

**SAMPLE!**



**'My First Training Plan'**

**Nineteen-Week 50-Kilometer  
Race Plan**

**2018-2019**



**[www.RidgelineAthletics.com](http://www.RidgelineAthletics.com)**

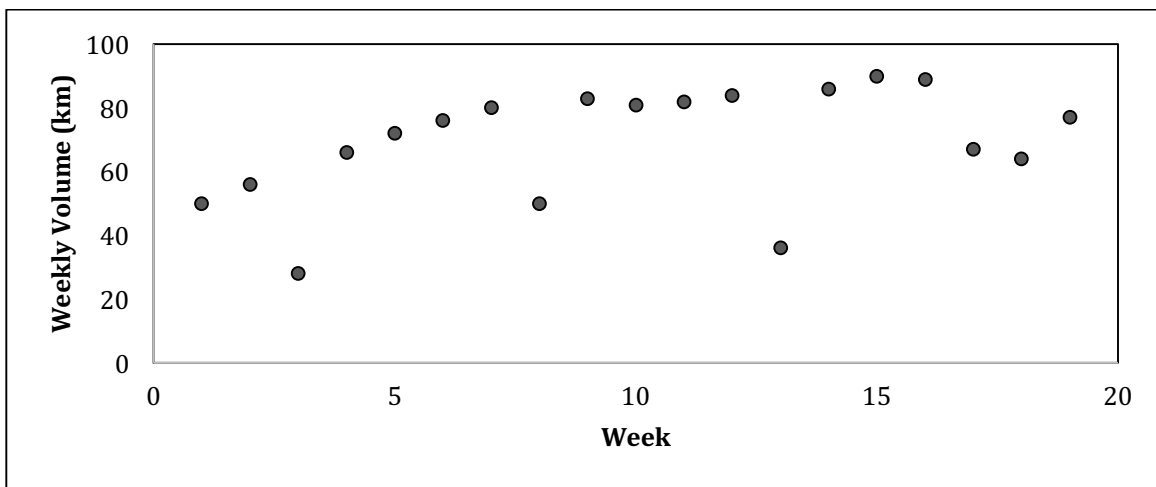
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## Overview

This plan is designed to help athletes prepare for the 2016 Squamish50 50km ultra-marathon. It is however easily applied to any other 50km race. Please read the Notes section before continuing on to the plan. The lead-up to the goal race is detailed over 19 pages, each containing one week of daily workout plans. For best results, print me!

Week	Important Events	Long Run	Total Km
1	Plan Start	20k	50
2		24k	56
3	Recovery Week	-	28
4	Beginning of Intervals	26k	66
5		28k	72
6		31k	76
7		34k	80
8	Recovery Week	30	50
9		32k+21k	83
10		34k	81
11		36k	82
12		38k	84
13	Recovery Week	-	36
14		37k	86
15		35k+25k	90
16		42k	89
17		40k	67
18	Taper	20k	64
19	Taper	RACE	72



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## My First Training Plan 50km

### Week One

		<b>Description</b>	<b>Km</b>
	<b>Monday</b>	AM OFF	
		PM	
C	<b>Tuesday</b>	AM Core Routine	
		PM Tempo Run (6k)	10
	<b>Wednesday</b>	AM Easy Run	5
		PM	
	<b>Thursday</b>	AM Easy Run	10
		PM	
	<b>Friday</b>	AM OFF	
		PM Stretching (20min)	
C	<b>Saturday</b>	AM Long Run	20
		PM	
	<b>Sunday</b>	AM Easy Run	5
		PM	
		<b>Total Kilometers:</b>	<b>50</b>

#### **Notes:**

The Tempo Run should begin with a 2-3km warm-up followed by the tempo segment (6km) and finished with a 1km cool-down running easy. The total goal volume for the workout is 10 km.

Stretching is included these first few weeks as a reminder but make sure to include stretching and release time throughout the preparatory period!