



FROM HERO TO GOD

Ragnar's Advanced 12-Week
Training Program

This 12-Week Training Program is for those who run and are active regularly. It assumes you already have a solid base fitness and have been running several times a week, but have not been training for a race. During week 7-12, we suggest you do a few of your runs at night to mimic the night run you'll do during your Ragnar, in addition to running twice a day on tired legs like you will during Ragnar. Yoga, boot camp, crossfit, TRX are all great in addition to running, but not as a substitute.



WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1	35 min.	40 min.	REST	40 min.	35 min.	40 min.	60 min.
2	35 min.	40 min.	REST	40 min.	35 min.	40 min.	60 min.
3	40 min.	45 min. 4x3 min. pickups (2 min rest)	REST	45 min.	40 min.	45 min. 10x1 min. pickups (1 min rest)	75 min.
4	40 min.	45 min. 8x2 min. pickups (90 sec. rest)	REST	45 min.	40 min.	45 min. 2x5 min. pickups (3 min rest)	75 min.
5	30 min.	35 min.	REST	40 min. 8x1 min. pickups (1 min. rest)	30 min.	40 min.	60 min.
6	35 min.	45 min. 3x5 min. pickups (2:30 min. rest)	REST	40 min.	35 min.	40 min. 4x3 min. pickups (2 min rest)	60 min.
7	40 min.	50 min. 8x2 min. pickups (90 sec. rest)	REST	45 min.	40 min.	50 min. 10x90 sec. pickups (90 sec. rest)	75 min.
8	40 min.	50 min. 5x3 min. pickups (2 min rest)	REST	45 min.	40 min.	45 min. 10x1 min. pickups (1 min. rest)	75 min.

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
9	35 min.	40 min. 3x5 min. pickups (2:30 min rest)	REST	45 min.	45 min.	60 min. 6x90 sec. pickups (90 sec. rest)	90 min.
10	35 min.	50 min. 3x5 min. pickups (2:30 min. rest)	REST	35 min.	40 min.	50 min. 5x3 min. pickups (2 min rest)	90 min.
11	35 min.	50 min. 8x2 min. pickups (90 sec. rest)	REST	35 min.	35 min.	40 min. 10x1 min. pickups (1 min rest)	65 min.
12	35 min.	35 min. 10x45 sec. pickups (45 sec. rest)	REST	30 min.			

 Denotes optional two-a-day. So split time in half and run 6-8 hours apart.

 Denotes optional night run. Practice running with a headlamp and get used to running with safety gear.

*Pickups are accelerations during the run. Accelerate from normal running pace for the time specified, and then go back to regular pace during rest periods.



ABOUT STEVE JONES:

Steve Jones, former marathon and half marathon record holder, is a longtime Reebok ambassador. Steve has won multiple major marathons including Chicago, London and NYC and currently coaches runners to maximize their fullest potential.