

Blues Cruise 50K Training Plan

The key to successful 50k training is mileage consistency. Getting miles in throughout the week and hitting the weekly target mileage is more important than hitting a specific long run mileage each week. This plan is intended to be fairly loose and adaptable to whatever "life happens" moments occur.

Block	Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Target Mileage	
1	18	Jn3-9	OFF	45 min C	4 MOD		4 C	12 C	OFF	24	
2	17	Jn10-16	OFF	45 min C		5 C	OFF	8 C	6 C	24	
	16	Jn17-23	OFF	45 min C	4 MOD		4 C	13 C	OFF	26	
3	15	Jn24-30	OFF	45 min C		5 C		5-6 C		<	R
4	14	J1-7	OFF	50 min C	5 MOD		4 C	14 C	OFF	28	
	13	J8-14	OFF	60 min C		6 C	OFF	8 C	8 C	28	
5	12	J15-21	OFF	50 min C	5 MOD		4 C	16 C	OFF	30	
	11	J22-28	OFF	45 min C		6 C		6-7 C			R
6	10	J29-A4	OFF	60 min C	4 MOD		4 C	18 C	OFF	32	
	9	A5-11	OFF	60 min C		6 C	OFF	10 C	10 C	32	
7	8	A12-18	OFF	45 min C		5 C		7-8 C			R
8	7	A19-25	OFF	60 min C	4 MOD		4 C	20 C	OFF	34	
	6	A26-31	OFF	60 min C		6 C	OFF	14 C	8 C	34	
9	5	S2-8	OFF	45 min C		5 C		7-8 C			R
10	4	S9-15	OFF	60 min C		6 C	OFF	16 C	8 C	36	
	3	S16-22	OFF	60 min C	4 MOD		4		20-22 C	36	
11	2	S23-29	OFF	60 min C		4 C	OFF	8 C	4 C	22	T
12	1	S29-O6	OFF	40 min C		30 min C			RACE		R

MOVING WEEKS AROUND

The training plan weeks are grouped into blocks. Within a block you may swap entire weeks.

For example, Block 6:

6	10	J29-A4	OFF	60 min C	4 MOD		4 C	18 C	OFF	32	
	9	A5-11	OFF	60 min C		6 C	OFF	10 C	10 C	32	

You could also do:

6	10	J29-A4	OFF	60 min C		6 C	OFF	10 C	10 C	32	
	9	A5-11	OFF	60 min C	4 MOD		4 C	18 C	OFF	32	

MOVING DAYS AROUND AND HITTING TARGET MILEAGE

Within any week, you may swap Saturday and Sunday. Mileage on weekdays can be distributed among non-OFF days as you wish. Your weekly goal is to hit the Target Mileage plus or minus a couple miles. Target mileage **includes** the long run mileage.

TRAINING PLAN INGREDIENTS

Each week has several key ingredients:

LONG RUNS

Not every long run needs to occur on trail, but a majority of them should (particularly 2 of the 3 longest runs) to practice race day pacing and fueling and to become accustomed to long hours on the feet. Some weeks include back-to-back long runs. Long runs should be slow and easy. Hike the climbs in the first half, run a few of the easier climbs in the second half if you have any juice left. Run the flats and downs.

MODERATE RUNS

Moderate effort runs can take on several different forms. The point is for you to step slightly out of your comfort zone. A moderate run could be fartleks or a tempo run in downtown Frederick, intervals on the track, or as simple as doing a rolling trail run pushing some or all of the hills rather than walking. The first mile should be an easy warm-up mile. The last mile should be an easy cool-down mile. *In weeks where you are feeling particular tired, substitute a conversational pace run for the moderate run.*

CONVERSATIONAL RUNS

The rest of the runs on the schedule can be road or trail, and are intended to be done at an easy, relaxed conversational pace. Although you are training for a trail race, at least one run a week should be on roads. Training on trails exclusively tends to make you slow. Sprinkling in road runs helps you maintain a quick turnover and the mental ability to run without stopping to hike every few minutes.

OFF DAYS

Several days are marked as off days. An off day means to take the day OFF. You may roll, or go for an easy walk, but save the cross training, etc. for another day. Your body and your brain need full days to recover every now and then.

RECOVERY/TAPER WEEKS

Recovery and taper weeks are every bit as important as a training week. These are the weeks when your body has a chance to catch up on the repair processes that makes your body stronger. These weeks also give you a chance to catch up on life, spend some quality time with the neglected family, etc.

At some point in the program (often 12 weeks in or so) you may hit a wall where your body and brain are just tired of training. Taking a full week off can help with a much needed reboot. The training plan has enough long runs in it to drop an entire week completely without much consequence.