Notre Dame Trail

# TRAINING SCHEDULE

## 5-Day Pilgrimage — Rochester to Notre Dame

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| **May 1-7** | Rest | 2 miles | Rest | 2 miles | Rest | 2 miles | 2 miles |
| **May 8-14** | Rest | 2 miles | 2 miles | 2 miles | Rest | 2 miles | 3 miles |
| **May 15-21** | Rest | 2 miles | 3 miles | 2 miles | Rest | 3 miles | 4 miles |
| **May 22-28** | Rest | 3 miles | 3 miles | 3 miles | Rest | 4 miles | 5 miles |
| **May 29–June 4** | Rest | 3 miles | 3 miles | 3 miles | Rest | 5 miles | 6 miles |
| **June 5-11** | Rest | 3 miles | 4 miles | 3 miles | Rest | 6 miles | 7 miles |
| **June 12-18** | Rest | 4 miles | 4 miles | 4 miles | Rest | 7 miles | 8 miles |
| **June 19-25** | Rest | 4 miles | 5 miles | 4 miles | Rest | 8 miles | 9 miles |
| **June 26–July 2** | Rest | 4 miles | 5 miles | 4 miles | Rest | 9 miles | 10 miles |
| **July 3-9** | Rest | 4 miles | 5 miles | 4 miles | Rest | 10 miles | 11 miles |
| **July 10-16** | Rest | 4 miles | 5 miles | 4 miles | Rest | 11 miles | 12 miles |
| **July 17-23** | Rest | 4 miles | 5 miles | 4 miles | Rest | 12 miles | 13 miles |
| **July 24-30** | Rest | Rest | 4 miles | 4 miles | 4 miles | 13 miles | 14 miles |
| **July 31–Aug. 6** | Rest | 3 miles | 3 miles | 3 miles | Rest | 14 miles | 15 miles |
| **Aug. 7-13** | Rest | Rest | 4 miles | 4 miles | 4 miles | 15 miles | 14 miles |
| **Aug. 14-20** | Rest | 3 miles | 3 miles | 3 miles | Rest | 4 miles | 3 miles |
| **Aug. 21-27** | Rest | 17 miles | 15 miles | 16 miles | 16 miles | 3 miles | Celebrate! |
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# I.R.I.S.H. SPORTS NUTRITION

## 5 Solid Fundamental Habits = SUCCESS!

### 1 IRISH Eat Often

Aim to eat 3 meals/day with 2-3 snacks. 3-4 hours apart.
This promotes lean muscle growth, assures proper pre-workout fuel and assists with post-workout recovery.

### 2 Rest & Recover

Recover as hard as you train:
-Aim for 8-10 hours of sleep a day.
-Eat lots of fruits & veggies to aid in recovery.
-Eat a meal or snack containing carb & protein 15-30 min. post-workout to help with muscle synthesis.

**Try these:** Chocolate milk, PB &J, Yogurt berry parfait, fruit/veggie/protein smoothie (Greek yogurt, protein powder, frozen fruit, handful of spinach, water or juice)

### 3 Include Lean Protein

Lean protein with every meal & snack.

Chicken, Turkey, Fish, Eggs, Cottage Cheese, Greek Yogurt, Beans, Nuts.

LESS LEGS --> MORE LEAN

### 4 Hydrate

1/2 body weight in oz of water/day minimum!
BONUS: oz for every lb!
Always carry a water bottle!

Not as thirsty during cold winter months?
Try:
-Including more fruits & veggies (they contain a lot of water!)
-Drink warm tea (more satisfying when it's cold out)

### 5 Start with Breakfast!

Break-the-fast!!
Eat within 30 minutes of waking up!

Build a balanced plate:
Protein + Carb + Color

Here's an idea:
-Omelet with veggies & toast
-PB & J with banana and yogurt

# STRENGTH & INJURY PREVENTION PROGRAM

| Training Frequency | 1x/week | 2x/week | 3x/week |
|---|---|---|---|
| (Optional based on time available) | Session 1: Whole Body | Session 1: Whole Body | Session 1: Whole Body |
| | | Session 2: Lower Body | Session 2: Lower Body |
| | | | Session 3: Whole Body |

