



pace
SPORTS FITNESS

FALL CLINIC 2021: 50km TRAINING PLAN

GOAL: MAINTENANCE INTO BUILD PHASE

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Week	Phase	Date	Day	Workout	Purpose	Comments
	MAINTENANCE	13 - Sept	Mon	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
WEEK	1	14 - Sept	Tue	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
	4:15 hrs	15 - Sept	Wed	PACE WORKOUT 60min	Zone 3 Training.	See Google Calendar:
		16 - Sept	Thu	30min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		17 - Sept	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.
		18 - Sept	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.
		19 - Sept	Sun	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.
	MAINTENANCE	20 - sept	Mon	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
WEEK	2	21 - sept	Tue	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
	4:30hrs	22 - sept	Wed	PACE WORKOUT 60min	Zone 3 Training.	See Google Calendar:

		23 - sept	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.
		24 - sept	Fri	45min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		25 - sept	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.
		26 - sept	Sun	LONG STEADY RUN: 2hrs	Build Endurance & Stamina.	VERTICAL FOCUS: Choose a hill that takes you 20-45min to ascend and then run down and repeat for the duration of time. Time on your feet is more important than pace in a long, steady run. Run easy and run long.
MAINTENANCE		27 - sept	Mon	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
WEEK	3	28 - sept	Tue	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
	4:45hrs	29 - sept	Wed	PACE WORKOUT 60min	Zone 3 Training.	See Google Calendar:
		30 - sept	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.
		Oct 1	Fri	45min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		Oct 2	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.
		Oct 3	Sun	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.
MAINTENANCE		4-Oct	Mon	OFF	Recovery Day	
WEEK	4	5-Oct	Tue	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
	4:15hrs	6-Oct	Wed	PACE WORKOUT 60min	Zone 3 Training.	See Google Calendar:
		7-Oct	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.
		8-Oct	Fri	30min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		9-Oct	Sat	OFF or OPTIONAL CROSS TRAINING	Build Endurance	

		10-Oct	Sun	LONG STEADY RUN: 2hrs	Build Endurance & Stamina.	VERTICAL FOCUS: Choose a hill that takes you 20-45min to ascend and then run down and repeat for the duration of time. Time on your feet is more important than pace in a long, steady run. Run easy and run long.
MAINTENANCE		11-Oct	Mon	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
WEEK	5	12-Oct	Tue	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
	4:15hrs	13-Oct	Wed	PACE WORKOUT 60min	Zone 3 Training.	See Google Calendar:
		14-Oct	Thu	30min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		15-Oct	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.
		16-Oct	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.
		17-Oct	Sun	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.
MAINTENANCE		18-Oct	Mon	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
WEEK	6	19-Oct	Tue	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
	4.5hrs	20-Oct	Wed	PACE WORKOUT 60min	Zone 3 Training.	See Google Calendar:
		21-Oct	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.
		22-Oct	Fri	45min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		23-Oct	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.
		24-Oct	Sun	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.

	BUILD	25-Oct	Mon	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
WEEK	7	26-Oct	Tue	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
				PACE WORKOUT 60min	Zone 3 Training.	See Google Calendar: Perceived exertion is fun-hard - NOT exhausting.
	5HRS	27-Oct	Wed			
		28-Oct	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.
		29-Oct	Fri	40min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		30-Oct	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.
		31-Oct	Sun	LONG STEADY RUN: 2:20hrs	Build Endurance & Stamina.	VERTICAL FOCUS: Choose a hill that takes you 20-45min to ascend and then run down and repeat for the duration of time. Time on your feet is more important than pace in a long, steady run. Run easy and run long.
	BUILD	1-Nov	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
WEEK	8	2-Nov	Tue	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
				PACE WORKOUT 60min	Zone 3 Training.	See Google Calendar: Perceived exertion is fun-hard - NOT exhausting.
	5HRS	3-Nov	Wed			
		4-Nov	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.
		5-Nov	Fri	45min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		6-Nov	Sat	OFF or OPTIONAL CROSS TRAINING	Build Endurance	
		7-Nov	Sun	LONG STEADY RUN: 2:30hrs	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.

BUILD		8-Nov	Mon	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
WEEK	9	9-Nov	Tue	75min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
	5:30HRS	10-Nov	Wed	PACE WORKOUT 60min	Zone 3 Training.	See Google Calendar: Perceived exertion is fun-hard - NOT exhausting.
		11-Nov	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.
		12-Nov	Fri	30min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		13-Nov	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.
		14-Nov	Sun	LONG STEADY RUN: 2:45hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
REST		15-Nov	Mon	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
WEEK	10	16-Nov	Tue	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
	4HRS	17-Nov	Wed	PACE WORKOUT 60min	Zone 3 Training.	See Google Calendar: Perceived exertion is fun-hard - NOT exhausting.
		18-Nov	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.
		19-Nov	Fri	30min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		20-Nov	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.
		21-Nov	Sun	LONG STEADY RUN: 75min	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
BUILD		22-Nov	Mon	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
WEEK	11	23-Nov	Tue	60min easy run or OFF	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
	5:45HRS	24-Nov	Wed	PACE WORKOUT 60min	Zone 3 Training.	See Google Calendar: Perceived exertion is fun-hard - NOT exhausting.
		25-Nov	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.

		26-Nov	Fri	45min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		27-Nov	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.
		28-Nov	Sun	LONG STEADY RUN: 3:00hrs	Build Endurance & Stamina.	VERTICAL FOCUS: Choose a hill that takes you 20-45min to ascend and then run down and repeat for the duration of time. Time on your feet is more important than pace in a long steady run. Run easy and run long.
BUILD		29-Nov	Mon	75min easy run	Build Endurance	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 75% MHR (maximum heart rate) to 80% by the end of the run.
WEEK	12	30-Nov	Tue	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
	6:30HRS	1-Dec	Wed	PACE WORKOUT 60min	Zone 3 Training.	See Google Calendar: Perceived exertion is fun-hard - NOT exhausting.
		2-Dec	Thu	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
		3-Dec	Fri	45min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		4-Dec	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.
		5-Dec	Sun	LONG STEADY RUN: 3:30hrs	Build Endurance	Time on your feet is more important than pace in a long, steady run. Run easy and run long.