



**pace**  
SPORTS FITNESS

SPRING CLINIC 2021: 50km TRAINING GROUP

GOAL: R135 June 1st to 6th

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Week	Phase	Date	Day	Workout	Purpose	Comments
<b>1</b>	<b>Build</b>	29-Mar	Mon	90min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
<b>Run:</b>	<b>10hrs</b>	30-Mar	Tue	OFF	Recovery Day	
		31-Mar	Wed	<b>PACE WORKOUT 90min</b>		
		1-Apr	Thu	60min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		2-Apr	Fri	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		3-Apr	Sat	LONG STEADY RUN: 2hrs	Build Endurance & Stamina.	<a href="#">Time on your feet is more important than pace in a long, steady run. Run easy and run long.</a>
		4-Apr	Sun	LONG STEADY RUN: 4hrs	Build Endurance & Stamina.	<a href="#">Time on your feet is more important than pace in a long, steady run. Run easy and run long.</a>
<b>2</b>	<b>Build</b>	5-Apr	Mon	OFF	Recovery Day	
<b>run goal:</b>	<b>11hrs</b>	6-Apr	Tue	LONG STEADY RUN: 2hrs	Build Endurance & Stamina.	<a href="#">Time on your feet is more important than pace in a long, steady run. Run easy and run long.</a>
		7-Apr	Wed	<b>PACE WORKOUT 90min</b>		
		8-Apr	Thu	60min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.

		9-Apr	Fri	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		10-Apr	Sat	VERTICAL CHALLENGE 2.5hrs	Build Endurance & Stamina.	Use this run to focus on Vertical Repeats. Keep your effort easy, steady and continuous. Avoid the temptation to make this a speed session. It's a regular long run, only with emphasis on vertical.
		11-Apr	Sun	LONG STEADY RUN: 4hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
<b>3</b>	<b>Rest</b>	12-Apr	Mon	OFF	Recovery Day	this is a good week for recovery. You may want to run on the low end of the mileage range and take an extra day off
<b>run goal:</b>	<b>5hrs</b>	13-Apr	Tue	60min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		14-Apr	Wed	<b>PACE WORKOUT 90min</b>		
		15-Apr	Thu	OFF	Recovery Day	
		16-Apr	Fri	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 90min
		17-Apr	Sat	LONG STEADY RUN: 90min	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		18-Apr	Sun	LONG STEADY RUN: 90min	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
<b>4</b>	<b>Build</b>	19-Apr	Mon	OFF	Recovery Day	
<b>run goal:</b>	<b>12:15hrs</b>	20-Apr	Tue	LONG STEADY RUN: 2hrs	Build Endurance	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		21-Apr	Wed	<b>PACE WORKOUT 90min</b>		
		22-Apr	Thu	60min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		23-Apr	Fri	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		24-Apr	Sat	LONG STEADY RUN: 3.5 hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.

		25-Apr	Sun	LONG STEADY RUN: 4:15hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
<b>5</b>	<b>Build</b>	26-Apr	Mon	OFF	Recovery Day	
<b>run goal:</b>	<b>14hrs</b>	27-Apr	Tue	90min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		28-Apr	Wed	<b>PACE WORKOUT 90min</b>		
		29-Apr	Thu	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		30-Apr	Fri	LONG STEADY RUN: 2.5 hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		1-May	Sat	LONG STEADY RUN: 4.5 hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		2-May	Sun	LONG STEADY RUN: 4hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
<b>6</b>	<b>Rest</b>	3-May	Mon	OFF	Recovery Day	<b>this is a good week for recovery. You may want to run on the low end of the mileage range and take an extra day off</b>
<b>run goal:</b>	<b>6.5hrs</b>	4-May	Tue	60min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		5-May	Wed	<b>PACE WORKOUT 90min</b>		
		6-May	Thu	60min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		7-May	Fri	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 90min
		8-May	Sat	LONG STEADY RUN: 90min	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		9-May	Sun	LONG STEADY RUN: 90min	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.

7	Build	10-May	Mon	OFF	Recovery Day	
run goal:	15.5hrs	11-May	Tue	LONG STEADY RUN: 2hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		12-May	Wed	PACE WORKOUT 90min		
		13-May	Thu	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		14-May	Fri	LONG STEADY RUN: 3hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		15-May	Sat	VERTICAL CHALLENGE 4hrs	Build Endurance & Stamina.	Use this run to focus on Vertical Repeats. Keep your effort easy, steady and continuous. Avoid the temptation to make this a speed session. It's a regular long run, only with emphasis on vertical.
		16-May	Sun	ENDURO: 5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
8	TAPER	17-May	Mon	LONG STEADY RUN: 90min	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
run goal:	12hrs	18-May	Tue	OFF	Recovery Day	
		19-May	Wed	PACE WORKOUT 90min		
		20-May	Thu	LONG STEADY RUN: 2hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		21-May	Fri	OFF	Recovery Day	
		22-May	Sat	LONG STEADY RUN: 4hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		23-May	Sun	LONG STEADY RUN: 3hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
9	TAPER	24-May	Mon	OFF	Recovery Day	
run goal:	3:15hrs	25-May	Tue	45min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		26-May	Wed	PACE WORKOUT 45min		

		27-May	Thu	OFF		
		28-May	Fri	60min recovery Run		
		29-May	Sat	OFF		
		30-May	Sun	45min recovery Run		
<b>10</b>	<b>R135</b>	31-May	Mon	OFF	Recovery Day	
<b>run goal:</b>		1-Jun	Tue	<b>R135</b>	<b>DAY ONE</b>	
<b>Vert Goal:</b>		2-Jun	Wed	<b>R135</b>	<b>DAY TWO</b>	
		3-Jun	Thu	<b>R135</b>	<b>DAY THREE</b>	
		4-Jun	Fri	<b>R135</b>	<b>DAY FOUR</b>	
		5-Jun	Sat	<b>R135</b>	<b>DAY FIVE</b>	
		6-Jun	Sun	<b>R135</b>	<b>DAY SIX</b>	
<b>11</b>	<b>RECOVER</b>	7-Jun	Mon	OFF	Recovery Day	
<b>run goal:</b>	<b>3hrs</b>	8-Jun	Tue	OFF	Recovery Day	
		9-Jun	Wed	<b>RECOVERY RUN 45min</b>		65% MHR or 70% by the end of the run. It's very, very light.
		10-Jun	Thu	OFF	Recovery Day	
		11-Jun	Fri	<b>RECOVERY RUN 45min</b>		65% MHR or 70% by the end of the run. It's very, very light.
		12-Jun	Sat	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.

		13-Jun	Sun	LONG STEADY RUN: 90min	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
12	Build	14-Jun	Mon	OFF	Recovery Day	
run goal:	5hrs	15-Jun	Tue	60min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		16-Jun	Wed	PACE WORKOUT 90min		
		17-Jun	Thu	OFF	Recovery Day	
		18-Jun	Fri	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		19-Jun	Sat	LONG STEADY RUN: 90min	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		20-Jun	Sun	60min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.