



MOUNT WILSON TRAIL RACE 2026

MWTR TRAINING PROGRAM (15 WEEKS)

FIRST DAY - SATURDAY, February 7th @ 7:00 am

				<p><u>Saturday</u> 2/7/2026 - 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">● Introductions● Program Overview● Pre-Training Questions & Answers● Three Mile Easy Run● Balance, Agility, Plyometric Drills & Demonstrations <p><u>Mount Wilson Trail Race</u> <u>Training Program Coach</u></p> <p>Simon Cooper USATF L1 <u>simon.invictus@gmail.com</u></p>

WEEK 1 – February 8-14

Workout 1	Workout 2	Workout 3	Workout 4	<u>Saturday</u> 2/14 – Valentine’s Day Hahamongna Watershed Park
<u>Long Run – Easy</u> <u>Beginner</u> 4 miles <u>Advanced</u> 8 miles	<u>Road/Track Intervals – Intense</u> <u>Beginner</u> Intensity (mins) x Recovery (mins) x Quantity 2 x 2 x 3 @ 80% <u>Advanced</u> Intensity (mins)x Recovery (mins)x Quantity 2 x 2 x 6 @ 80%	Run + Strength Combo 40 minute KIC* run followed by 20 minute SCAB* training *KIC run (Keep It Comfy!) -no specific distance, no specific pace. Just run the listed time according to how you feel but keep it comfortable. *SCAB training: Strength. Core, Agility, Balance <i>New for 2026-to add or substitute for kick runs and scab training is rucking. add 10% of your body weight to a backpack or use weight vests and do hill work, walk no run!</i>	Run + Strength Combo 20 minute KIC run followed by 40 minute SCAB training	<u>FIELD TRIP SESSION</u> Time Trial #1 On Trail <u>Hahamongna Watershed Park</u> 4550 Oak Grove Dr. Pasadena, 91103 Meet at 7:00 am at the Hahamongna Watershed Park lower lot (by the softball field and disc golf course) -Warm up run -Dynamic warm up -3.1 mile time trial on trail for a recorded time. ●Cool down jog - <u>Another new location for the time trial!</u> The first of several field trip training sessions to keep things spicy! I am all about the spice! - <u>Recorded time.</u> We will revisit this time trial in 3 months to chart your progress

WEEK 2 – February 15-21

<u>Workout 1</u>	<u>Workout 2</u>	<u>Workout 3</u>	<u>Workout 4</u>	<u>Saturday</u> 2/21 <i>Check Email and/or team FB page</i>
<u>Long Run</u> <u>= Easy</u> <u>Beginner</u> 4 miles <u>Advanced</u> 8 miles	KIC run- 40 minutes SCAB training- 20 minutes Ruck repeats	<u>Tempo – Hard</u> <u>Beginner</u> 3 miles @ 70% <u>Advanced</u> 4 miles @ 70%	KIC run- 20 minutes SCAB training- 40 minutes ruck repeats	<p>New for 2026. Saturday sessions will be announced via Email and posted to the team FB page by the Thursday before the training session. We have had tons of last minute location changes over the last few years due to weather and trail issues so I will notify all of locations as we go through the program. Lots of training on the Mount Wilson Trail itself and several road sessions and a few field trip sessions to keep things fresh. Of course the classics will still be in the mix!</p>

WEEK 3 – February 22-28

<u>Workout 1</u>	<u>Workout 2</u>	<u>Workout 3</u>	<u>Workout 4</u>	<u>Saturday</u> Feb 28
<u>Long Run – Easy</u> <u>Beginner</u> 4 miles <u>Advanced</u> 8 miles	<u>Intervals – Intense</u> <u>Beginner</u> Intensity x Recovery x Quantity 2 x 2 x 5 @ 80% <u>Advanced</u> Intensity x Recovery x Quantity 2 x 2 x 8 @ 80%	KIC run-40 minutes SCAB training 20 minutes ruck repeats	KIC run 20 minutes SCAB training 40 minutes ruck repeats	<i>Check Email and/or team FB page</i>

WEEK 4 – March 1-7

<u>Workout 1</u>	<u>Workout 2</u>	<u>Workout 3</u>	<u>Workout 4</u>	<u>Saturday</u> March 7
<u>Long Run – Easy</u> <u>Beginner</u> 5 miles <u>Advanced</u> 9 miles	<u>Tempo-Hard</u> Tempo/Progression Run Beginner- 4 miles -Start at 60% effort and gradually increase effort to finish at 90% effort <u>Advanced-6 miles</u> -Start at 60% effort and gradually increase effort to finish at 90%	KIC run 45 minutes SCAB training 20 minutes ruck repeats	KIC run 25 minutes SCAB training 45 minutes ruck repeats	<i>Check Email and/or team FB page</i>