## SESSION 1: WHOLE BODY

| No. | Exercise | Sets | Reps | Rest | Tempo | Comments |
|---|---|---|---|---|---|---|
| 1 | BODYWEIGHT SQUATS or SIT-TO-STAND | 3 | 8 - 12 | 1:00 | Slow | Keeping your head up and the feet flat, squat down as low as possible. Alternatively, rise from a chair and return to being seated. |
| 2 | STEP UP WITH HIGH KNEE LIFT | 2 | 15 - 20 | 1:30 | High | Find a step or bottom stair. Place one foot on the step. Step up whilst lifting the opposite leg to a high knee position. Lower and repeat. |
| 3 | MOUNTAIN CLIMBERS (HAND ON FLOOR OR CHAIR) | 3 | 10 - 20 | 1:00 | Moderate | bridge on the hands and toes. When ready lift one knee up to touch the elbow. Return. Repeat on the other side. Continue for the desired reps |
| 4 | RUNNER TOUCH | 2 each side | 6 - 8 | 0:30 | Slow | Balance on one leg with the other knee lifted. Slowly drop the non-standing leg behind and try to touch the floor. Return to upright balance |
| 5 | HIP BRIDGES | 3 | 20 | 1:00 | Slow | Lying on your back, bend your knees and put your feet flat on the floor. Slowly raise your hips, hold at the top for a 3 count, and lower. Repeat |
| 6 | FACE DOWN LYING 'SKYDIVERS' | 3 | 6 - 12 | 1:00 | Slow | Lying face down, hands to the side of the ears. Raise the head, chest and feet off the ground at the same time. Pause at the top and lower. Repeat |

## SESSION 2: LOWER BODY

| No. | Exercise | Sets | Reps | Rest | Tempo | Comments |
|---|---|---|---|---|---|---|
| 1 | ALTERNATING BACKWARDS LUNGE | 3 | 8 - 12 | 1:00 | Moderate | Standing erect, step backwards with one foot, placing it behind you. Bend your forward knee and drop into a lunge position. Return |
| 2 | SQUAT JUMPS | 4 | 5 | 1:30 | High | Perform a squat movement at high speed such that upon rising out the squat you jump into the air. Land. Reset, and then repeat. |
| 3 | SIDE LYING 'CLAMS' | 3 | 10 each | 0:30 | Moderate | Lying on your side, bend both knees together. Keeping the feet touching raise the top knee into the air, opening the gap between your knees. |
| 4 | SIDE LYING TOP LEG LIFTS (STRAIGHT LEG) | 3 | 10 each | 0:30 | Moderate | Lying on your side, bottom leg bent, and top leg straight. Keep the body still, and working from the hip raise the top leg into the air, and lower |
| 5 | SINGLE LEG SIT TO STAND | 3 | 8 - 12 each | 1:00 | Moderate | Sit on a dining chair, with 1 foot on the ground, the other raised. Slowly lean forwards, and using 1 leg rise to standing. Lower and repeat. |

## SESSION 3: WHOLE BODY

| No. | Exercise | Sets | Reps | Rest | Tempo | Comments |
|---|---|---|---|---|---|---|
| 1 | SPEED SQUATS | 4 | 15 - 20 | 1:30 | High | Keeping feet flat on the floor perform squat movements at a high tempo with speed continuously for the required repetitions. |
| 2 | FACE-UP STRAIGHT LEG RAISE (SINGLE OR DOUBLE) | 3 | 6 - 15 | 1:00 | Moderate | Lying on your back, legs out straight. Slowly raise straight legs up into the air up to 12 o'clock. Slowly lower. Repeat |
| 3 | SIDE LUNGE | 2 | 10 each | 1:00 | Moderate | Standing erect, facing forwards, step sideways with one leg. Plant the foot and then flex the knee to drop into a side lunge. Return to start. |
| 4 | WALKING ON TIP TOES (FORWARDS & BACK) | 3 | 1min | 0:45 | Slow | Find a hallway or space. Raise up onto your tip toes and walk forwards then back over 15yrds for 1min |
| 5 | CONTINUOUS STAIR WALKING | 3 | 1min | 2:00 | Moderate | Find a flight of stairs. Start a timer for 1min, and walk continuously up and down the stairs for the full minute. Try to maintain the same pace. |
| 6 | WINDSHIELD WIPERS' | 3 | 6 - 12 | 1:00 | Slow | Lying on your back, arms out to the side and knees bent at 90 degrees to the chest. Lower to the right side, then raise and lower to the left. |

# PREHYDRATE
# HYDRATE
# REHYDRATE

CONSUME FLUIDS AND HIGH WATER CONTENT FOODS THROUGHOUT THE DAY TO STAY WELL HYDRATED

Always start exercise prehydrated!

**HOUR BEFORE ACTIVITY DRINK ATLEAST 16 OZ WATER**

1/2 GREEN GATORADE BOTTLE
1 REGULAR WATER BOTTLE

**EVERY 15 MIN DURING, DRINK ATLEAST 6OZ OF FLUIDS**

2 HOUR PRACTICE= DRINK 48 OZ

**FOR EVERY 1 LB LOST AFTER EXERCISE DRINK 20 OZ ASAP**

**1 OZ = 1 GULP**

CHECK URINE COLOR OFTEN! IS IT LIKE LEMONADE? OR APPLE JUICE?