

LEADMAN TRAINING PLAN



This is an extremely intense and event specific plan for one of the most grueling race series in the world. This training plan assumes a level of fitness at the start of week one in which someone could go out and run 20+ miles or bike 40+ miles. Following this plan will give you an excellent shot at becoming a Leadman, however, nothing is ever promised in Leadville! Train hard, and go out and earn those buckles!

A couple of things to note:

- This plan is written for an individual who had access to hills and mountains. If you are training on more flat lands, alterations can be made using stair climbers and more incline on the treadmill.
- I use the general term “BIKE” in all of my workouts. I highly recommend using both a road bike and a mountain bike during your training. It is up to you to decide which you use per workout unless otherwise noted!

For any question, or more information on any of those above alterations, please reach out to Don Reichelt at runwithdon@gmail.com.

Good luck!!

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Week one:

Monday: **RUN:** 5mi easy

Tuesday: **BIKE:** Morning trainer progression ride. Start at 100 watts, increase 25watts every 5 minutes until you are no longer able to complete the 5 minute stage. **RUN:** 30 minutes easy, mid-afternoon

Wednesday: **RUN:** Morning, 1 hour. Find a trail with decent elevation gain. **BIKE:** Easy 30 minute spin, afternoon or evening.

Thursday: **BIKE:** Trainer ride, 1 hour. Focus on your RPM throughout, add in 3x 1 minute at 110+ PRM

Friday: REST DAY

Saturday: **RUN:** 90 minutes

Sunday: **BIKE:** 90 minutes

Week Two:

Monday: Active recovery day: 30-60 minute hike. Roll. Active stretching.

Tuesday: **RUN:** Under/Overs: 1 mile easy, 1 mile hard. Repeat 8 times. Walking cool down.

Wednesday: **BIKE:** Intervals. 20 minute warmup, then 3x 5 minutes at threshold with 5 minute recovery. 20 minute cooldown.

Thursday: **RUN:** 1 hour easy

Friday: **BIKE:** 1 hour easy

Saturday: **RUN:** 2 hours, hilly.

Sunday: **BIKE:** 2 hours

Week Three:

Monday: **RUN:** 1 hour easy

Tuesday: **BIKE:** Morning intervals. 20 minute warmup, 4x 5 minutes at threshold with 4 minute recovery. 20 minute cooldown. **RUN:** 30 minutes, easy.

Wednesday: **RUN:** 1:15, HILLY.

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Thursday: **BIKE:** 1 hour with 5x 1 minute at extremely fast RPM. **RUN:** 30 minutes easy

Friday: Rest Day

Saturday: **RUN:** 2 hours

Sunday: **BIKE:** 2 hours

Week Four: Recovery Week

Monday: REST DAY

Tuesday: **RUN/HIKE:** 1 hour

Wednesday: **BIKE** 1 hour **RUN:** 30 minutes

Thursday: **RUN:** 45 minutes. 10x 50 yard strides after completed.

Friday: REST DAY

Saturday: **BIKE:** 90 minutes easy **RUN:** 30 minutes

Sunday: **RUN:** 90 minutes

Week Five:

Monday: **BIKE:** 1 hour in morning with 5x 1 minute at high RPM **RUN:** 30 minutes afternoon/evening

Tuesday: **RUN:** 1 mile easy, 2 miles at 10K pace. Repeat 3 times. 1 mile easy cooldown.

Wednesday: **RUN:** 75 minutes

Thursday: **BIKE:** 20 minute warmup, then 4x8 minutes at threshold with 4 minutes recovery between each. 20 minute cooldown.

Friday: REST DAY

Saturday: **RUN:** 2:30

Sunday: **BIKE:** 2:30

Week Six:

Monday: **RUN/HIKE:** 45 minutes, easy

Tuesday: **RUN:** Morning; 1 mile easy, 1 mile hard. Repeat 8 times. Walking cooldown. **BIKE:** 1 hour easy. Afternoon

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Wednesday: **RUN:** 75 minutes, first thing in morning, fasted. **RUN:** 1 hour in early afternoon.

Thursday: **BIKE:** 20 minute warmup, 4x 8minutes at threshold with 3.5 minutes rest between. 20 minute cooldown. **RUN:** 30 minutes easy

Friday: REST DAY

Saturday: **RUN:** 3 hours (runnable terrain)

Sunday: **BIKE:** 3 hours (MTB)

Week Seven:

Monday: **RUN/HIKE:** 75 minutes. EASY!

Tuesday: **BIKE:** 90 minutes. 20-30min warmup, 3x 10 minutes at threshold, 20 minute cooldown

Wednesday: **RUN:** 75 minutes moderate pace

Thursday: **BIKE:** 1 hour including 10x 1 minute at 110+ RPM.

Friday: Rest Day

Saturday: **RUN:** 3.5 hours

Sunday: **BIKE:** 3.5 hours

Week Eight: Recovery Week

Monday: Rest Day

Tuesday: **BIKE:** 1 hour, easy

Wednesday: **RUN:** 1 hour; 4:45 easy + :15 fast for entire hour. **BIKE:** 1 hour

Thursday: **BIKE:** 90 minutes

Friday: **RUN/HIKE:** 75 minutes

Saturday: **RUN:** 2:30

Sunday: **BIKE:** 3:30