








FOLSOM · ROSEVILLE

Ultra Training –WTC & AR50

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 12/3-12/9	Active Recovery Core, X-train, mobility	30 minute easy run	60 minutes w/ pickups	45 minute easy run & core	Rest Day	12 mile trail run, easy pace	30 minute jog
Week 2 12/10-12/16	Active Recovery Core, X-train, mobility	30 minute easy run	Hills 15wu 4 hill repeats 15cd	45 minute easy run & core	Rest Day	14 mile trail run, easy pace	30 minute jog
Week 3 12/17-12/23	Active Recovery Core, X-train, mobility	40 minute easy run	Repeats 15wu/2o2ox6/ 15cd <i>(2 on, 2 off, rpt 6 times)</i>	50 minute easy run & core	Rest Day	Total time: 4hrs (turn around 1:45) easy pace	35 minute recovery run
Week 4 12/24-12/30	45 minute easy run	Holiday! 	Hills 15wu 4-5 hill repeats 15cd	60 minute easy run & core	Rest Day	Total time: 4 ½ hrs (turn around 2hrs) easy pace	40 minute recovery run
Week 5 12/31-1/6	Active Recovery Core, X-train, mobility	45 minute easy run	45 minutes w/ pickups	60 minute easy run & core	Rest Day	10 mile trail run, easy pace	45 minute recovery run
Week 6 1/7-1/13	Active Recovery Core, X-train, mobility	45 minute easy run	Down Hill Rpts 15wu 5-6 repeats/Hike up 15cd	60 minute easy run & core	Rest Day	Total time: 5hrs (turn around 2 ¼ hrs) easy pace	30 minute recovery run
Week 7 1/14-1/20	Active Recovery Core, X-train, mobility	45 minute easy run	Tempo 15wu/30T/15cd	60 minute easy run & core	Rest Day	Total time: 5 ¾ hrs (turn around 2 ¾ hrs) easy pace	60 minute recovery run
Week 8 1/21-1/27	Active Recovery Core, X-train, mobility	45 minute easy run	Hills 15wu 5-6 hill repeats 15cd	60 minute easy run	Rest Day	Total time: 5 ¾ hrs (turn around 2 ¾ hrs) easy pace	60 minute recovery run

Week 9 1/28-2/3	<i>Active Recovery</i> Core, X-train, mobility	40 minute easy run	Repeats 15wu/2o2ox6/ 15cd (2 on, 2 off, rpt 6 times)	45 minute easy run & core	<i>Rest Day</i>	12 mile trail run, easy pace	30 minute recovery run
Week 10 2/4-2/10	<i>Active Recovery</i> Core, X-train, mobility	45 minute easy run	Hills 15wu 6 hill repeats 15cd	60 minute easy run & core	<i>Rest Day</i>	20 mile  Training Run	60 minute recovery run
Week 11 2/11-2/17	<i>Active Recovery</i> Core, X-train, mobility	45 minute easy run	Tempo 15wu/35T/10cd	60 minute easy run & core	<i>Rest Day</i>	Total Time: 6 hrs (turn around 3 hrs) easy pace	60 minute recovery run
Week 12 2/18-2/24	<i>Active Recovery</i> Core, X-train, mobility	30 minute easy run	Pick Ups 45-60 minute easy run w/ pickups	45 minute easy run & core	<i>Rest Day</i>	80 minute easy run 	30 minute recovery run
Week 13 2/25-3/3	<i>Rest Day</i>	30 minute easy run	45-60 minute easy run	<i>Rest Day or 30-45 minute light run</i>	<i>Rest Day</i>		<i>Rest Day or 30 minute walk</i>
Week 14 3/4-3/10	<i>Active Recovery</i> Core, X-train, mobility	30 minute easy run	Hills 15wu 6 hill repeats 15cd	Pick Ups 45-60 minute easy run w/ pickups	<i>Rest Day</i>	2.5 hour trail run, easy pace	60 minute recovery run
Week 15 3/11-3/17	<i>Active Recovery</i> Core, X-train, mobility	45 minute easy run	Pick Ups 45-60 minute easy run w/ pickups	60 minute easy run & core	<i>Rest Day</i>	Total time: 5 hrs (turn around 2 ¼ hrs) easy pace	60 minute recovery run
Week 16 3/18-3/24	<i>Active Recovery</i> Core, X-train, mobility	45 minute easy run	Pick Ups 45-60 minute easy run w/ pickups	45 minute easy run & core	<i>Rest Day</i>	Total time: 5 ¾ hrs (turn around 2 ¾ hrs) easy pace	30 minute recovery run/jog
Week 17 3/25-3/31	<i>Active Recovery</i> Core, X-train, mobility	40 minute easy run	Pick Ups 45-60 minute easy run w/ pickups	45 minute easy run & core	<i>Rest Day</i>	8 mile trail run, easy pace	30 minute recovery run/jog
Week 18 4/1-4/7	<i>Rest Day</i>	30 minute easy run	Pick Ups 45-60 minute easy run w/ pickups	<i>Rest Day or 30-45 minute light run</i>	<i>Rest Day</i>		<i>Rest Day</i>



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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.