

TETON TRAIL RUNNERS

Summer 2024 Speed Work Training Runs

Teton Trail Runners in partnership with Exum, Arc'teryx, and Evoke Endurance are offering all local runners no matter their fitness the chance to learn about structured training to improve their trail running. Structured training can seem complicated maybe even scary, but we aim to simplify it using the 80/20 rule, helping you see its benefits. Group training adds to the enjoyment, as these sessions are conducted together. Each 60-minute session includes a 45-minute workout, designed to fit efficiently within an hour. This schedule also allows time to discuss the theory, benefits, and adaptations of the training. These sessions will occur Monday mornings 7am-8am over the next 6 weeks leading up to the Teton Mountain Run weekend at JHMR. Come to all or one. Bring water, snacks and appropriate layers. Run at your own risk. Sign up to get on our mailing list and follow us on Facebook, Instagram and Strava! www.tetontrailrunners.run

DATE	LOCATION	TRAINING SESSION
Mon, June 3 @ 7am	Snow King Gondola	Hill Sprints
Mon, June 10 @ 7am	May Park	30/30s
Mon, Jun 17 @ 7am	May Park	Strides
Mon, June 24 @7am	Snow King Gondola	Hill Sprints
Mon, July 1 @7am	May Park	30/30s
Mon, July 8 @7am	May Park	Strides

The benefits and adaptations will be discussed beforehand. Each participant will receive a take-home version to refer back to. This is open to all levels of training knowledge and abilities. Exum/Arc'teryx and Evoke Endurance are here to help clear up any questions you may have. We will conduct these as a group



www.tetontrailrunners.run