



Nomadic Performance

Trail Running Season Prep Program

This 12-week Trail Running Season Prep Program is designed to build the sport-specific strength, power, and endurance needed to excel. The first 2 weeks are free to give you a taste of the structured progression and dynamic workouts.

Each session includes a warm-up, main training block, conditioning, and cool-down.

Week 1 - Session 1

Phase: Hip Stability & Base Endurance

Warm-Up: Dynamic Mobility (Hip Circles, World's Greatest Stretch, etc.)

Main Exercises: Single-Leg Glute Bridge - 3x10/leg, rest 45s | Step-Downs - 3x8/leg, rest 45s | Side Plank - 3x30s/side, rest 30s

Cool-Down: Foam Rolling & Static Stretching (5-10 min)

Week 1 - Session 2

Phase: Hip Stability & Base Endurance

Warm-Up: Dynamic Mobility (Hip Circles, World's Greatest Stretch, etc.)

Main Exercises: Single-Leg Glute Bridge - 3x10/leg, rest 45s | Step-Downs - 3x8/leg, rest 45s | Side Plank - 3x30s/side, rest 30s

Cool-Down: Foam Rolling & Static Stretching (5-10 min)

Week 2 - Session 1

Phase: Hip Stability & Base Endurance

Warm-Up: Dynamic Mobility (Hip Circles, World's Greatest Stretch, etc.)

Main Exercises: Single-Leg Glute Bridge - 3x10/leg, rest 45s | Step-Downs - 3x8/leg, rest 45s | Side Plank - 3x30s/side, rest 30s

Cool-Down: Foam Rolling & Static Stretching (5-10 min)

Week 2 - Session 2



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Phase: Hip Stability & Base Endurance

Warm-Up: Dynamic Mobility (Hip Circles, World's Greatest Stretch, etc.)

Main Exercises: Single-Leg Glute Bridge - 3x10/leg, rest 45s | Step-Downs - 3x8/leg, rest 45s | Side Plank - 3x30s/side, rest 30s

Cool-Down: Foam Rolling & Static Stretching (5-10 min)

Week 3 - Session 1

Phase: Hip Stability & Base Endurance

Warm-Up: Dynamic Mobility (Hip Circles, World's Greatest Stretch, etc.)

Main Exercises: Single-Leg Glute Bridge - 3x10/leg, rest 45s | Step-Downs - 3x8/leg, rest 45s | Side Plank - 3x30s/side, rest 30s

Cool-Down: Foam Rolling & Static Stretching (5-10 min)

Week 3 - Session 2

Phase: Hip Stability & Base Endurance

Warm-Up: Dynamic Mobility (Hip Circles, World's Greatest Stretch, etc.)

Main Exercises: Single-Leg Glute Bridge - 3x10/leg, rest 45s | Step-Downs - 3x8/leg, rest 45s | Side Plank - 3x30s/side, rest 30s

Cool-Down: Foam Rolling & Static Stretching (5-10 min)

Week 4 - Session 1

Phase: Hip Stability & Base Endurance

Warm-Up: Dynamic Mobility (Hip Circles, World's Greatest Stretch, etc.)

Main Exercises: Single-Leg Glute Bridge - 3x10/leg, rest 45s | Step-Downs - 3x8/leg, rest 45s | Side Plank - 3x30s/side, rest 30s

Cool-Down: Foam Rolling & Static Stretching (5-10 min)

Week 4 - Session 2

Phase: Hip Stability & Base Endurance

Warm-Up: Dynamic Mobility (Hip Circles, World's Greatest Stretch, etc.)

Main Exercises: Single-Leg Glute Bridge - 3x10/leg, rest 45s | Step-Downs - 3x8/leg, rest 45s | Side Plank - 3x30s/side, rest 30s



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Rolling & Static Stretching (5-10 min)

Week 5 - Session 1

Phase: Interval Training & Strength

Warm-Up: Dynamic Mobility (Hip Circles, World's Greatest Stretch, etc.)

Main Exercises: Split Squat - 3x8/leg, rest 60s | Calf Raises - 3x15, rest 45s | Hill Sprints - 6x20s, walk back rest

Cool-Down: Foam Rolling & Static Stretching (5-10 min)

Week 5 - Session 2

Phase: Interval Training & Strength

Warm-Up: Dynamic Mobility (Hip Circles, World's Greatest Stretch, etc.)

Main Exercises: Split Squat - 3x8/leg, rest 60s | Calf Raises - 3x15, rest 45s | Hill Sprints - 6x20s, walk back rest

Cool-Down: Foam Rolling & Static Stretching (5-10 min)

Week 6 - Session 1

Phase: Interval Training & Strength

Warm-Up: Dynamic Mobility (Hip Circles, World's Greatest Stretch, etc.)

Main Exercises: Split Squat - 3x8/leg, rest 60s | Calf Raises - 3x15, rest 45s | Hill Sprints - 6x20s, walk back rest

Cool-Down: Foam Rolling & Static Stretching (5-10 min)

Week 6 - Session 2

Phase: Interval Training & Strength

Warm-Up: Dynamic Mobility (Hip Circles, World's Greatest Stretch, etc.)

Main Exercises: Split Squat - 3x8/leg, rest 60s | Calf Raises - 3x15, rest 45s | Hill Sprints - 6x20s, walk back rest

Cool-Down: Foam Rolling & Static Stretching (5-10 min)

The full 12-week program and personalized coaching are available through Nomadic Performance. Contact us to get started.