

## TRAINING CHALLENGE

### Breakout Sessions - Winter 2024

	<p>Monday: 6 pm Training Week Planning, 6.15 pm Masterclass, 6.45pm Q/A (Recorded)</p> <p>Wednesday: 11.30 am or 5 pm 15min Workshop (Recorded)</p> <p>Sunday: 8 pm optional Feedback session</p>
<p><b>Pre-Week</b> 28.10.24</p>	<p><b>Masterclass: Goals and Concept</b></p> <p><b>Workshop: Warm-Up</b></p> <p>Sunday: Q/A and Registration, Runners Report Calls</p>
<p><b>Week 1</b></p>	<p><b>Masterclass: Training plans, Units, Equipment (Shoes, Watches, HR Monitors, . . .)</b></p> <p><b>Workshop: Watch settings, Strava, Heartrate Screening</b></p> <p>Runners Report Calls</p>
<p><b>Week 2</b></p>	<p><b>Masterclass: Runners specific Muscle Building (Strength)</b></p> <p><b>Workshop: Home Workout + Gym Workout</b></p>
<p><b>Week 3</b></p>	<p><b>Masterclass: Plyometrics, Running Technique and Drills</b></p> <p><b>Workshop: Running Drills (Lauf ABC)</b></p>
<p><b>Week 4</b></p>	<p><b>Masterclass: Recovery Week, Rest days, Supercompensation</b></p> <p><b>Workshop: Breathing Session</b></p>
<p><b>Week 5</b></p>	<p><b>Masterclass: Athletes Nutrition (Training and Race)</b></p> <p><b>Workshop: Interview with a Pro-Athlete</b></p>
<p><b>Week 6</b></p>	<p><b>Masterclass: The Power of Mind: Performance, Endurance, Training</b></p> <p><b>Workshop: Mind-Set Tools</b></p>
<p><b>Week 7</b></p>	<p><b>Masterclass: Flow-State, Runners-High, Stress-States</b></p> <p><b>Workshop: Fasting Challenge</b></p>
<p><b>Week 8</b></p>	<p><b>Masterclass: Run Analysis (Technique) and Injury Prevention</b></p> <p><b>Workshop: Posture Alignment (Injury Prevention) Exercises</b></p> <p>Sunday Feedback Call: Run Analysis Results</p>
<p><b>Bous-Week</b></p>	<p><b>Masterclass: Interview Mindset of an Endurance Mountaineer Athlete</b></p> <p><b>Workshop: Feedback Community Call and Perspective</b></p> <p>Individual Feedback and Perspective Calls</p>

Additional Components with the Personal Coaching Add-on will be weekly specific adjusted Training plans, Performance Tests, individual Nutrition Testing and Strategy building (Short and Long-term), a personal Assessment Call (Runners Report) as well as a Catch-up/Strategy Call in Week 4 and 8.