUN: 50--55min steady state running at a conversational pace</p> <input type="checkbox"/>	<p>RECOVERY: 40--60min walk, swim or cycle</p> <input type="checkbox"/>	<p>INTERVALS: 10x100m hill sprints</p> <input type="checkbox"/>	<p>RECOVERY: 40--60min walk, swim or cycle</p> <input type="checkbox"/>	<p>CROSS TRAIN: Improve your strength, speed and explosive power with Plyometric exercises</p> <input type="checkbox"/>	<p>DISTANCE: 90min run on trail terrain</p> <input type="checkbox"/>	<p>REST: During the race consume a moderate portion of carbohydrates per hour of exercise — sports drinks or energy gels are easy to consume, as are dried fruits</p> <input type="checkbox"/>
WEEK 10	<p>INTERVALS: 30min steady state running followed by 10x100m sprints taking short breaks in between</p> <input type="checkbox"/>	<p>RECOVERY: 40--60min walk, swim or cycle “Success is the sum of small efforts, repeated day in and day out.” – Robert Collier</p> <input type="checkbox"/>	<p>EASY RUN: 50--55min steady state running at a conversational pace</p> <input type="checkbox"/>	<p>RECOVERY: 40--60min walk, swim or cycle</p> <input type="checkbox"/>	<p>CROSS TRAIN: Fartlek run, row or ride</p> <input type="checkbox"/>	<p>DISTANCE: 90min run on trail terrain</p> <input type="checkbox"/>	<p>REST</p> <input type="checkbox"/>
WEEK 11	<p>EASY RUN: 55--60min steady state running at a conversational pace</p> <input type="checkbox"/>	<p>RECOVERY: 40--60min walk, swim or cycle</p> <input type="checkbox"/>	<p>INTERVALS: 10x100m hill sprints</p> <input type="checkbox"/>	<p>RECOVERY: 40--60min walk, swim or cycle</p> <input type="checkbox"/>	<p>CROSS TRAIN: Burpees and broad jumps develop your reach — useful for covering large areas of ground in one go</p> <input type="checkbox"/>	<p>DISTANCE: 60min run on trail terrain</p> <input type="checkbox"/>	<p>REST</p> <input type="checkbox"/>
WEEK 12	<p>EASY RUN: 55--60min steady state running at a conversational pace</p> <input type="checkbox"/>	<p>RECOVERY: 40--60min walk, swim or cycle Eat larger portions of carbohydrates in the days before and a few hours before the event to stave off fatigue</p> <input type="checkbox"/>	<p>EASY RUN: 40--45min run on a hilly route, gradually increasing your pace</p> <input type="checkbox"/>	<p>RECOVERY: 40--60min walk, swim or cycle</p> <input type="checkbox"/>	<p>CROSS TRAIN: Stretch out.. etc</p> <input type="checkbox"/>	<p>REST: Stay hydrated on and before race day — you should drink enough water that you need to wake in the night to go to the loo</p> <input type="checkbox"/>	<p>RACE DAY!</p> <input type="checkbox"/>

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JOIN THE MOVEMENT

SOLE-POWER.COM

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DAY TO DAY: TRAINING TYPES	
CROSS TRAINING	<p>Switch up your sports to improve your overall performance and build a solid foundation of fitness.</p> <p>Trail running takes more than just strong legs — a solid upper body and core are key to staying injury free and improving technique, power and endurance. Try resistance training for strength or pilates to increase mobility and balance.</p>
DISTANCE	<p>It's all about building up the miles and tolerance for the terrain.</p> <p>Try to focus on improving your endurance and perfecting technique, building up a little more each week.</p> <p>BEGINNER Try for 5--7km per hour INTERMEDIATE Try for 8--10km per hour</p>
INTERVALS	<p>Interval training is a structured series of high and low intensity periods of exercise.</p> <p>Typically the 'work' periods are performed at an intensity close to your max — enough to cause your breathing to increase and muscles to burn. Rest periods should give you just enough recovery to go all-out again!</p>
RECOVERY	<p>Low volume and less intense exercise keeps you breathing and your blood pumping just enough to help you recover.</p>
REST	<p>Take a complete break.</p> <p>During rest your body recovers and adapts enabling you to go further and faster next time around. Focus on your nutrition — you can find some tips at sole-power.com</p>

EXAMPLE EXERCISES	
FARTLEK	<p>Swedish for "speed play", fartlek is a form of interval training that intermixes fast and intense periods with slower recovery paced efforts depending on your ability.</p> <p>Set yourself a rule to follow during your fartlek session to help randomise the pace — if you listen to music run all-out during the chorus and for the rest of the song slow down to recover, or go full speed between two lamp posts and slow down between the following few.</p>
HILL SPRINTS	<p>Hill sprints — a type of interval training — are short, all-out runs against gravity followed by rest periods walking or jogging back downhill ready to do it all again.</p> <p>Hill Sprints train both strength and stamina, teaching your body to expend less energy, and enabling you to cover more ground with each stride — and with greater efficiency.</p>
PLYOMETRIC EXERCISES	
BROAD JUMPS	<p>Start with your feet shoulder width apart. Squat down with your arms behind you keeping your back straight. Now thrust up into the air throwing your arms forwards to gain momentum jumping as far as you can... that's one rep.</p>
BURPEES	<p>A full body blaster! Start from standing, feet shoulder width apart. Keeping a straight back squat down with your hands in front, touching the floor. Now kick your legs back into a push-up position. Explosively pull your legs forward between your hands again, before jumping up into the air and returning to the start position.</p>
BOX JUMPS	<p>From standing, squat down bending slightly at the hips and knees. Explosively jump up onto a box or bench using your arms for momentum. Pause, extending your legs fully and stand upright on the box. Now step down, alternating the leg that leads each rep. Tired?</p>
FROG JUMPS	<p>Drop into a deep squat. Be sure to keep a straight back. Without using your arms for momentum jump up explosively and return to the starting squat position, absorbing your landing.</p>

TIPS OFF THE TRAIL	
5 NUTRITION TIPS	<ol style="list-style-type: none"> 1. Drink half a litre of fluids 12 hours before running 2. Experiment with energy supplements early in your training plan as some take a little getting used to. 3. Consume a small portion of easily digestible carbohydrates (powder shakes or tablets) 60 minutes before running 4. Stay hydrated before, during and after training to reduce fluid loss, fatigue and summer heat stress. 5. Aid recovery and eat a protein-packed meal or shake after training for the trail.
RESISTANCE TRAINING	<p>Resistance exercises on cross-training days are a great way to build both your muscular strength and stamina.</p> <p>Compound movements such as squats and deadlifts recruit whole muscle groups to build a strength and stability. Auxiliary exercise with BOSU boards and resistance bands recruit supporting muscles to help stave off injury and improve balance and coordination — all useful out on the trails!</p>
STRETCH OUT	<p>Stretch out sore and aching muscles with self-massage on a foam roller — use it to work on small snags that could quickly escalate to injury if ignored. Or, on rest days treat yourself to a massage — it's a treat and is technically part of training!</p> <p>Try Yoga to stretch out while also strengthening your core. Keeping your muscles moving in different ways can improve range of motion and agility on technical terrain.</p>