

Ultra Training –WTC & AR50

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Active	30 minute	60 minutes w/	45 minute	Rest Day	12 mile trail	30 minute
12/3-12/9	Recovery Core, X-	easy run	pickups	easy run & core		run, easy	jog
12/3-12/9	train,			core		pace	
	mobility						
Week 2	Active	30 minute	Hills	45 minute	Rest Day	14 mile trail	30 minute
	Recovery	easy run	15wu	easy run &		run, easy	jog
12/10-12/16	Core, X-		4 hill repeats	core		pace	
	train,		15cd				
	mobility						
Week 3	Active	40 minute	Repeats	50 minute	Rest Day	16 mile trail	35 minute
	Recovery	easy run	15wu/2o2ox6/	easy run &		run, easy	recovery
12/17-12/23	Core, X-		15cd (2 on, 2 off, rpt 6	core		pace	run
	train, mobility		times				
Week 4	45 minute	Holiday!	Hills	60 minute	Rest Day	18 run, easy	40 minute
WCCK 4	easy run	Politically.	15wu	easy run &	Resi Buy	pace	recovery
12/24-12/30			4-5 hill repeats	core		1	run
			15cd				
Week 5	Active	30 minute	45 minutes w/	45 minute	Rest Day	14 mile trail	45 minute
12/31-1/6	Recovery Core, X-	easy run	pickups	easy run & core		run, easy	recovery
12/31-1/0	train,			core		pace	run
	mobility						
Week 6	Active	45 minute	Down Hill Rpts	60 minute	Rest Day	20 mile trail	30 minute
	Recovery	easy run	15wu	easy run &		run, easy	recovery
1/7-1/13	Core, X-		5-6	core		pace	run
	train,		repeats/Hike up				
*** 1.7	mobility	45	15cd	60	D (D	22 11 11	(0
Week 7	Active Recovery	45 minute	Tempo 15wu/30T/15cd	60 minute easy run &	Rest Day	23 mile trail run, easy	60 minute recovery
1/14-1/20	Core, X-	easy run	15wu/501/15cu	core		pace	run
1/17-1/20	train,			2010		pucc	1411
	mobility						
Week 8	Active	45 minute	Hills	60 minute	Rest Day	24 mile trail	60 minute
	Recovery	easy run	15wu	easy run		run, easy	recovery
1/21-1/27	Core, X-		5-6 hill repeats			pace	run
	train,		15cd				
	mobility						

