


# MT. WILSON TRAIL RACE 2024

MWTR TRAINING PROGRAM (17 WEEKS) BEGINS - WEEK 1

FIRST DAY - SATURDAY, Feb 3<sup>rd</sup>, 2024 7:00am

			<p><u>Saturday</u> 2/3/24 - Day 1</p> <p><u>KERSTING COURT @ 7:00 AM</u> <u>SIERRA MADRE</u></p>
			<p><u>Training Program Begins – Day 1</u></p> <ul style="list-style-type: none"><li>● Introductions</li><li>● Program Overview</li><li>● Pre-Training Questions &amp; Answers</li><li>● Three Mile Easy Run</li><li>● Balance, Agility, Plyometric Drills &amp; Demonstrations</li></ul> <p><u>Mt. Wilson Trail Race</u> <u>Training Program Coach</u></p> <p>Simon Cooper USATF L1 <a href="mailto:simon.invictus@gmail.com">simon.invictus@gmail.com</a></p>

**WEEK 2 Feb 4-10, 2024**


<b>Workout 1</b>	<b>Workout 2</b>	<b>Workout 3</b>	<b>Workout 4</b>	<b><u>Saturday</u> Feb 10th <u>Glendora-South Hills Park</u></b>
<p><b><u>Long Run – Easy</u></b></p> <p><b><u>Beginner</u></b></p> <p>4 miles</p> <p><b><u>Advanced</u></b></p> <p>8 miles</p>	<p><b><u>Road/Track Intervals – Intense</u></b></p> <p><b><u>Beginner</u></b></p> <p>Intensity (mins) x Recovery (mins) x Quantity 2 x 2 x 3 @ 80%</p> <p><b><u>Advanced</u></b></p> <p>Intensity (mins)x Recovery (mins)x Quantity 2 x 2 x 6 @ 80%</p>	<p><b>Run + Strength Combo</b></p> <p><b>40 minute KIC* run followed by 20 minute SCAB* training</b></p> <p><b>*KIC run (Keep It Comfy!)</b></p> <p>-no specific distance, no specific pace. Just run the listed time according to how you feel but keep it comfortable.</p> <p><b>*SCAB training:</b> Strength. Core, Agility, Balance</p>	<p><b>Run + Strength Combo</b></p> <p><b>20 minute KIC run followed by 40 minute SCAB training</b></p>	<p><b><u>FIELD TRIP SESSION</u></b></p> <p><b><u>Time Trial #1</u></b></p> <p>Meet at 7:00 am in the parking lot of South Hills Park (701 E Mauna Loa Ave, Glendora, CA 91740) look for the GOLD training program banner. There is a small lot and street parking available.</p> <p>-Warm up run</p> <p>-Dynamic warm up</p> <p><b>-3 mile time trial on trail for a recorded time.</b></p> <ul style="list-style-type: none"> <li>● Cool down jog</li> </ul> <p>-a bit of a longer drive for some but I always try to find new locations for the time trial and for training sessions to keep things spicy! I'm all about the spice!</p> <p>-Recorded time. We will revisit this time trial in 3 months to chart your progress</p>

--	--	--	--	--

**WEEK 3 Feb 11-17, 2024**

<b><u>Workout 1</u></b>	<b><u>Workout 2</u></b>	<b><u>Workout 3</u></b>	<b><u>Workout 4</u></b>	<b><u>Saturday</u> Feb 17  <i>Kersting Court</i></b>
<p><b><u>Long Run</u></b> <b>= <u>Easy</u></b></p> <p><b><u>Beginner</u></b> 4 miles</p> <p><b><u>Advanced</u></b> 8 miles</p>	<p><b>KIC run- 40 minutes</b></p> <p><b>SCAB training- 20 minutes</b></p>	<p><b><u>Tempo – Hard</u></b></p> <p><b><u>Beginner</u></b> 3 miles @ 70%</p> <p><b><u>Advanced</u></b> 4 miles @ 70%</p>	<p><b>KIC run- 20 minutes</b></p> <p><b>SCAB training- 40 minutes</b></p>	<p><b><u>Hill Work (Trail)-Moderate</u></b> <b><u>First session on the Mt Wilson Trail</u></b></p> <p>-10 min warmup -dynamic warmup</p> <p>-Comfy run to trail head -beginning at top of stairs start 1x2x5 (trail math intro). -easy cruise to First water</p> <ul style="list-style-type: none"> <li>● Easy back to Kersting Court</li> <li>● SCAB training</li> </ul> <p>- Stretch</p>

