

50K (HILLY TRAIL)

18-WEEK TRAINING RUN

WEEK 9

<p>MONDAY</p> <p>DOC</p> <p>Listen to your body.</p>	<p>TUESDAY</p> <p>Hill repeats 1:00:00</p> <p>20-minute warm-up. 20 x 20-second quick uphill repeats. These intervals should be intense, as if you were doing an all-out 100-200-meter dash, but uphill. Give yourself 40 seconds easy jogging/walking between each interval. 20-minute cool-down</p>	<p>WEDNESDAY</p> <p>Recovery run 1:00:00</p> <p>Run at a comfortable pace.</p>	<p>THURSDAY</p> <p>1:00:00</p> <p>Run at a steady, consistent effort.</p>	<p>FRIDAY</p> <p>Intervals 1:00:00</p> <p>15-minute warm-up at base pace 5 x 4 minutes at 20-25 bpm faster than base pace with 2-minute recovery jog between 15-minute cool-down</p>	<p>SATURDAY</p> <p>DOC</p> <p>Listen to your body.</p>	<p>SUNDAY</p> <p>LONG RUN 3:00:00</p> <p>Run at a steady, consistent effort. This run should be done on hilly or mountainous terrain to mimic race-day conditions.</p>
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WEEK 10

<p>MONDAY</p> <p>Rest day</p> <p>Focus on recovery activities: stretching, foam rolling, light cardio, etc.</p>	<p>TUESDAY</p> <p>Hills 1:00:00</p> <p>20-minute warm-up 20 x 20-second quick uphill repeats. These intervals should be intense, as if you were doing an all-out 100-200-meter dash, but uphill. Give yourself 40 seconds easy jogging/walking</p>	<p>WEDNESDAY</p> <p>Recovery run 30:00</p> <p>Run at a comfortable pace.</p>	<p>THURSDAY</p> <p>45:00</p> <p>Run at a steady, consistent effort.</p>	<p>FRIDAY</p> <p>Progression run 1:00:00</p> <p>15-minute warm-up at base pace 30-minute 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.</p>	<p>SATURDAY</p> <p>DOC</p> <p>Listen to your body.</p>	<p>SUNDAY</p> <p>LONG RUN 3:30:00</p> <p>Run at a steady, consistent effort. This run should be done on a hilly or mountainous terrain to mimic race-day conditions.</p>
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WEEK 11

<p>MONDAY</p> <p>Rest day</p> <p>Focus on recovery activities: stretching, foam rolling, light cardio, etc.</p>	<p>TUESDAY</p> <p>Intervals 1:00:00</p> <p>15-minute warm-up at base pace. 10 x 90 seconds at 25 bpm higher than base pace with 90-second recovery jog between 15-minute cool-down</p>	<p>WEDNESDAY</p> <p>Recovery run 30:00</p> <p>Run at a comfortable pace.</p>	<p>THURSDAY</p> <p>1:00:00</p> <p>Run at a steady, consistent effort.</p>	<p>FRIDAY</p> <p>Tempo run 1:10:00</p> <p>15-minute warm-up at base pace 40-minute hilly tempo (heart rate 10 bpm higher than warm-up) 15-minute cool-down The tempo portion of this workout should be done on hilly or mountainous terrain.</p>	<p>SATURDAY</p> <p>DOC</p> <p>Listen to your body.</p>	<p>SUNDAY</p> <p>LONG RUN 4:00:00</p> <p>Run at a steady, consistent effort. This run should be done on hilly or mountainous terrain to mimic race-day conditions.</p>
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WEEK 12

<p>MONDAY</p> <p>Rest day</p> <p>Focus on recovery activities: stretching, foam rolling, light cardio, etc.</p>	<p>TUESDAY</p> <p>Recovery run 30:00</p> <p>Run at a comfortable pace.</p>	<p>WEDNESDAY</p> <p>45:00</p> <p>Run at a steady, consistent effort.</p>	<p>THURSDAY</p> <p>45:00</p> <p>Run at a steady, consistent effort</p>	<p>FRIDAY</p> <p>Intervals 1:00:00</p> <p>15-minute warm-up at base pace 8 x 60 seconds at 25 bpm higher than base pace with 90-second 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</p>	<p>SATURDAY</p> <p>DOC</p> <p>Listen to your body.</p>	<p>SUNDAY</p> <p>LONG RUN 1:30:00</p> <p>Run at a steady, consistent effort. This run should be done on hilly or mountainous terrain to mimic race-day conditions.</p>
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WEEK 13

<p>MONDAY</p> <p>1:00:00</p> <p>Run at a steady, consistent effort.</p>	<p>TUESDAY</p> <p>Intervals 1:07:00</p> <p>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</p>	<p>WEDNESDAY</p> <p>Recovery run 1:00:00</p> <p>Run at a comfortable pace.</p>	<p>THURSDAY</p> <p>DOC</p> <p>Listen to your body.</p>	<p>FRIDAY</p> <p>Intervals 1:20:00</p> <p>20-minute warm-up at base pace 3 x 10 minutes at 15 bpm higher than base pace with 5-minute recovery jog between. These long intervals should be on hilly terrain as close to course terrain as possible. 20-minute cool-down</p>	<p>SATURDAY</p> <p>Recovery run 30:00</p> <p>Run at a comfortable pace.</p>	<p>SUNDAY</p> <p>LONG RUN 3:00:00</p> <p>Run at a steady, consistent effort. This run should be done on a hilly or mountainous terrain to mimic race-day conditions.</p>
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