



Welcome to your BattleFrog 8k Running Program!

How to complete your Training Calendar:

1. Your running workouts will be one of 3 types: Interval, Run WODs and Time Trials. Refer to the Definitions and Descriptions page for more information on what these workouts mean and how to complete them.
2. Run WODs are labeled Workout 1-5. Refer to the Run WOD page to complete the corresponding workout. Exercise technique can be found under the "Exercises" tab on AspireSportsLab.com
4. Interval workouts help increase both aerobic and anaerobic strength and endurance. They are time based and consist of "on" and "off" intervals.
 5. Log your workouts to measure progress from week to week.
6. Sometimes rest days are needed. If your body is under extreme fatigue, skip a workout. You will also need to learn the difference between laziness and needing a break. Learn to listen to your body.
 7. Take one day off between runs. Do not run on consecutive days.
8. These workouts are designed to be used with a strength training program. Do not skip your strength training workouts.
 9. Please read the Waiver and Disclaimer before beginning any exercise program.



ASPIRE SPORTS LAB WAIVER AND DISCLAIMER RELEASE OF LIABILITY

Aspire Sports Lab strives for you to not only finish any race of your desire, but finish happily and healthfully. Unfortunately, participating in an athletic event (running races, triathlons, obstacle course races, etc.) has inherent risks involved and could potentially be considered a hazardous activity. There are numerous risks involved with training for and participating in these events, including, but not limited to, chronic injury, acute injury, and even death. Aspire Sports Lab is not responsible for any of the occurrences while training for or participating in any athletic events. You must have medical clearance from your doctor before you engage in any exercise program and are properly trained before participating in these types of events.

How can you give yourself the best ability to combat any of these injuries or risks?

- Listen to your body. If you need a day off because of fatigue or injury, take a rest day.
- Take every injury, odd feeling, tight muscle, etc. seriously. This could be the start of a bigger problem. Immediately go see a proper medical professional for anything that may arise while training.
- Do not neglect your technique and mobility exercises. Poor technique while training or racing are the corner stones to both acute and chronic injury. Ensure proper technique while training and practice your daily mobility exercises. This will promote not only better performance, but reduce the risk of injury.
- Make sure your race goal is achievable and smart. If you have never run a marathon, an ultra marathon might not be for you. It is always better to start with smaller races and build your way up to longer distances. This will promote a longer and more enjoyable athletic career.
- Eat and drink properly. Ensure you are maintaining proper nutrition and hydration while training and racing. This means eating the proper number of calories for your goals, macro and micronutrient content, water, and electrolytes.



Definitions and Descriptions

- **Interval** - An integral aspect of your training as an endurance athlete where you will have an "on" and "off" portion of your exercise. The intervals will be distance based. Interval Runs are designed to increase aerobic, anaerobic, and lactate threshold.
- **"On" Interval** - Complete the "on" interval by running as quickly as you can for the prescribed time. This interval is to be completed as fast as possible, with good technique maintained. If technique is lost, intensity needs to decrease in order to achieve proper form throughout the interval.
- **"Off" Interval** - Complete the "off" interval by maintaining a pace that recovers the body for the next "on" interval. Although the bulk of your training progress will be achieved during the "on" interval, this is an important interval to be able to maintain proper technique while recovering. During this interval, concentrate on your technique and recovery rather than speed or intensity.
- **Run WOD** — Workouts designed to mimic Obstacle Course Racing by creating strength movements with short runs.
- **Time Trial** — Workouts designed to test your performance in a given distance. Complete the run as quickly as possible.

BattleFrog Training
Plan



January 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 8x400 m Run 1:30 Rest Between Rounds	6	7 Run WOD 1	8	9 3 mile Time Trial
10	11	12 5x800 m Run 2:00 Rest Between Rounds	13	14 Run WOD 2	15	16 3.5 mile Time Trial
17	18	19 12x400 m Run 1:30 Rest Between Rounds	20	21 Run WOD 3	22	23 4 mile Time Trial
24	25	26 2x1 mile Run 5:00 Rest Between Rounds	27	28 Run WOD 4	29	30 3 mile Time Trial

BattleFrog Training
Plan



February 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 2.5 mile Run 6 minutes "on" 4 minutes "off"	3	4 Run WOD 1	5	6 4 mile Time Trial
7	8	9 3 mile Run 3 minutes "on" 2 minutes "off"	10	11 Run WOD 2	12	13 4.5 mile Time Trial
14	15	16 3.5 mile Run 7 minutes "on" 3 minutes "off"	17	18 Run WOD 3	19	20 5 mile Time Trial
21	22	23 4 mile Run 4 minutes "on" 1 minute "off"	24	25 Run WOD 4	26	27 3 mile Time Trial
28	29					

BattleFrog Training
Plan



March 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 2 mile Recovery Run	2	3 Run WOD 5	4	Race Day 5 BattleFrog 8k
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	20	22	23	24	25	26
27	28	29	30			

Run WOD 1

4 Rounds:
30 Burpees
400 m Run

Run WOD 4

8 Rounds:
Odd Rounds: 10 Deadlifts/200 m run
Even Rounds: 50 Foot Farmers Carry/200 m Run

Run WOD 2

3 Rounds:
20 KB Swings
15 Walking Lunges
10 Toes to Bar
5 Burpees
1/2 mile Run

Run WOD 5

400 m Run
25 Pullups
200 m Run
50 ft Farmers Carry
200 m Run
10 Tire Flips
200 m Run
25 Over Head Squats
200 m Run
25 KB Swings
400 m Run

Run WOD 3

400 m Run
30 Pullups
400 m Run
30 Air Squats
800 m Run
30 Burpees
800 m Run
30 Air Squats
400 m Run
30 Pullups
400 m Run