**WEEK 4 Feb 18-24, 2024**

<b><u>Workout 1</u></b>	<b><u>Workout 2</u></b>	<b><u>Workout 3</u></b>	<b><u>Workout 4</u></b>	<b><u>Saturday Feb 24</u></b>  <b><u>NATRO Race San Jacinto</u></b>
<p><b><u>Long Run – Easy</u></b></p> <p><b><u>Beginner</u></b></p> <p>4 miles</p> <p><b><u>Advanced</u></b></p> <p>8 miles</p>	<p><b><u>Intervals – Intense</u></b></p> <p><b><u>Beginner</u></b></p> <p>Intensity x Recovery x Quantity 2 x 2 x 5 @ 80%</p> <p><b><u>Advanced</u></b></p> <p>Intensity x Recovery x Quantity 2 x 2 x 8 @ 80%</p>	<p><b>KIC run-40 minutes SCAB training 20 minutes</b></p>	<p><b>KIC run 20 minutes SCAB training 40 minutes</b></p>	<p align="center"><b>FIELD TRIP SESSION (Intense)</b></p> <ul style="list-style-type: none"> <li>- Early program race experience for a 5k trail race in San Jacinto</li> <li>- Register on Ultrasignup for <a href="mailto:NATRO@Soboba">NATRO@Soboba</a> <a href="https://ultrasignup.com">NATRO@SOBOBA - February 24, 2024 (ultrasignup.com)</a></li> <li>- Two race option 5k and 25k. Register for the 5k as that fits well into where we are in the program. If anyone comes in in great shape and is up to the 25k distance I wont discourage....</li> </ul> <p align="center">  </p>

**WEEK 5 Feb 25-March 2, 2024**

<b><u>Workout 1</u></b>	<b><u>Workout 2</u></b>	<b><u>Workout 3</u></b>	<b><u>Workout 4</u></b>	<b><u>Saturday March 2</u></b>  <b><i>Kersting Court</i></b>
<p><b><u>Long Run – Easy</u></b></p> <p><b><u>Beginner</u></b> 5 miles</p> <p><b><u>Advanced</u></b> 9 miles</p>	<p><b><u>Tempo-Hard</u></b></p> <p><b>Tempo/Progression Run</b> Beginner- 4 miles -Start at 60% effort and gradually increase effort to finish at 90% effort</p> <p>Advanced-6 miles -Start at 60% effort and gradually increase effort to finish at 90%</p>	<p><b>KIC run 45 minutes SCAB training 20 minutes</b></p>	<p><b>KIC run 25 minutes SCAB training 45 minutes</b></p>	<p><b><u>Hill Repeats (Road) – Intense</u></b></p> <p>-Warm up run -Dynamic Warmup</p> <p>‘Hill of Death’-Ladder style hill repeats</p> <ul style="list-style-type: none"> <li>● Easy back to Kersting Court</li> <li>● Stretch</li> <li>● SCAB training</li> </ul>

**WEEK 6 March 3-9, 2024**

<b><u>Workout 1</u></b>	<b><u>Workout 2</u></b>	<b><u>Workout 3</u></b>	<b><u>Workout 4</u></b>	<b><u>Saturday March 9  Kersting Court</u></b>
<p><b><u>Long Run – Easy</u></b></p> <p><b><u>Beginner</u></b></p> <p>5 miles</p> <p><b><u>Advanced</u></b></p> <p>9 miles</p>	<p><b><u>Intervals – Intense</u></b></p> <p><b><u>Beginner</u></b></p> <p>Intensity x Recovery x Quantity 2 x 2 x 6 @ 85%</p> <p><b><u>Advanced</u></b></p> <p>Intensity x Recovery x Quantity 2 x 2 x 9 @ 85%</p>	<p><b>KIC run- 45 minutes SCAB training 20 minutes</b></p>	<p><b>KIC run 20 minutes SCAB training 45 minutes</b></p>	<p><b><u>Hill Work (Intense)</u></b></p> <p>Mt Wilson Trail Trail Math #1</p> <p>-warm up run -dynamic warmup</p> <p>-time repeats (all uphill) 1 x 1 x 14</p> <p>-easy back to KerstingCourt</p> <p><b>-SCAB training</b></p>