WEEK 5 – March 8-14

<u>Workout 1</u>	<u>Workout 2</u>	<u>Workout 3</u>	<u>Workout 4</u>	<u>Saturday March 14</u>
<u>Long Run – Easy</u> <u>Beginner</u> 5 miles <u>Advanced</u> 9 miles	<u>Intervals – Intense</u> <u>Beginner</u> Intensity x Recovery x Quantity 2 x 2 x 6 @ 85% <u>Advanced</u> Intensity x Recovery x Quantity 2 x 2 x 9 @ 85%	KIC run- 45 minutes SCAB training 20 minutes ruck repeats	KIC run 20 minutes SCAB training 45 minutes ruck repeats	<i>Check Email and/or team FB page</i>


WEEK 6 – March 15-21

<u>Workout 1</u>	<u>Workout 2</u>	<u>Workout 3</u>	<u>Workout 4</u>	<u>Saturday</u> March 21
<u>Long Run – Easy</u> <u>Beginner</u> 4 miles <u>Advanced</u> 8 miles	KIC run 45 minutes SCAB training 20 minutes ruck repeats	<u>Tempo – Hard</u> <u>Beginner</u> 4 miles @ 65% <u>Advanced</u> 6 miles @ 65%	KIC run 25 minutes SCAB training 45 minutes ruck repeats	<i>Check Email and/or team FB page</i>

WEEK 7 – March 22-28

<u>Workout 1</u>	<u>Workout 2</u>	<u>Workout 3</u>	<u>Workout 4</u>	<u>Saturday March 28</u>
<p><u>Long Run – Easy</u></p> <p><u>Beginner</u></p> <p>6 miles</p> <p><u>Advanced</u></p> <p>10 miles</p>	<p><u>Intervals – Intense</u></p> <p><u>Beginner</u></p> <p>Intensity x Recovery x Quantity 2 x 2 x 7 @ 80%</p> <p><u>Advanced</u></p> <p>Intensity x Recovery x Quantity 2 x 2 x 10 @ 80%</p>	<p>KIC run 45 minutes SCAB training 25 minutes</p> <p>Ruck repeats add 5% more body weight to make 15% of total body weight</p>	<p>KIC run 25 minutes SCAB training 45 minutes</p> <p>Ruck repeats</p>	<p><i>Check Email and/or team FB page</i></p>

WEEK 8 – March 29-April 4

<u>Workout 1</u>	<u>Workout 2</u>	<u>Workout 3</u>	<u>Workout 4</u>	<u>Saturday</u> April 4th <u>Derby Day 5K – Santa Anita Park</u> <u>Arcadia</u>
<u>Long Run – Easy</u> <u>Beginner</u> 6 miles <u>Advanced</u> 10 miles	KIC run 45 minutes SCAB training 25 minutes ruck repeats	<u>Tempo – Hard</u> <u>Beginner</u> 5 miles @ 70% <u>Advanced</u> 7 miles @ 70%	KIC run 25 minutes SCAB training 45 minutes ruck repeats	<p style="text-align: center;">Santa Anita Derby Day 5K Run</p> <p>A long standing tradition for the program. A flat and fast beautiful and fun 5K highlighting some of Arcadia’s gems, including the Arboretum. We will not meet as a team. Find some teammates and warm up and run together and be sure to buy Coach a beer!</p> <p>Registration Required - Team discount code will be provided....</p> 

WEEK 9 – April 5-11

Workout 1	Workout 2	Workout 3	Workout 4	<u>Saturday</u> April 11
<u>Long Run – Easy</u> <u>Beginner</u> 6 miles <u>Advanced</u> 10 miles	<u>Intervals – Intense</u> <u>Beginner</u> Intensity x Recovery x Quantity 2 x 2 x 7 @ 80% <u>Advanced</u> Intensity x Recovery x Quantity 2 x 2 x 10 @ 80%	KIC run 50 minutes SCAB training 20 minutes ruck repeats add 5% more to equal 20% of total body weight	KIC run 25 minutes SCAB training 45 minutes ruck repeats	<i>Check Email and/or team FB page</i>

