

## WEEK 14

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Rest day</b> Focus on recovery activities: stretching, foam rolling, light cardio, etc.	<b>Hybrid</b> <b>Tempo &amp; speed</b> <b>1:11:00</b> 15-minute warm-up at base pace 20-minute hilly tempo at 12 bpm faster than base pace. 5-minute recovery jog 8 x 60 seconds at 25 bpm faster than warm-up with 1-minute recovery jog between each 15-minute cool-down	<b>Recovery run</b> <b>1:00:00</b> Run at a comfortable pace.	<b>DOC</b> Listen to your body.	<b>Intervals</b> <b>1:20:00</b> 20-minute warm-up at base pace. 3 x 10 minutes at 15 bpm higher than average base pace with 5-minute recovery jog between 20-minute cool-down	<b>Recovery run</b> <b>30:00</b> Run at a comfortable pace.	<b>LONG RUN</b> <b>3:30:00</b> Run at a steady, consistent effort. This run should be done on hilly or mountainous terrain to mimic race-day conditions.

## WEEK 15

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Rest day</b> Focus on recovery activities: stretching, foam rolling, light cardio, etc.	<b>1:00:00</b> Run at a steady, consistent effort.	<b>Progression run</b> <b>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 (180 – age), and drop 2–3 bpm for each of the next two 10-minute blocks 15-minute cool-down	<b>DOC</b> Listen to your body.	<b>Tempo run</b> <b>1:00:00</b> 15-minute warm-up at base pace 30-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.	<b>DOC</b> Listen to your body.	<b>LONG RUN</b> <b>4:00:00</b> Run at a steady, consistent effort. This run should be done on hilly or mountainous terrain to mimic race-day conditions.

## WEEK 16

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Rest day</b> Focus on recovery activities: stretching, foam rolling, light cardio, etc.	<b>Recovery run</b> <b>45:00</b> Run at a comfortable pace.	<b>1:00:00</b> Run at a steady, consistent effort.	<b>Progression run</b> <b>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	<b>Recovery run</b> <b>1:00:00</b> Run at a comfortable pace.	<b>DOC</b> Listen to your body.	<b>LONG RUN</b> <b>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.

## WEEK 17

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Rest day</b> Focus on recovery activities: stretching, foam rolling, light cardio, etc.	<b>Tempo run</b> <b>1:00:00</b> 15-minute warm-up at base pace 30-minute hilly tempo 15-minute cool-down The tempo portion of this workout should be done on hilly or mountainous terrain.	<b>30:00</b> Run at a steady, consistent effort.	<b>DOC</b> Listen to your body.	<b>Progression run</b> <b>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	<b>DOC</b> Listen to your body.	<b>LONG RUN</b> <b>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.

## WEEK 18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>DOC</b> Listen to your body.	<b>Hill repeats</b> <b>45:00</b> 20-minute warm-up (preferably on hilly terrain) 10 x 20 seconds quick uphill repeats. These intervals should be intense as if you were doing an all-out 100–200-meter dash, but uphill. You should give yourself 40-second easy jogging/walking between each interval. 15-minute cool-down	<b>30:00</b> Run at a steady, consistent effort.	<b>Recovery run</b> <b>30:00</b> Run at a comfortable pace.	<b>DOC</b> Listen to your body.	<b>50K RACE</b>	<b>Rest day</b> Focus on recovery activities: stretching, foam rolling, light cardio, etc.