Rough Creek Trail 40 Miler Training Plan - Leads Into Big Cedar 50 Mile

Produced by Dale Cougot of the Texas Yeti Runner

Reach out to Dale for a plan specifically built for you with specific training paces!
This plan can be used after Rough Creek to prepare you for your next race at the Big Cedar Endurance Run.

Rough Creek 40 Miler Weeks Out	Big Cedar 50 miler Weeks Out	Week Focus	Day Focus---> Start ---> Wrap up--->	Monday Recovery Run No Warmup No Cool Down		Tuesday Tempo/Speed 1 Mile Warmup Cool Down wrap up Miles		Wed Rest	Thursday Hills (400 to 600 yards) 1 Mile Warmup Cool Down wrap up Miles		Fri Walk Incorporate into Day	Saturday Long Slow (Similar to Course) 1st Mile Slow Cool Down wrap up Miles		Sunday Long Steady & Done 1st 2 Miles @ RPE =3 Last Mile @ RPE=3		Total Miles per Week
11	18	Build	7/4/2016	5	@ RPE <= 4	6	3x1 mile @ RPE=7, 0.25 @ RPE=3		5	4xHills Up @ RPE=7; Down @ RPE=3	*2*	*15*	@ RPE=4; mile 5 & 10 @ RPE=6	*8*	@ RPE <= 5	41
10	17	Build	7/11/2016	5	@ RPE <= 4	6	3x1 mile @ RPE=8, 0.25 @ RPE=3		6	6xHills Up @ RPE=7; Down @ RPE=3	*2*	*16*	@ RPE=4; mile 5,6 & 10,11 @ RPE=6	*8*	@ RPE <= 5	43
9	16	Build	7/18/2016	6	@ RPE <= 4	7	4x1 mile @ RPE=7, 0.25 @ RPE=3		7	8xHills Up @ RPE=7; Down @ RPE=3	*2*	*18*	@ RPE=4; mile 5,6,10,11 & 15 @ RPE=6	*8*	@ RPE <= 5	48
8	15	Recovery	7/25/2016	5	@ RPE <= 4	5	2x1 mile @ RPE=6, 0.50 @ RPE=3		6	5xHills Up @ RPE=4; Down @ RPE=4	*2*	*13*	@ RPE=4; Social Run with a Partner	*6*	@ RPE <= 5	37
7	14	Build	8/1/2016	6	@ RPE <= 4	8	3x1.5 mile @ RPE=7, 0.25 @ RPE=3		7	6xHills Down @ RPE=5; Up @ RPE=3	*3*	*20*	@ RPE=4; mile 5,6, 10,11 & 15,16 @ RPE=6	*10*	@ RPE <= 5	54
6	13	Build	8/8/2016	7	@ RPE <= 4	8	3x1.5 mile @ RPE=7, 0.20 @ RPE=3		6	8xHills Down @ RPE=5; Up @ RPE=4	*3*	*22*	@ RPE=4; mile 5,6, 10,11 & 15,16 @ RPE=6	*12*	@ RPE <= 5	58
5	12	Build	8/15/2016	6	@ RPE <= 4	6	*1x3 mile @ RPE=8, 0.25 @ RPE=3*		6	6xHills UP @ RPE=4; Down @ RPE=4 (1 min recovery)	*3*	*15*	@ RPE=4; Social Run with a Partner	*6*	@ RPE <= 5	42
4	11	Peak	8/22/2016	7	@ RPE <= 4	6	3x1 mile @ RPE=6, 0.20 @ RPE=3		8	8xHills Up @ RPE=5; Down @ RPE=5 (1 min recovery)	*3*	*25*	@ RPE=4; mile 5,6,10,11, 15,16 & 20,21 @ RPE=6	*15*	@ RPE <= 5	64
3	10	Taper	8/29/2016	7	@ RPE <= 4	7	2x2 mile @ RPE=8, 0.25 @ RPE=3		7	6xHills Up @ RPE=5; Down @ RPE=5 (1 min recovery)	*3*	*18*	@ RPE=4; mile 5,6 & 10,11 @ RPE=6	*10*	@ RPE <= 5	52
2	9	Taper	9/5/2016	7	@ RPE <= 4	5	*2x1 mile @ RPE=6, 0.25 @ RPE=3*		6	4xHills Up @ RPE=4; Down @ RPE=4 (no recovery)	*3*	13	@ RPE=4; Social Run with a Partner	*6*	@ RPE <= 5	40
1	8	Race	9/12/2016	6	@ RPE <= 4	4	1 mile @ RPE=7		0	Rest	2	**40**	**Rough Creek**	3	Recover Walk (1 hour)	55
	7	Recovery	9/19/2016	5	@ RPE <= 4	4	@ RPE=3; mile 3 @ RPE=6		5	4xHills Up @ RPE=2; Down @ RPE=2 (no recovery)	3	13	@ RPE=4; Social Run with a Partner	10	@ RPE <= 5	40
	6	Build	9/26/2016	7	@ RPE <= 4	6	3x1 mile @ RPE=8, 0.25 @ RPE=5		7	8xHills Up @ RPE=5; Down @ RPE=5 (1 min recovery)	4	25	@ RPE=4; mile 5,6,7,15,16,17 & 20 @ RPE=6	10	@ RPE <= 5	59
	5	Build	10/3/2016	7	@ RPE <= 4	7	2x2 mile @ RPE=8, 0.50 @ RPE=5		8	8xHills Up @ RPE=6; Down @ RPE=4 (1 min recovery)	4	28	@ RPE=4; mile 5,6,7,15,16,17 & 25,26 @ RPE=6	10	@ RPE <= 5	64
	4	Peak	10/10/2016	7	@ RPE <= 4	8	5x1 mile @ RPE=7, 0.25 @ RPE=3		9	10xHills Up @ RPE=5; Down @ RPE=5 (1 min recovery)	*4*	*30*	@ RPE=4; mile 5,6,7, 15,16, 17, & 25,26 @ RPE=6	*15*	@ RPE <= 5	73
	3	Taper	10/17/2016	7	@ RPE <= 4	6	3x1 mile @ RPE=8, 0.25 @ RPE=3		8	6xHills Up @ RPE=5; Down @ RPE=5 (1 min recovery)	4	20	@ RPE=4; mile 5,6, 10,11 & 15,16 @ RPE=6	10	@ RPE <= 5	55
	2	Taper	10/24/2016	6	@ RPE <= 4	5	2x1 mile @ RPE=6, 0.25 @ RPE=3		5	4xHills Up @ RPE=4; Down @ RPE=4 (no recovery)	2	12	Social Run (no technical training)	6	@ RPE <= 5	36
	1	Race	10/31/2016	5	@ RPE <= 4	5	RPE <= 4		0	Rest	2	**50**	**Big Cedar**	3	Recover Walk (1 hour)	65