

AREC 50K TRAIL TRAINING PLAN

*** Follow the pre-season mileage in the shaded columns beginning the week of Dec 24 so that you are ready to train in January!**

* The pre-season schedule will help to ensure that:

* Your weekend long run is at least 10 miles for a few weeks before training season.

* You are running on both Saturday and Sunday, back to back.

* You are running at least 28 miles per week for about a month.

* Begin to incorporate walking (yes, WALKING) into your runs, by either walking up hills, OR in intervals (i.e. run 5 minutes, walk 2 minutes).

Week	Mo	Tu	We* Optional Competitive	Th	Fr	Sa	Su	Weekly Total	Weekly Total*
1 26-Nov	6	6	5	6		10		28	33
2 3-Dec		6	5	6		10	6	28	33
3 10-Dec		6	5	6		10	7	29	34
4 17-Dec		6	5	6		11	7	30	35
1 24-Dec		6	6	6		8	5	25	31
2 31-Dec		6	7	6		12	8	32	39
3 7-Jan		6	8	7		14	8	35	43
4 14-Jan		7	9	7		16	8	38	47
5 21-Jan		6	9	6		11	7	30	39 MASSAGE!
6 28-Jan		8	10	7		18	9	42	52
7 4-Feb		8	11	7		20	9	44	55
8 11-Feb		8	10	7		22	10	47	57
9 18-Feb		8	10	8		10	10	36	46 MASSAGE!
10 25-Feb		8	10	8		26 Race	8	50	60
11 4-Mar		8	10	8		24	10	50	60
12 11-Mar		6	8	6		18	6	36	44
13 18-Mar		5	6	5		10	5	25	31 MASSAGE!
14 25-Mar	4	3	2			31 Race		38	40

To FINISH the distance (recommended for anyone who has little to no prior ultra-marathon experience) complete mileage in white and blue columns. Monday and Friday should be rest OR a NON-leg cross training day (i.e. swimming, yoga, SUP). Wednesday can (and optimally should) include ANY type of cross-training (i.e. spin class, yoga, stairmaster, swimming, yoga, SUP).

* To **BE MORE COMPETITIVE** at this distance: OPTION #1: Complete the optional mileage listed in green columns on Wednesday for higher weekly mileage volume.

To **BE MORE COMPETITIVE** at this distance: OPTION #2: Include "tempo" running and/or interval workouts on ONE of your Tuesday or Thursday runs, either weekly, or every other week (as OPPOSED to adding Wednesday mileage)

To **BE MORE COMPETITIVE** at this distance: OPTION #3: Do option #1 AND option #2 so that your weekly mileage volume is higher AND you are incorporating faster running into your mid-week workouts.