



200-Mile Training Plan

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	rest	4-8 miles easy plus 6 x 20 second hills. On hill strides , run smooth and fast up a moderate grade, building neuromuscular efficiency and power. On easy running , think relaxed, effortless flow!	2-3 miles easy warm-up, 6 x 2 min hills at 5k effort, 4 x 1 min hills at 5k effort, 2-3 miles easy. Muscle power is the first focus! PM: Optional 20-40 min treadmill—10-15% grade hike/run. Anytime "treadhill" is noted , you can run or x-train instead if no treadmill access (all doubles 20-40 min unless otherwise noted) Mountain legs	4-8 miles easy or optional x-train. Can sub in x-train on any day as things build—for 200s, it's much less important to focus on running economy, but we still want to promote long-term growth. Be very flexible based on how you feel! Speed legs	Rest or 3-6 miles easy or x-train. Fridays are flex recovery days to prepare for the weekend!	10-14 miles easy . Ideally long runs are on fun trails, and it's even better if you have some vert for musculoskeletal strength! Mountain legs	6-10 miles easy plus 6 x 20 second hills. Hill strides to end the week are a strong neuromuscular and mechanical stress! Speed legs
Week 2	rest	5-10 miles easy	2-3 miles easy warm-up, 5 x 3 min hills at 5k effort, 5 x 45 second hills at 5k effort, 2-3 miles easy. Same deal as last week, starting with some polarized training to build strength for what's coming! Optional treadmill or double Mountain legs	5-10 miles easy Speed legs	Rest or 3-6 miles easy or x-train	12-16 miles easy (15 min mod/hard around 1-hour effort after warm-up). The tempo will improve aerobic power and lactate shuttling , which will help future workouts! Mountain legs	8-12 miles easy plus 6 x 20 second hills Speed legs
Week 3	rest	4-8 miles easy plus 4 x 30 second hills	6-10 miles easy. Aerobic week to absorb the stress and recover for things ramping up No double Mountain legs	4-8 miles easy plus 6 x 20 second hills No speed legs	Rest or 3-6 miles easy or x-train	14-18 miles easy with as much vert as you can . While all long runs ideally have some vert, this one would be ideal to maximize that stimulus	4-8 hour hike, with the option to run some downs Speed legs. This is a great time to increase weight in the exercises!

<p>Week 4</p>	<p>rest</p>	<p>5-10 miles easy with 5 x 20 seconds fast/2 min easy. On these flat strides, think smooth and strong, as fast as you can go without sprinting</p>	<p>2-3 miles easy warm-up, 15 x 1 min fast/1 min easy (think 10k effort to start, progressing a bit as you go), 5 min easy, 5 x 30 second hills fast, 2 miles easy. A quick speed stimulus!</p> <p>Optional treadmill or double, can push the 2nd half to steady or moderate. These options to push a bit more on the double harness some potential bonus adaptation from a double stimulus, but be careful with them and only push if you feel great!</p> <p>Mountain legs</p>	<p>5-10 miles easy</p> <p>Optional easy double—a relaxed jog or hike. Fast hikes are great training too!</p> <p>Speed legs</p>	<p>Rest or 3-6 miles easy or x-train</p>	<p>12-16 miles easy (20 min mod/hard around 1-hour effort after warm-up)</p> <p>Mountain legs</p>	<p>6-12 miles easy with strong downhill</p> <p>Speed legs</p>
<p>Week 5</p>	<p>rest</p>	<p>5-10 miles easy plus 5 x 20 second hills</p>	<p>2-3 miles easy, 4 x 5 min mod/hard around 10k effort with 2 min easy recovery, 4 min easy, 4 x 1 min hills around 5k effort, 2 miles easy. These first longer intervals may feel weird at first, don't overdo it! Building this speed will make all paces easier on the body later.</p> <p>Optional treadmill or double</p> <p>Mountain legs</p>	<p>5-12 miles easy</p> <p>Optional easy double</p> <p>Speed legs</p>	<p>Rest or 4-8 miles easy or x-train</p>	<p>16-20 miles easy/mod. On easy/mod long runs, you can find flow and push a bit if the body feels good</p> <p>Mountain legs</p>	<p>8-12 miles easy plus 6 x 20 second hills</p> <p>Speed legs</p>

<p>Week 6</p>	<p>rest</p>	<p>6-10 miles easy plus 5 x 20 second hills</p>	<p>8-12 miles easy/mod over hills, can push to steady or moderate running if feeling good. Steady running will improve aerobic threshold, and these semi-structured workouts should feel way more natural in a few weeks</p> <p>No double</p> <p>No strength to allow for reduced stress this week</p>	<p>6-10 miles easy</p> <p>No double</p>	<p>Rest or 3-6 miles easy or x-train</p>	<p>14-18 miles easy. Aim for a relaxed aerobic day!</p>	<p>4-8 hour hike, with option to run some downs</p> <p>Speed legs to end the week</p>
<p>Week 7</p>	<p>rest</p>	<p>5-10 miles easy with 5 x 20 seconds fast/2 min easy</p>	<p>2-3 miles easy, 3 x 8 min around 1-hour effort with 3 min easy recovery, 6 x 1 min around 10k effort with 30 sec easy recovery, 2 miles easy. Working on threshold now, which relies on previous workouts, and will fuel future workouts! It's all building on itself woohoo!</p> <p>Optional treadmill or double with 2nd half faster</p> <p>Mountain legs</p>	<p>5-12 miles easy</p> <p>Optional easy double</p> <p>Speed legs</p>	<p>Rest or 4-8 miles easy or x-train</p>	<p>18-22 miles easy/mod (30 min mod/hard around 1-hour effort after warm-up). This type of run will play much longer than it looks with the tempo, which allows us to get more endurance without overdoing the volume.</p> <p>No strength after long runs now as they get harder!</p>	<p>10-14 miles easy with strong downs plus 6 x 30 second steep hills</p> <p>Speed legs</p>
<p>Week 8</p>	<p>rest</p>	<p>2-3 miles easy, 15 min at 1-hour effort, 5 min easy, 4/3/2/1 min at 10k effort with 1 min easy recovery, 2 miles easy</p> <p>Optional treadmill or double with 2nd half faster</p>	<p>4-10 miles easy. Two workouts this week!</p>	<p>6-12 miles easy/mod, can progress to steady or moderate if feeling good</p> <p>Optional easy double</p> <p>No strength mid-week with 2 workouts!</p>	<p>Rest or 3-6 miles easy or x-train</p>	<p>16-20 miles easy on trails with as much vert as you can. Prepare the legs for the downhill strain!</p>	<p>5-10 hour hike, with option to run some downs. The longer the better on this one!</p> <p>Speed legs</p>

