

# 50K (HILLY TRAIL)

## 18-WEEK TRAINING RUN

### WEEK 4

<b>MONDAY</b> <b>Rest day</b> Focus on recovery activities: stretching, foam rolling, light cardio, etc.	<b>TUESDAY</b> <b>Recovery run 1:00:00</b> Your pace and heart rate should be a bit lower than those of a base run.	<b>WEDNESDAY</b> <b>45:00</b> Run at a steady, consistent effort.	<b>THURSDAY</b> <b>DOC</b> Listen to your body.	<b>FRIDAY</b> <b>Hilly intervals 1:10:00</b> 15-minute warm-up at base pace 3 x 10 minutes at 12-15 bpm higher than base pace with 5-minute recovery jog between 15-minute cool-down	<b>SATURDAY</b> <b>Recovery run 30:00</b> Run at a comfortable pace.	<b>SUNDAY</b> <b>LONG RUN 1:30:00</b> Effort level should be consistent and steady, and this run should be done on a hilly or mountainous terrain to mimic race-day conditions.
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### WEEK 5

<b>MONDAY</b> <b>DOC</b> Listen to your body.	<b>TUESDAY</b> <b>Intervals 1:07:00</b> 15-minute warm-up at base pace 5 x 5 minutes at 20-25 bpm higher than base pace with 2-3-minute recovery jog between 15-minute cool-down	<b>WEDNESDAY</b> <b>DOC</b> Listen to your body.	<b>THURSDAY</b> <b>1:00:00</b> Run at a steady, consistent effort.	<b>FRIDAY</b> <b>Progression run 1:00:00</b> 15-minute warm-up at base pace 30-minute hilly progression: first 10 minutes at 10 bpm faster than base heart rate, and drop 2-3 bpm for each of the next two 10-minute blocks 15-minute cool-down The progression portion of this workout should mimic the race environment as closely as possible.	<b>SATURDAY</b> <b>DOC</b> Listen to your body.	<b>SUNDAY</b> <b>LONG RUN 2:00:00</b> Effort level should be consistent and steady, and this run should be done on a hilly or mountainous terrain to mimic race-day conditions.
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### WEEK 6

<b>MONDAY</b> <b>DOC</b> Listen to your body.	<b>TUESDAY</b> <b>Tempo run 1:00:00</b> 15-minute warm-up at base pace 30-minute hilly tempo to mimic race-day conditions (heart rate 10 bpm higher than warm-up) 15-minute cool-down	<b>WEDNESDAY</b> <b>DOC</b> Listen to your body.	<b>THURSDAY</b> <b>1:00:00</b> Run at a steady, consistent effort.	<b>FRIDAY</b> <b>Progression run 1:00:00</b> 15-minute warm-up at base pace 30-minute hilly progression: first 10 minutes at 10 bpm faster than base heart rate and drop 2-3 bpm for each of the next two 10-minute blocks 15-minute cool down The progression portion of this workout should be done on hilly or mountainous terrain.	<b>SATURDAY</b> <b>30:00</b> Run at a steady, consistent effort.	<b>SUNDAY</b> <b>LONG RUN 2:30:00</b> Run at a steady, consistent effort. This run should be done on hilly or mountainous terrain to mimic race-day conditions.
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### WEEK 7

<b>MONDAY</b> <b>Rest day</b> Focus on recovery activities: stretching, foam rolling, light cardio, etc.	<b>TUESDAY</b> <b>Tempo run 1:15:00</b> 20-minute warm-up at base pace 40-minute hilly tempo (heart rate 10 bpm higher than base pace) 15-minute cool-down	<b>WEDNESDAY</b> <b>DOC</b> Listen to your body.	<b>THURSDAY</b> <b>45:00</b> Run at a steady, consistent effort.	<b>FRIDAY</b> <b>Hilly intervals 1:10:00</b> 15-minute warm-up 3 x 10 minutes at 15 bpm higher than average pace with 5-minute recovery jog between. This workout should be done on hilly terrain that matches the course you are training for as closely as possible. 15-minute cool-down	<b>SATURDAY</b> <b>1:15:00</b> Run at a steady, consistent effort.	<b>SUNDAY</b> <b>LONG RUN 3:00:00</b> Run at a steady, consistent effort. This run should be done on hilly or mountainous terrain to mimic race-day conditions.
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### WEEK 8

<b>MONDAY</b> <b>Rest day</b> Focus on recovery activities: stretching, foam rolling, light cardio, etc.	<b>TUESDAY</b> <b>30:00</b> Run at a steady, consistent effort.	<b>WEDNESDAY</b> <b>30:00</b> Run at a steady, consistent effort.	<b>THURSDAY</b> <b>DOC</b> Listen to your body.	<b>FRIDAY</b> <b>1:00:00</b> Run at a steady, consistent effort.	<b>SATURDAY</b> <b>45:00</b> Run at a steady, consistent effort.	<b>SUNDAY</b> <b>LONG RUN 1:30:00</b> Run at a steady, consistent effort. This run should be done on hilly or mountainous terrain to mimic race-day conditions.
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