



pace
SPORTS FITNESS

SPRING CLINIC 2021: 50km TRAINING GROUP				GOAL: 50K BUILD TRAINING PLAN		
www.pacesportsfitness.com						
Week	Phase	Date	Day	Workout	Purpose	Comments
1	Build	21-Jun	Mon	45min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
Run:	5:15HRS	22-Jun	Tue	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
		23-Jun	Wed	PACE WORKOUT 90min	SEE GOOGLE CALENDAR	
		24-Jun	Thu	60min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		25-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.
		26-Jun	Sat	OFF or OPTIONAL	Build Endurance	This session can be 30min to 3hrs depending on the
		27-Jun	Sun	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.
2	Build	28-Jun	Mon	60min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
run goal:	5.5HRS	29-Jun	Tue	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-Jun	Wed	ADVENTURE RUN 2hrs	SEE GOOGLE CALENDAR	
		1-Jul	Thu	Recovery Run: 90min or speed workout	SPEED ON GOOGLE CALENDAR	RECOVERY RUN: 65% MHR or 70% by the end of the run. It's very, very light.
		2-Jul	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-Jul	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.
		4-Jul	Sun	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
3	Rest	5-Jul	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
run goal:	3.5hrs	6-Jul	Tue	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 90min
		7-Jul	Wed	PACE WORKOUT 60min	SEE GOOGLE CALENDAR	
		8-Jul	Thu	60min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		9-Jul	Fri	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 90min
		10-Jul	Sat	OFF or OPTIONAL	Build Endurance	This session can be 30min to 90min
		11-Jul	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.
4	Build	12-Jul	Mon	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
run goal:	6HRS	13-Jul	Tue	45min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		14-Jul	Wed	PACE ADVENTURE RUN 2:20HR	SEE GOOGLE CALENDAR	
		15-Jul		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-Jul	Fri	Recovery Run: 90min or speed workout	SPEED ON GOOGLE CALENDAR	RECOVERY RUN: 65% MHR or 70% by the end of the run. It's very, very light.
		17-Jul	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.
		18-Jul	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.
5	Build	July 19	Mon	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
run goal:	7HRS	July 20	Tue	60min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		July 21	Wed	PACE WORKOUT 90min	SEE GOOGLE CALENDAR	
		July 22	Thu	60min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		July 23	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.
		July 24	Sat	LONG STEADY RUN:	Build Endurance & Stamina.	Time on your feet is more important than pace in a long,
		July 25	Sun	LONG STEADY RUN: 3: 30HRS	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
6	Rest	26-Jul	Mon	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 90min
run goal:	4.5HRS	27-Jul	Tue	OFF	Recovery Day	This is a great day to do the online videos: ankle series, core series, yoga, foam rolling or rehab
		28-Jul	Wed	PACE ADVENTURE RUN 90MIN	SEE GOOGLE CALENDAR	
		29-Jul	Thu	Recovery Run: 90min or speed workout	SPEED ON GOOGLE CALENDAR	RECOVERY RUN: 65% MHR or 70% by the end of the run. It's very, very light.
		30-Jul	Fri	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 90min

		31-Jul	Sat	OFF or OPTIONAL	Build Endurance	This session can be 30min to 90min
		1-Aug	Sun	LONG STEADY RUN: 60min	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
7	Build	2-Aug	Mon	OFF	Recovery Day	
run goal:	8HRS	3-Aug	Tue	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.
		4-Aug	Wed	PACE WORKOUT 90min		
		5-Aug	Thu	45min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		6-Aug	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.
		7-Aug	Sat	VERTICAL CHALLENGE 90MIN	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.
		8-Aug	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.
8	Build	9-Aug	Mon	OFF	Recovery Day	
run goal:	8HRS	10-Aug	Tue	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		11-Aug	Wed	PACE ADVENTURE RUN 2 - 3hrs		
		12-Aug	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.
		13-Aug	Fri	Recovery Run: 90min or speed workout	SPEED ON GOOGLE CALENDAR	RECOVERY RUN: 65% MHR or 70% by the end of the run. It's very, very light.

		14-Aug	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.
		15-Aug	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	Rest	16-Aug	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
run goal:	5:15hrs	17-Aug	Tue	45min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		18-Aug	Wed	PACE WORKOUT 90min		
		19-Aug	Thu	60min recovery Run	Build Endurance	65% MHR or 70% by the end of the run. It's very, very light.
		20-Aug	Fri	OFF	Recovery Day	
		21-Aug	Sat	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 30min to 90min
		22-Aug	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.
10	Build	23-Aug	Mon	OFF	Recovery Day	
run goal:	9HRS	24-Aug	Tue	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		25-Aug	Wed	PACE ADVENTURE RUN 2-3HRS		
		26-Aug	Thu	OFF or OPTIONAL CROSS	Build Endurance	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		27-Aug	Fri	Recovery Run: 90min or speed workout	SPEED ON GOOGLE CALENDAR	RECOVERY RUN: 65% MHR or 70% by the end of the run. It's very, very light.
		28-Aug	Sat	OFF or OPTIONAL CROSS	Build Endurance	This session can be 30min to 3hrs depending on the
		29-Aug	Sun	LONG STEADY RUN: 5hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
11	Build	30-Aug	Mon	OFF	Recovery Day	

run goal:	10hrs	31-Aug	Tue	60min easy run	Build Endurance	75% MHR (maximum heart rate) to 80% by the end of the run.
		1-Sep	Wed	PACE WORKOUT 90min		
		2-Sep	Thu	OFF or OPTIONAL CROSS	Build Endurance	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		3-Sep	Fri	OFF or OPTIONAL CROSS	Build Endurance	This session can be 30min to 3hrs depending on the cross-training base you have when starting this program.
		4-Sep	Sat	LONG STEADY RUN: 5.5 hrs	Build Endurance & Stamina.	Time on your feet is more important than pace in a long, steady run. Run easy and run long.
		5-Sep	Sun	VERTICAL CHALLENGE 2hrs	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.
12	Build	Sept 6	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.
run goal:	10hrs	Sept 7	Tue	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 60min to 3hrs
		Sept 8	Wed	PACE ADVENTURE RUN 2-3hrs		
		Sept 9	Thu	Recovery Run: 90min or speed workout	SPEED ON GOOGLE CALENDAR	RECOVERY RUN: 65% MHR or 70% by the end of the run. It's very, very light.
		Sept 10	Fri	OFF or OPTIONAL CROSS TRAINING	Build Endurance	This session can be 60min to 3hrs
		Sept 11	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.
		Sept 12	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.