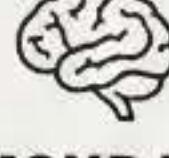


THE STOTAN WEEK – COACHSALTMARSH.COM

BUILDING RESILIENCE. FORGING LEADERS. RECLAIMING THE RUN.



MONDAY

AEROBIC FOUNDATION + POWER



TUESDAY

STRENGTH + MOBILITY



WEDNESDAY

OLD SCHOOL FARTLEK



THURSDAY

RECOVERY & MOVEMENT



FRIDAY

POWER DEVELOPMENT



SATURDAY

THE LONG EFFORT / RACE PREP



SUNDAY

RESET & REFLECT

- 50-60 min Easy Run (Conversational Effort)
- 6 x 10s Steep Hill Sprints (Max Effort, Walk Down Rec)
- Post-Run Core: 3 x 1 min Plank

Focus: Run tall. Drive hips on hills.

STOTAN PRINCIPLE: Discipline isn't punishment. It's freedom from weakness.

- Full Body Lift (Trap Bar Deadlift, Goblet Squat, Pull-Ups)
- 3-5 sets, Moderate Weight, Controlled Tempo
- 15 min Dynamic Stretching & Foam Roll

Focus: Intentional movement. Don't chase numbers.

STOTAN PRINCIPLE: Strength is the foundation of durability. Build the chassis.

- 45 min Continuous Run with Unstructured Surge
- 8-10 x (1-2 min HARD / 2-3 min MODERATE)
- Based on terrain & feel. No watches.

Focus: Listen to your body. Attack the hills.

STOTAN PRINCIPLE: Nature is the ultimate coach. Adapt to the environment.

- 30-40 min Active Recovery Run (Very Easy)
- Full Body Mobility Flow (Yoga/Animal Crawls)
- Hydrate. Sleep. Eat Real Food.

Focus: Recharge. Don't force effort today.

STOTAN PRINCIPLE: Recovery is where growth happens. Respect the rest.

- 15 min Warm-up + Drills
- 8 x Short Hills (6-8s, Full Recovery, Explosive)
- Plyometrics: 3 x 5 Box Jumps, 3 x 8 Med Ball Throws
- 15 min Cool-down

Focus: Maximize force output. Quality over quantity.

STOTAN PRINCIPLE: Power is the expression of strength. Be explosive.

- 70-90 min Long Run (Rolling Hills)
- Optional: Last 15-20 min at Tempo Effort
- Simulate race day nutrition & routine.

Focus: Build mental endurance. Practice the finish.

STOTAN PRINCIPLE: Endurance is a mental battle. Stay present in the discomfort.

- Complete Rest Day or 20-30 min Walk/Hike
- Review the week's training. Journal thoughts.
- Prepare meals for the week ahead.

Focus: Clear your mind. Prepare for the next cycle.

STOTAN PRINCIPLE: The mind leads the body. Reflect to evolve.