



50K + 50 MILE PROGRAMS: OVERVIEW

Coach: Stephanie Howe Violett

More Information: <http://trainlikeamother.club/ultra/> or tiamclub@anothermotherrunner.com

PREREQUISITES

- 50k (roughly 31 miles): Completed a marathon (road or trail) within 12 months of starting program
- 50 Mile: Completed a 50K within 12 months of starting program
- Injury-free (or almost there with regular PT and exercises)
- Nearby trail you can train on at least 1x/week (more is better)
- A nearby physical therapist who knows your body + your goals and who you can see regularly, especially in the thick of training
- A foam rolling routine you will complete regularly (at least 3x a week)
- Enough time to train and recovery properly (time to prepare food + eat well, foam roll, get adequate sleep)

DETAILS

- Both plans are **24-weeks long**; the first training wave will go off on March 6, in preparation for a race the weekend of August 19-20
- After Wave 1 (March 6- August 19-20: race weekend) goes off, we can train anybody for a race through the end of December 2017.
- **Potential Target Race:** The North Face San Francisco (December 2-3; Marathon + 50K + 50 Mile)
(NOTE: Target races are races where we will have a critical mass of #motherrunners, and Coach Stephanie and Dimity will be in attendance; once we have it solidified, we will let you know. Also, the dates are based on 2016 dates, and may not be correct.)
- **Weekday Runs:** Most runs will be in the 60-75 min. range for distance runs, and 40-50 min for recovery runs. As the cycle peaks, the longest run during the week will be up to 8-10 miles (90min- 2hrs) for the 50k and 10-14 miles (2-3 hrs) for the 50 mile.

- **Longest Run:**

50K: 26-28 miles or about 5 hours; time on your feet is MUCH more important than miles; if you are able to run for around 5 hours, you are ready to run a 50k!

50 miles: about 30-35 miles or 4.5-5.5 hours, but the plan will also include several back-to-back long runs of 20-26 miles (or about 4 hours) on Saturday/Sunday. The best way to prepare your body for 50 miles is to complete back-to-back long runs, running on tired legs the second day.

- **Note on mileage:** You'll go for distance or time—but not both. Sometimes there will be mileage on the plan, sometimes there will be time, and sometimes there will be both. When there is both, if the plan says 5.5 hours/35 miles, you stop when you hit one or the other. If you go 30 miles in 5.5 hours, perfect. If you go 35 miles in 4.5 hours, also perfect.

- **Strength Training:** Two days a week, 20-30 minutes. The exercises will be provided, and the circuit will change depending on the phase of training. As we get closer to race day, the volume of strength training will be less, but intensity will be higher (think: shorter, quick reps, more explosive, powerful exercises).

- **Nutrition:** A huge factor in success, both on and off the trail. We will host at least two webinars dedicated solely to nutrition, and will periodically offer recipes in the weekly newsletters.

- **Support includes** PDF of the training plan, including strength circuits, and connection to Training Peaks; weekly newsletters; regular webinars + podcasts with Coach Stephanie; regular office hours with Coach Stephanie; private Facebook page + Strava club; swag bag with over \$25 of our favorite running gear; giveaways and discounts through the plan.

Cost: \$300

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SAMPLE WEEKS: 50K

Goal: Build volume. Keep pace easy during all distance runs!		
	Workout	Description
Monday	OFF	Rest & recover
Tuesday	Distance run: 6-8 miles + strength	Easy effort on the run. Afternoon strength session. If pressed for time, run 3-4 miles + complete strength right after.
Wednesday	Intensity: warm-up 10-15 min, 8-10 x 1 min. hills, cool down-10-15 min.	Find a hill that's steep, but runnable. Run at 5k "effort" for 1 min. Slowly jog back down for recovery (about 1-2 min). Complete 8-10 times. GOOD cool down!
Thursday	Recovery run: easy 40-50 min.	Go off time, not miles. Really use this run for good recovery and get your legs moving.
Friday	OFF or cross train	Easy cross training (bike, hike, yoga, swim) or take the day off.
Saturday	Long Run: 15- 16 miles	Keep the pace easy & practice good fueling & hydration. Aim to run on hilly terrain if possible.
Sunday	Distance Run: 8-9 miles + strength	Easy distance run + afternoon strength

Goal: To build upper end fitness + push yourself.		
	Workout	Description
Monday	OFF	Rest & recover
Tuesday	Intensity: warm-up 10-15 min, 3-4 x 6 min at tempo pace, cool down 10-15 min. PM- strength training	Tempo intervals. Run at "marathon race effort" or comfortably hard. Try to maintain pace through all reps (don't start too fast!). Take 3-4 min of slow jogging between reps.
Wednesday	Recovery run: easy 30-45 min.	Nice, easy recovery day.
Thursday	Distance run with a fast finish: run 60-75 min with the last 15 min hard. Finish fast!	This is a challenging workout. Run easy for the first part of the run, then increase to race pace (marathon effort) for the last 15 min. Recover well!
Friday	Strength training + optional 30-40 min. run or cross train	Prioritize the strength session. If you want to run or cross train, keep it easy!
Saturday	Distance run: 8-10 miles	Optional: 5-6 x 1 min pick-ups near the end.
Sunday	Long run: 14-16 miles	Keep the pace easy + practice good fueling + hydration.

SAMPLE WEEKS: 50 MILE

Goal: Build volume. Keep pace easy during all distance runs!		
	Workout	Description
Monday	OFF	Rest & recover
Tuesday	Distance run: 6-8 miles + strength	Easy effort on the run. Afternoon strength session. If pressed for time, run 3-4 miles & complete strength right after.
Wednesday	Intensity: warm-up 10-15 min, 10-12x 1 min hills, cool down 10-15 min.	Find a hill that's steep, but runnable. Run at 5k "effort" for 1 min. Slowly jog back down for recovery (about 1-2 min). Complete 10-12 times. GOOD cool down!
Thursday	Recovery run: easy 40-60 min.	Go off time, not miles. Really use this run for good recovery and get your legs moving.
Friday	Distance run: 50-70 min + strength	Easy distance run + strength. Do these in two separate sessions if possible. If not do the strength session first, then run 30-40 min.
Saturday	Long Run: 22-24 miles	Back to back long runs. Take good care of yourself before, during, and after.
Sunday	Long Run: 18-20 miles	Running on tired legs. Fuel well and walk the hills to practice hiking.

Goal: To build upper end fitness + push yourself.		
	Workout	Description
Monday	OFF	Rest & recover
Tuesday	Intensity: 20 min easy, 20 min moderate, 20 min hard. PM- strength training	Progression run. Start running at normal easy pace for 20 min, then increase to moderate effort for 20 min, then tempo pace for the last 20 min. This is a HARD workout! That said, don't run the easy or moderate sections too fast. Afternoon strength training.
Wednesday	Recovery run: easy 30-45 min.	Nice, easy recovery day.
Thursday	Distance run with a fast finish: run 75-90 min with the last 15 min hard. Finish fast!	This is a challenging workout. Run easy for the first part of the run, then increase to race pace (marathon effort) for the last 15 min. Recover well!
Friday	Distance run: 60-75 min + strength training	Prioritize the strength session.
Saturday	Long run: 24-26 miles	Key long run. Try to run on trails or terrain similar to the race course. Practice fueling and carrying gear you plan to race in.
Sunday	Distance run: 60-90 min.	Easy distance run. If you are tired or sore, opt for cross training or shorten run to 40-60 min.