|  |  |  |  |
| --- | --- | --- | --- |
| Week | Key weekend workout | Weekly Total | Key workout Notes |
| 9/28-10/4 | 1 full loop (10 miles) | 20 | Ease into this loop. Begin to pick your spots to walk and where to jog. |
| 10/5-10/11 | 1 full loop + 10/6 (14 miles) | 23-25 | Incorporate hydration and nutrition into long run. |
| 10/12-10/18 | 1 full loop + 1/2/3 (14 miles) | 23-25 | Lots of hills this time. Learn how to efficiently climb and descend. |
| 10/19-10/25 | 2 full loops (20 miles) or Tecumseh Marathon! | 25-30 | Continue to work on nutrition strategy. |
| 10/26-11/1 | 5 loops of 10/6 (can add 4 if you are feeling good) (20-30 miles) | 30-35 | Beginning to ramp up total mileage to build durability for race. |
| 11/2-11/8 | 5 loops of 1/2/3 (18-20 miles) | 30-35 | Key mental workout. Get through the tough climbs 5 times, just like race day! |
| 11/9-11/15 | 2 full laps (20 miles), back to back on weekend. | 40 | No need for running during week to be ready for big weekend. |
| 11/16-11/22 | 3 full loops (30 miles). Aerobic run of at least 10 miles on other weekend day. | 40+ | The 3rd loop will give you a really good estimate of your race pace. |
| 11/23-11/29 | 2 full loops (20 miles) | 25-30 | Begin to reduce overall mileage. Body will become strongest the last 2 weeks before the race! |
| 12/30-12/4 |  | 10-15 | All easy. No single session over 5 miles during this week. |
| 12/5 | 100% rest Thursday and Friday prior to race |  | Race Day! |

Training notes: This is a minimalist plan to be able to complete the 50 mile race based on hitting a key long workout every week. You must hit them before moving on. The more total weekly mileage you add up to the middle of November, the better off you will be for the extra long running sessions in your final build up. Be cautious of how much mileage you add if you are doing it on pavement. Begin thinking about your nutrition plan now. Learn how to eat solid food, and what part of the course you can do this (keep heart rate low). I also recommend doing the 3rd lap of your 3 loop session in the dark. Feel free to join the group runs which start at noon on most Sundays to help you become acquainted with the course.