--	--	--	--	--



**WEEK 7 March 10-16, 2024**

<b><u>Workout 1</u></b>	<b><u>Workout 2</u></b>	<b><u>Workout 3</u></b>	<b><u>Workout 4</u></b>	<b><u>Saturday March 16</u></b>  <b><u>ARCADIA HIGH SCHOOL</u></b>
<p><b><u>Long Run – Easy</u></b></p> <p><b><u>Beginner</u></b></p> <p>4 miles</p> <p><b><u>Advanced</u></b></p> <p>8 miles</p>	<p><b>KIC run 45 minutes SCAB training 20 minutes</b></p>	<p><b><u>Tempo – Hard</u></b></p> <p><b><u>Beginner</u></b></p> <p>4 miles @ 65%</p> <p><b><u>Advanced</u></b></p> <p>6 miles @ 65%</p>	<p><b>KIC run 25 minutes SCAB training 45 minutes</b></p>	<p><b><u>Field Trip Session</u></b></p> <p><b>Meet at 7am at Arcadia High School Park on Campus Dr between Santa Anita Ave and El Monte Ave (-look for the gold training program banner)</b></p> <p><b>-warm up run -dynamic warm up</b></p> <p><b>Coach Coop’s famous “Four Corners” track work out followed by some stadium stairs playground</b></p>

**WEEK 8 March 17-23, 2024**

<b><u>Workout 1</u></b>	<b><u>Workout 2</u></b>	<b><u>Workout 3</u></b>	<b><u>Workout 4</u></b>	<b><u>Saturday</u></b> <b>March 23</b>  <i>Kersting Court</i>
<p><b><u>Long Run – Easy</u></b></p> <p><b><u>Beginner</u></b></p> <p>6 miles</p> <p><b><u>Advanced</u></b></p> <p>10 miles</p>	<p><b><u>Intervals – Intense</u></b></p> <p><b><u>Beginner</u></b></p> <p>Intensity x Recovery x Quantity 2 x 2 x 7 @ 80%</p> <p><b><u>Advanced</u></b></p> <p>Intensity x Recovery x Quantity 2 x 2 x 10 @ 80%</p>	<p><b>KIC run 45 minutes</b> <b>SCAB training 25 minutes</b></p>	<p><b>KIC run 25 minutes</b> <b>SCAB training 45 minutes</b></p>	<p>Hill Work (Road)-Intense</p> <ul style="list-style-type: none"> <li>-warm up jog</li> <li>-dynamic warmup</li> <li>-Coach Coop’s famous ‘Pavement Picasso’ workout (timed progressive uphill repeats)</li> <li>-jog back to Kersting</li> <li>-SCAB training</li> </ul>

**WEEK 9 March 24-30, 2024**

<b><u>Workout 1</u></b>	<b><u>Workout 2</u></b>	<b><u>Workout 3</u></b>	<b><u>Workout 4</u></b>	<b><u>Saturday</u></b> <b>March 30</b>  <b><u>Hope Trail Glendora</u></b>
<p><b><u>Long Run – Easy</u></b></p> <p><b><u>Beginner</u></b></p> <p>6 miles</p> <p><b><u>Advanced</u></b></p> <p>10 miles</p>	<p><b>KIC run 45 minutes</b> <b>SCAB training 25 minutes</b></p>	<p><b><u>Tempo – Hard</u></b></p> <p><b><u>Beginner</u></b></p> <p>5 miles @ 70%</p> <p><b><u>Advanced</u></b></p> <p>7 miles @ 70%</p>	<p><b>KIC run 25 minutes</b> <b>SCAB training 45 minutes</b></p>	<p><b><u>Field Trip Session</u></b> (Trail) Intense “Heaven or Hell”</p> <p>Meet at 7am at Sandberg Middle School PARK (its a park north of the school) in Glendora. Park on LEADORA (not Bennett) between N Barranca and Wildwood Ave -look for the gold training program banner.</p> <p>-warm up run to the base of the Hope Trail -dynamic warm up</p> <ul style="list-style-type: none"> <li>- Tempo effort run up to the cross (1 mile and 1000 ft of gain!)</li> <li>- 10 x 30 yard repeats at top of fire break</li> <li>- easy cruise back</li> </ul>

