

13 WEEK NORTH FACE ENDURANCE CHALLENGE 50K TRAINING SCHEDULE

WEEK OF	WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL MILEAGE
Jan 29, 18	1	0 OR EASY SWIM	2 MI + 30M STRENGTH	2 MI + 45 M CARDIO	2 MI + STRENGTH	0 OR EASY SWIM	8 MI + SWIM	6 MI + YOGA	20
Feb 5, 18	2	0 OR EASY SWIM	2 MI + 30 M. STRENGTH	2 MI + 45 M CARDIO	4 MI + STRENGTH	0 OR EASY SWIM	10 MI + SWIM	6 MI + YOGA	24
Feb 12, 18	3	0 OR EASY SWIM	2 MI + 30 M. STRENGTH	2 MI + 45 M. CARDIO	4 MI + STRENGTH	0 OR EASY SWIM	12 MI + SWIM	8 MI + YOGA	28
Feb 19, 18	4	0 OR EASY SWIM	2 MI + 30 M. STRENGTH	4 MI + 45 M. CARDIO	6 MI + STRENGTH	0 OR EASY SWIM	14 MI + SWIM	8 MI + YOGA	34
Feb 26, 18	5	0 OR EASY SWIM	4 MI + 30 M. STRENGTH	4 MI + 45 M. CARDIO	6 MI + STRENGTH	0 OR EASY SWIM	16 MI + SWIM	10 MI + YOGA	40
Mar 5, 18	6	0 OR EASY SWIM	4 MI + 30 M. STRENGTH	6 MI + 45 M. CARDIO	6 MI + STRENGTH	0 OR EASY SWIM	18 MI + SWIM	10 MI + YOGA	44
Mar 12, 18	7	0 OR EASY SWIM	4 MI + 30 M. STRENGTH	6 MI + 45 M. CARDIO	8 MI + STRENGTH	0 OR EASY SWIM	20 MI + SWIM	10 MI + YOGA	48
Mar 19, 18	8	0 OR EASY SWIM	4 MI + 30 M. STRENGTH	8 MI + 30 M. CARDIO	6 MI + STRENGTH	0 OR EASY SWIM	10 MI + SWIM	8 MI + YOGA	36
Mar 26, 18	9	0 OR EASY SWIM	4 MI + 30 M. STRENGTH	8 MI + 30 M. CARDIO	8 MI + STRENGTH	0 OR EASY SWIM	22 MI + SWIM	10 MI + YOGA	52
Apr 2, 18	10	0 OR EASY SWIM	4 MI + 30 M. STRENGTH	10 MI + 30 M. CARDIO	8 MI + STRENGTH	0 OR EASY SWIM	22 MI + SWIM	10 MI + YOGA	54
Apr 9, 18	11	0 OR EASY SWIM	4 MI + 30 M. STRENGTH	10 MI + 30 M. CARDIO	8 MI + STRENGTH	0 OR EASY SWIM	24 MI + SWIM	10 MI + YOGA	56
Apr 16, 18	12	0 OR EASY SWIM	4 MI + 30 M. STRENGTH	10 MI + 30 M. CARDIO	6 MI + STRENGTH	0 OR EASY SWIM	10 MI + SWIM	8 MI + YOGA	38
Apr 23, 18	13	0 OR EASY SWIM	3 MI + 30 M. STRENGTH	2 MI + 45 M. CARDIO	0/REST	0/REST	50K (OR 31 MI)	10K (6.2 MI)	65

TOTAL **539**

OBJECTIVES:

- MAINTAIN 2/3 OF MAXIMUM HEART RATE DURING LONG RUNS
- DO TEMPO RUN OR SPEEDWORK ON TUESDAYS
- GREY AREAS DENOTE TAPERING WEEKS
- 10 MINUTE STATIC STRETCH AFTER EACH RUN

- DYNAMIC STRETCHING BEFORE SHORT RUNS, 30 SECONDS EACH:

1. 30 SECOND LUNGE WITH SPINAL TWIST, BOTH SIDES
2. PLANK WITH BUTT KICKS
3. LEG SWINGS, BOTH SIDES

4. BRIDGE HOLD OR PELVIC THRUSTS
5. CALF RAISE HOLD/PULSES
6. LATERAL LUNGE HOLD, BOTH SIDES