WEEK 10 – April 12-18

<u>Workout 1</u>	<u>Workout 2</u>	<u>Workout 3</u>	<u>Workout 4</u>	<u>Saturday</u> April 18
<u>Long Run – Easy</u> <u>Beginner</u> 7 miles <u>Advanced</u> 11 miles	KIC run 50 minutes SCAB training 20 minutes ruck repeats	<u>Tempo – Hard</u> <u>Beginner</u> 4 miles @ 80% <u>Advanced</u> 6 miles @ 80%	KIC run 20 minutes SCAB training 50 minutes ruck repeats	<i>Check Email and/or team FB page</i> <input type="checkbox"/>

WEEK 11 – April 19-25

<u>Workout 1</u>	<u>Workout 2</u>	<u>Workout 3</u>	<u>Workout 4</u>	<u>Saturday April 25</u>
<u>Long Run – Easy</u> <u>Beginner</u> 7 miles <u>Advanced</u> 11 miles	<u>Intervals – Intense</u> <u>Beginner</u> Intensity x Recovery x Quantity 2 x 2 x 6 @ 80% <u>Advanced</u> Intensity x Recovery x Quantity 2 x 2 x 10 @ 80%	KIC run 50 minutes SCAB training 20 minutes ruck repeats	KIC run 20 minutes SCAB training 50 minutes ruck repeats	<i>Check Email and/or team FB page</i>

WEEK 12 – April 26-May 2

<u>Workout 1</u>	<u>Workout 2</u>	<u>Workout 3</u>	<u>Workout 4</u>	<u>Saturday</u> May 2nd <i>KERSTING COURT @ 7:00 AM SIERRA MADRE</i>
<u>Long Run – Easy</u> <u>Beginner</u> 7 miles <u>Advanced</u> 13 miles	KIC run 50 minutes SCAB training 20 minutes Ruck repeats (drop 5% off laden weight)	<u>Tempo/Progression – Hard</u> <u>Beginner</u> 7 miles Progression start @ 60%, gradual & consistent increase to finish @ 90% <u>Advanced</u> 8 miles Progression start @ 60%, gradual & consistent increase to finish @ 90%	KIC run 20 minutes SCAB training 50 minutes ruck repeats	<u>MWTR Dress Rehearsal Day</u> We will run the full MWTR racecourse, not at race effort. This gets everyone a chance to try out their race shoes, clothes, hydration, nutrition, etc etc so you can get all dialed in for the MWTR in just 3 weeks.

WEEK 13 – May 3-9

Workout 1	Workout 2	Workout 3	Workout 4	<u>Saturday</u> May 9 Hahamongna Watershed Park
<u>Long Run – Easy</u> <u>Beginner</u> 6 miles <u>Advanced</u> 11 miles	<u>Intervals –</u> <u>Beginner</u> Intensity x Recovery x Quantity 5 x 3 x 4 @ 70% <u>Advanced</u> Intensity x Recovery x Quantity 5 x 3 x 6 @ 70%	KIC run 45 mins SCAB training 15 mins ruck repeats (drop additional 5% off laden weight)	KIC run 15 mins SCAB training 30 mins ruck repeats	<u>FIELD TRIP SESSION</u> Time Trial #2 On Trail <u>Hahamongna Watershed Park</u> 4550 Oak Grove Dr. Pasadena, 91103 Field trip session for our 2nd Time Trial will be on trail. Same course we did at the beginning of the program. Timed and charted results for the 3.1 mile dirt loop to see who, and by how much, everyone has improved. Prizes for runners with the highest % of improvement! Hahamongna Watershed Park 4550 Oak Grove Dr. Pasadena 91103

WEEK 14 – May 10-16

<u>Workout 1</u>	<u>Workout 2</u>	<u>Workout 3</u>	<u>Saturday</u> <u>May 16</u>
<u>Long Run</u> Easy <u>Beginner</u> 7 miles <u>Advanced</u> 11 miles	<u>Tempo</u> <u>Beginner</u> 5 miles at 70% <u>Advanced</u> 7 miles at 70%	KIC run 45 mins 5 x 50 meter strides SCAB training 15 mins ruck repeats (drop additional 5% off laden weight)	<i>Check Email and/or team FB page</i>

WEEK 15 – May 17-23

SOFT TAPER WEEK

Workout 1

Long Run – Easy

Beginner 6 miles

Advanced 8 miles

Workout 2

Intervals – Light

Beginner

Intensity x Recovery x Quantity

2 x 2 x 4

@ 60%

Advanced

Intensity x Recovery x Quantity

2 x 2 x 6 @ 60%

Workout 3

KIC run 40 mins

SCAB training 15 mins

Saturday

May 23

MWT RACE DAY!

Have a great race. Relax! Have fun!