**WEEK 10 March 31-April 6, 2024**

<b>Workout 1</b>	<b>Workout 2</b>	<b>Workout 3</b>	<b>Workout 4</b>	<b><u>Saturday</u></b>  <b>April 6</b>  <b>Derby Day 5k</b>
<p><b><u>Long Run – Easy</u></b></p>  <p><b><u>Beginner</u></b></p> <p>6 miles</p>  <p><b><u>Advanced</u></b></p> <p>10 miles</p>	<p><b><u>Intervals – Intense</u></b></p>  <p><b><u>Beginner</u></b></p> <p>Intensity x Recovery x Quantity 2 x 2 x 7 @ 80%</p>  <p><b><u>Advanced</u></b></p> <p>Intensity x Recovery x Quantity 2 x 2 x 10 @ 80%</p>	<p><b>KIC run 50 minutes SCAB training 20 minutes</b></p>	<p><b>KIC run 25 minutes SCAB training 45 minutes</b></p>	<p><i>We dont meet as a group for this one. This is a flat and fast (compared to what we've been doing) 5k race through the LA County arboretum and Santa Anita Park.</i></p> <p><i>Put a good effort in, run like a thoroughbred, and enjoy your last flat run! (you also get free beer if thats an extra motivator...)</i></p>

**WEEK 11 April 7-13, 2024**

<b><u>Workout 1</u></b>	<b><u>Workout 2</u></b>	<b><u>Workout 3</u></b>	<b><u>Workout 4</u></b>	<b><u>Saturday</u> April 13  Kersting Court</b>
<p><b><u>Long Run – Easy</u></b></p> <p><b><u>Beginner</u></b></p> <p>7 miles</p> <p><b><u>Advanced</u></b></p> <p>11 miles</p>	<p>KIC run 50 minutes SCAB training 20 minutes</p>	<p><b><u>Tempo – Hard</u></b></p> <p><b><u>Beginner</u></b></p> <p>4 miles @ 80%</p> <p><b><u>Advanced</u></b></p> <p>6 miles @ 80%</p>	<p>KIC run 20 minutes SCAB training 50 minutes</p>	<p><input type="checkbox"/> Hill work (trail)-intense <input type="checkbox"/> Trail Math #2</p> <p>-warm up run -dynamic warmup Mt Wilson Trail time repeats (all uphill) -2 x 1 x 14 -easy downhill -SCAB Training</p> <p><input type="checkbox"/></p>

**WEEK 12 April 14-20, 2024**

<b><u>Workout 1</u></b>	<b><u>Workout 2</u></b>	<b><u>Workout 3</u></b>	<b><u>Workout 4</u></b>	<b><u>Saturday</u></b> <b>April 20</b>  <b><u>Colby Trail (Glendora)</u></b>
<p><b><u>Long Run – Easy</u></b></p> <p><b><u>Beginner</u></b></p> <p>7 miles</p> <p><b><u>Advanced</u></b></p> <p>11 miles</p>	<p><b><u>Intervals – Intense</u></b></p> <p><b><u>Beginner</u></b></p> <p>Intensity x Recovery x Quantity 2 x 2 x 6 @ 80%</p> <p><b><u>Advanced</u></b></p> <p>Intensity x Recovery x Quantity 2 x 2 x 10 @ 80%</p>	<p><b>KIC run 50 minutes</b></p> <p><b>SCAB training 20 minutes</b></p>	<p><b>KIC run 20 minutes</b></p> <p><b>SCAB training 50 minutes</b></p>	<p><b>Field Trip Session</b></p> <p><b>Trail (intense...x3!)</b></p> <p>meet at 7am at Manooshian Park in Glendora (park on E Palm just west of the corner of E Palm and N Lorraine) look for the gold Training Program banner)</p> <p>-warm up on the track</p> <p>-dynamic warmup</p> <p>-Triple Colby trail as progression (each ascent to be faster than the previous)</p> <p>-SCAB training</p>

**WEEK 13 April 21-27, 2024**

<b>Workout 1</b>	<b>Workout 2</b>	<b><u>Workout 3</u></b>	<b><u>Workout 4</u></b>	<b><u>Saturday</u> <u>April 27</u>  <u>Kersting Court</u></b>
<p><b><u>Long Run – Easy</u></b></p> <p><b><u>Beginner</u></b></p> <p>7 miles</p> <p><b><u>Advanced</u></b></p> <p>13 miles</p>	<p><b>KIC run 50 minutes</b> <b>SCAB training 20 minutes</b></p>	<p><b><u>Tempo/Progression – Hard</u></b></p> <p><b><u>Beginner</u></b></p> <p>7 miles Progression start @ 60%, gradual &amp; consistent increase to finish @ 90%</p> <p><b><u>Advanced</u></b></p> <p>8 miles Progression start @ 60%, gradual &amp; consistent increase to finish @ 90%</p>	<p><b>KIC run 20 minutes</b> <b>SCAB training 50 minutes</b></p>	<p>Trail work (intense) <b>Trail Math # 3</b></p> <p>-warmup run -dynamic warmup</p> <p>-Mt Wilson trail time repeats</p> <p>-1, 2, 3, 4, 5 min uphill efforts with 1 min uphill recovery in between each (42 mins of uphill intensity....several folks should reach Orchard Camp with this workout)</p> <p>-easy downhill to Kersting with 3 x 1 minute downhill pace increases (not all-out bombing!)</p> <p>-SCAB training</p>