Week 9	rest	5-10 miles easy plus 5 x 20 second hills	2-3 miles easy, 10 x 3 min at 1-hour effort with 1 min easy recovery, 2 miles easy. Really smooth intervals! This is a good bread-and-butter threshold stimulus! Optional treadmill or double with 2nd half faster	5-12 miles easy Optional easy double Speed legs	Rest or 4-6 miles easy or x-train	20-25 miles easy/mod on trails (30 min mod/hard around 1-hour effort after the warm-up)	16-20 miles easy on trails with strong downs No strength this weekend with increased running volume!
Week 10	rest	4-8 miles easy plus 4 x 20 second hills	6-10 miles easy/mod, progressing to steady or moderate if feeling good. You might see some major progress around this point with running economy! No double Speed legs	4-8 miles easy	Rest or 3-6 miles easy or x-train	10-15 miles easy. Very relaxed aerobic weekend Mountain legs after lighter long run	6-10 miles easy plus 4 x 30 second hills Speed legs
Week 11	rest	5-12 miles easy	2-3 miles easy, 3 x 10 min at 1-hour effort with 3 min easy recovery, 5 min easy, 5 x 30 second hills fast, 2 miles easy. Final big threshold workout! You rocked this cycle! Optional treadmill or double Mountain legs	5-12 miles easy Optional easy double No speed legs this week with race simulation on weekend.	Rest or 3-6 miles easy or x-train	50k moderate. 5 weeks out, view this almost like a shorter race—run in a focused way, aiming to get to the end fatigued. An advanced athlete could do a training race like a 50 miler or even 100k!	5-10 hour hike, with option to run some downs. Move efficiently, but with little strain or resistance. Rest or do a short hike this day if a 50 miler or 100k the day before!
Week 12	rest	4-10 miles easy plus 5 x 20 second hills. Rest or hike on Tues and Wed if 50 miler or 100k!	2-3 miles easy, 10/8/6/4/2 min at half marathon effort with 2 min easy recovery, 2 miles easy Optional treadmill or double with 2 nd half faster Mountain legs	6-12 miles easy Optional easy double Speed legs Keep it as a short, easy jog if you went longer last week.	Rest or 3-6 miles easy or x-train	12-16 miles easy/mod (1 hour moderate after warm-up around marathon effort). This final long tempo will prepare the aerobic system for the final push next week Mountain legs	10 miles easy plus 6 x 20 second hills Speed legs

Week 13	rest	6-10 miles easy with 5 x 20 seconds fast/2 min easy	6-12 miles easy/mod, progressing to steady or moderate if feeling good. Another one where you might see big progress! No double Speed legs	6-12 miles easy	Rest or 4-8 miles easy or x-train	25-30 miles easy on trails, aiming to finish feeling good. Fuel like in the 200!	20-25 miles easy on trails with strong downs. Work on purposeful flow on downhills on tired legs No strength with higher running volume weekend
Week 14	rest	5-8 miles easy plus 4 x 20 second hills	2-3 miles easy, 30 min at marathon effort, 2 miles easy. This one should feel nice and relaxed! Optional treadmill with 2 nd half faster. Final double option! Mountain legs	5-8 miles easy Speed legs. Final strength session!	Rest or 3-6 miles easy or x-train	14-18 miles easy/mod on trails with strong downhills. 2 weeks out from the race is the last time we want to risk any muscle damage, so find some fun trails and push the downs a bit for one last stimulus for the eccentric muscle contractions and impact	8-14 miles easy run/hike. Ideally around race effort—getting a feel for how you are going to approach the day.
Week 15	rest	4-8 miles easy	5-8 miles easy/mod, progressing to steady or moderate if feeling good	4-6 miles easy	Rest. Dialing things back!	8-12 miles easy. The final long run goal is to find some flow on fun trails, working on a positive and loving self-talk that will be key during the race	2-4 hour hike. Time on feet, dialing in aerobic metabolism for race day
Week 16	rest	4-6 miles easy on trails with hills. No need for strides or speed now, all about getting Type I muscle fibers active and getting your glycogen stores high	2-4 miles easy	Rest and recovery. This is getting real!	2-3 miles very easy in AM. Shake out the nerves and the bowels, preparing emotionally for a loving adventure into the unknown.	Race celebration of life!	YOU GOT THIS!!!

YOU ARE AMAZING AND WE ARE SO PROUD OF YOU!

-Coaches David Roche & Megan Roche
Some Work, All Play