

Foothills 50K Frenzy Trail Ultramarathon

Saturday, October 6, 2018 6:00 a.m.

This 22-week schedule is designed for the beginning ultrarunner. It assumes that you can run a distance of at least 7 miles for your long run. Not a one-size-fits-all schedule, it lists a range of miles in order for you to tailor it to suit your skill level. Assuming that you run the mileage at the low end of the range, you should be able to finish your ultramarathon.

Week of	Weekly Mileage Range	Weekly Long Run Range	Running Days/Week	Quality Run Days/Week	Strength Work Days/Week	Core Work Days/Week
Week 1	16-26	7-11	3-4	0-1	0-1	1
Week 2	18-28	8-12	3-4	0-1	1	1-2
Week 3	20-30	9-13	3-4	0-1	1	1-2
Week 4	22-32	10-14	3-4	0-1	1	2
Week 5	24-34	11-15	4-5	0-1	1	2
Week 6	18-28	8-12	3-4	1	1-2	2
Week 7	26-36	12-16	4-5	1	1-2	2
Week 8	20-30	9-13	3-4	1	1-2	2
Week 9	28-38	13-17	4-5	1	1-2	2
Week 10	22-32	10-14	3-4	1	1-2	2
Week 11	30-40	14-18	4-5	1	1-2	2
Week 12	24-34	11-15	4-5	1	1-2	2
Week 13	32-42	15-19	4-5	1	1-2	2
Week 14	26-36	12-16	4-5	1	1-2	2
Week 15	34-44	16-20	4-5	1	1-2	2
Week 16	28-38	13-17	4-5	1	1-2	2
Week 17	36-46	17-21	4-5	1	1-2	2
Week 18	26-36	12-16	4-5	1	1	2
Week 19	38-48	18-22	4-5	1	1-2	2
Week 20	24-34	11-15	4-5	1	1	2
Week 21	40-50	20-24	4-5	1	1-2	2
Week 22	22-32	10-14	3-4	1	1	1-2
Race Week	32-35 (incl race)	race = long run	3	0	0	1

Notes

This training schedule is designed for the beginning ultrarunner. We have provided ranges for your weekly mileage as well as for your weekly long run. The long run is the most important run of the week.

As there are many races in the area, you may choose to substitute a race for your long run for that week. The mileage does not have to be exactly the same if you choose to run a race in the place of your long run.

If you have any questions regarding the schedule, please feel free to email us:

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Quality Run: Optional, but improves lactate threshold, turnover, and conditions fast-twitch muscle fibers

Quality Options: Hill repeats, tempo runs, or fartlek training (variable speed-play)

Strength Work: Optional, but improves power, helps with weight loss, and conditions fast-twitch muscle fibers

Strength Options: Weight training, calisthenics, and/or plyometrics

Core Work: Optional, but minimizes injury risk and improves efficiency

Core Options: Tone any/all muscles between bottom, ribs, and knees