**WEEK 14 April 28-May 4, 2024**

<b>Workout 1</b>	<b>Workout 2</b>	<b>Workout 3</b>	<b>Workout 4</b>	<u>Saturday</u> <b>May 4</b>  <b>South Hills Park</b> <b>(Glendora)</b>
<p><b><u>Long Run – Easy</u></b></p> <p><b><u>Beginner</u></b></p> <p>6 miles</p> <p><b><u>Advanced</u></b></p> <p>11 miles</p>	<p><b><u>Intervals – Beginner</u></b></p> <p>Intensity x Recovery x Quantity 5 x 3 x 4 @ 70%</p> <p><b><u>Advanced</u></b></p> <p>Intensity x Recovery x Quantity 5 x 3 x 6 @ 70%</p>	<p><b>KIC run 45 mins</b>  <b>SCAB training</b>  <b>15 mins</b></p>	<p><b>KIC run 15 mins</b>  <b>SCAB training 30 mins</b></p>	<p><b><u>FIELD TRIP SESSION</u></b>  <b><u>Time Trial #2</u></b></p> <p>Meet at 7:00 am in the parking lot of South Hills Park (701 E Mauna Loa Ave, Glendora, CA 91740) look for the GOLD training program banner. There is a small lot and street parking available.</p> <p>-Warm up run</p> <p>-Dynamic warm up</p> <p>-3 mile time trial on trail for a recorded time.</p> <ul style="list-style-type: none"> <li>• Cool down jog</li> </ul> <p>-a bit of a longer drive for some but I always try and find new locations for the time trial and for training sessions to keep things spicy! I'm all about the spice!</p> <p>-Recorded time. Lets see how much faster everyone is after 3 months of kicking ass!!!</p>



**WEEK 15 May 5-11, 2024**

<b><u>Workout 1</u></b>	<b><u>Workout 2</u></b>	<b><u>Workout 3</u></b>	<b><u>Saturday</u> May 11  Kersting Court</b>
<p align="center"><b><u>Long Run</u></b></p> <p align="center">Easy</p> <p>Beginner- 7 miles</p> <p>Advanced- 10 miles</p>	<p align="center"><b><u>Tempo</u></b></p> <p align="center">Beginner</p> <p align="center">5 miles at 70%</p> <p align="center">Advanced</p> <p align="center">7 miles at 70%</p>	<p align="center"><b>KIC run 45</b></p> <p align="center">mins</p> <p align="center">5 x 50 meter</p> <p align="center">strides</p> <p align="center">SCAB</p> <p align="center">training 15</p> <p align="center">mins</p>	<p align="center"><b>Trail (Moderate)</b></p> <p align="center"><b>Dress Rehearsal Day</b></p> <p>-full race course...to mimic what you will do on race day only with less intensity</p> <p>-warm up as you will on race day</p> <p>-try out race day shoes, attire, hydration etc etc</p> <p>-study the course in detail to dial in where you can gain time, conserve energy etc</p> <p>-keep it comfy on the downhill with just a few downhill pick ups</p>

**Week 16 May 12-18, 2024**

**soft taper week**

Workout 1  
Saturday

**Long Run – Easy**

Beginner 6 miles

Advanced 11 miles

Workout 2

**Intervals – Light**

**Beginner**

Intensity x Recovery x Quantity  
5 x 3 x 4  
@ 60%

**Advanced**

Intensity x Recovery x Quantity  
5 x 3 x 6  
@ 60%

Workout 3

**KIC run 45 mins  
SCAB training 25 mins**

May 18th

**Experts Day  
7am Kersting Court**

Q&A session with  
past MWTR champions  
followed by a relatively  
easy training to practice  
the most difficult part of the course  
equal parts mental and physical!

*Week 17 May 19-25, 2024*  
*Taper Week*

**Workout 1**

KIC run 30 mins

SCAB training 15 mins

*(minus the S and C)*

**Workout 2**

KIC run 30 mins

5 x 50 meter strides

**Workout 3**

KIC run 30 mins

5 x 50 meter strides

**Saturday**  
**May 25th**

RACE DAY!



