

Rough Creek Trail Marathon Training Plan

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 Marathon	Big Cedar 50K			Monday	Tuesday	Wed	Thursday	Fri	Saturday	Sunday	Total Miles
Weeks Out	Weeks Out	Week Focus	Day Focus-->	Recovery Run	Tempo/Speed	Rest	Hills (400 to 600 yards)	Walk	Long Slow	Walk	per Week
			Start -->	No Warmup	1 Mile Warmup		1 Mile Warmup		1st Mile Slow		
			Wrap up-->	No Cool Down	Cool Down wrap up Miles		Cool Down wrap up Miles		Cool Down wrap up Miles		
11	18	Build	7/4/2016	4 RPE <= 4	6 3x1 mile @ RPE=7, 0.25 @ RPE=3	4	4xHills Up @ RPE=7; Down @ RPE=3	1	15 @ RPE=4; mile 5 & 10 @ RPE=6	2	32
10	17	Build	7/11/2016	4 RPE <= 4	6 3x1 mile @ RPE=8, 0.25 @ RPE=3	5	5xHills Up @ RPE=7; Down @ RPE=3	1	16 @ RPE=4; mile 5,6 & 10,11 @ RPE=6	2	34
9	16	Build	7/18/2016	5 RPE <= 4	7 4x1 mile @ RPE=7, 0.25 @ RPE=3	6	6xHills Up @ RPE=7; Down @ RPE=3	1	18 @ RPE=4; mile 5,6,10,11 & 15 @ RPE=6	2	39
8	15	Recovery	7/25/2016	4 RPE <= 4	5 2x1 mile @ RPE=6, 0.50 @ RPE=3	5	4xHills Up @ RPE=4; Down @ RPE=4	1	13 @ RPE=4; Social Run with a Partner	2	30
7	14	Build	8/1/2016	5 RPE <= 4	8 3x1.5 mile @ RPE=7, 0.25 @ RPE=3	6	4xHills Down @ RPE=5; Up @ RPE=3	2	20 @ RPE=4; mile 5,6, 10,11 & 15,16 @ RPE=6	2	43
6	13	Build	8/8/2016	6 RPE <= 4	8 3x1.5 mile @ RPE=7, 0.20 @ RPE=3	6	6xHills Down @ RPE=5; Up @ RPE=4	2	22 @ RPE=4; mile 5,6, 10,11 & 15,16 @ RPE=6	2	46
5	12	Build	8/15/2016	5 RPE <= 4	6 1x3 mile @ RPE=8, 0.25 @ RPE=3	5	4xHills Up @ RPE=4; Down @ RPE=4 (1 min recovery)	2	15 @ RPE=4; Social Run with a Partner	2	35
4	11	Peak	8/22/2016	7 RPE <= 4	6 3x1 mile @ RPE=6, 0.20 @ RPE=3	7	6xHills Up @ RPE=5; Down @ RPE=5 (1 min recovery)	2	24 @ RPE=4; mile 5,6,10,11, 15,16 & 20,21 @ RPE=6	2	48
3	10	Taper	8/29/2016	6 RPE <= 4	7 2x2 mile @ RPE=8, 0.25 @ RPE=3	6	5xHills Up @ RPE=5; Down @ RPE=5 (1 min recovery)	2	14 @ RPE=4; mile 5 & 10 @ RPE=6	2	37
2	9	Taper	9/5/2016	6 RPE <= 4	5 2x1 mile @ RPE=6, 0.25 @ RPE=3	5	4xHills Up @ RPE=4; Down @ RPE=4 (no recovery)	3	10 @ RPE=4; Social Run with a Partner	2	31
1	8	Race	9/12/2016	5 RPE <= 4	4 1 mile @ RPE=7	0	Rest	1	26 Rough Creek	3	39
	7	Recovery	9/19/2016	4 RPE <= 4	4 @ RPE=3; mile 3 @ RPE=6	5	4xHills Up @ RPE=2; Down @ RPE=2 (no recovery)	2	13 @ RPE=4; Social Run with a Partner	3	31
	6	Build	9/26/2016	6 RPE <= 4	6 3x1 mile @ RPE=8, 0.25 @ RPE=5	6	6xHills Up @ RPE=5; Down @ RPE=5 (1 min recovery)	3	25 @ RPE=4; mile 5,6,7,15,16,17 & 20 @ RPE=6	3	49
	5	Build	10/3/2016	7 RPE <= 4	7 2x2 mile @ RPE=8, 0.50 @ RPE=5	7	8xHills Up @ RPE=6; Down @ RPE=4 (1 min recovery)	3	28 @ RPE=4; mile 5,6,7,15,16,17 & 25,26 @ RPE=6	3	55
	4	Peak	10/10/2016	8 RPE <= 4	8 5x1 mile @ RPE=7, 0.25 @ RPE=3	7	8xHills Up @ RPE=5; Down @ RPE=5 (1 min recovery)	3	30 @ RPE=4; mile 5,6,7, 15,16, 17, & 25,26 @ RPE=6	3	59
	3	Taper	10/17/2016	7 RPE <= 4	6 3x1 mile @ RPE=8, 0.25 @ RPE=3	6	6xHills Up @ RPE=5; Down @ RPE=5 (1 min recovery)	3	20 @ RPE=4; mile 5,6, 10,11 & 15,16 @ RPE=6	3	45
	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	13 Social Run (no technical training)	3	34
	1	Race	10/31/2016	5 RPE <= 4	5 RPE <= 4	0	Rest	2	31 Big Cedar	3	46