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Week 9	Active	40 minute	Repeats	45 minute	Rest Day	16 mile trail	30 minute
1/28-2/3	Recovery	easy run	15wu/2o2ox6/ 15cd	easy run &		run, easy	recovery
1/20-2/3	Core, X- train,		(2 on, 2 off, rpt 6	core		pace	run
	mobility		times				
Week 10	Active	45 minute	Hills	60 minute	Rest Day	20 mile	60 minute
WCCK 10	Recovery	easy run	15wu	easy run &	Resi Buy	STERNSTA	recovery
2/4-2/10	Core, X-	cusy run	6 hill repeats	core		A STATE OF THE STA	run
_,, _,	train,		15cd			MILES DAY	2 0,22
	mobility					DURANCER	
	·					Training Run	
Week 11	Active	45 minute	Tempo	60 minute	Rest Day	26 mile trail	60 minute
	Recovery	easy run	15wu/35T/10cd	easy run &		run, easy	recovery
2/11-2/17	Core, X-			core		pace	run
	train,						
TT 1 10	mobility	20	D: 1 II	45	D . D	00	20 :
Week 12	Active	30 minute	Pick Ups	45 minute	Rest Day	80 minute	30 minute
2/18-2/24	Recovery Core, X-	easy run	45-60 minute easy run w/	easy run & core		easy run	recovery
2/10-2/24	train,		pickups	core			run
	mobility		pickups				
Week 13	Rest Day	30 minute	45-60 minute	Rest Day or	Rest Day	WAY TOO	Rest Day or
2/25 2/2		easy run	easy run	30-45minute		TUUL	30 minute
2/25-3/3				light run		5nk	walk
						ENDURANCE RUN	
Week 14	Active	30 minute	Hills	Pick Ups	Rest Day	2.5 hour trail	60 minute
	Recovery	easy run	15wu	45-60 minute		run, easy	recovery
3/4-3/10	Core, X-		6 hill repeats	easy run w/		pace	run
	train,		15cd	pickups			
	mobility						
Week 15	Active	45 minute	Pick Ups	60 minute	Rest Day	16-18 mile	60 minute
	Recovery	easy run	45-60 minute	easy run &		trail run, easy	recovery
3/11-3/17	Core, X-		easy run w/	core		pace	run
	train,		pickups				
Week 16	mobility	45 minute	Dials I Inc	45 minute	Dagt Dag	20-22 mile	30 minute
week 10	Active Recovery		Pick Ups 45-60 minute	easy run &	Rest Day	trail run, easy	
3/18-3/24	Core, X-	easy run	easy run w/	core		pace	recovery run/jog
3/10 ⁻ 3/ 4 7	train,		pickups	2010		pace	1011/105
	mobility		promaps				
Week 17	Active	40 minute	Pick Ups	45 minute	Rest Day	8 mile trail	30 minute
	Recovery	easy run	45-60 minute	easy run &		run, easy	recovery
3/25-3/31	Core, X-		easy run w/	core		pace	run/jog
	train,		pickups				
	mobility					-	
Week 18	Rest Day	30 minute	Pick Ups	Rest Day or	Rest Day	***	Rest Day
		easy run	45-60 minute	30-45 minute		AMERICAN	
4/1-4/7			easy run	light run		RIVER	
			w/pickups			50 MILE ENDURANCE RUN	
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Active Recovery: Low-intensity exercise (not running), the purpose of which is to get blood flowing to your muscles in order that they may recover more quickly.

X-train: Low-intensity, low-impact activity (not running) to aid in recovery, like walking, easy cycling, swimming or restorative yoga.

Mobility: Non-impact activities that maintain or increase range of motion and blood flow to aid in recovery, like foam-rolling and dynamic stretching.

Easy: Easy-paced running is also known as your All Day Pace. You can easily carry on a conversation without a need for rest. Easy pace is about 50-60%

Speed Work/Intervals: Short intervals of faster-paced running followed by recovery that build strength (mental and physical) and increase speed and efficiency. These should be done at 80-90%. The running is NOT comfortable, but the recovery is predictable. Keep your eyes up and relax your shoulders.

Hill Work: Repetitive intervals of hill climbing on a designated hill segment followed by recovery (the weight-lifting of running). Intensity should build to 75-80% of maximum effort. Keep your eyes up and make sure all of your body parts are moving in the direction of the finish line. Focus on a quick turn-over rate (think: up-tempo metronome). Really drive with your knees and pump with your upper body as you near the top of the climb. On the downhill, quiet your upper body, tighten your core and your glutes – this is how you can control your pace without over-taxing your quads.

Tempo: A relatively short, faster-paced (comfortably hard) run flanked by ample warmup and cool down. The benefit of tempo-paced running is that you get comfortable being uncomfortable. Late in a race, you will be able to push through discomfort because you have practiced it here. "Tempo" pace is at about 75-80% of maximum effort, or 15-20 seconds slower than your 10k pace; you're able to hold a choppy conversation. Eyes up, quiet upper body. Wiggle your fingers to relax your forearms and shoulders.

Pick ups: Pick ups (or **Strides**) help with strength and flexibility and improve leg coordination. "Think legs, not lungs." The idea is to use as big a range of motion and as rapid a turnover as possible, but for a short enough distance so that you never huff and puff – usually 15-30 seconds. Concentrate on quick arms, and your legs will follow. Strides help us work on the mechanics of running, and they help develop mental cues to fall back on when you're tired during a long run.

Recovery Run: A very easy effort at low heart rate where you should feel better post- than pre-workout. You can shorten time if needed.

Rest: A mental and physical break from exercise

** All *Intensity* days (Tuesdays here) should be precluded by a 7-10 minute warm up, and followed by a similar cool down.