

# 50KM SURF COAST CENTURY

## 50km Training Program

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So you have taken up the challenge of running the 2017 Surf Coast Century 50km event. Whether you're a fun runner or serious competitor this training program aid will assist you. With a new course for 2017 the SCC 50km will be a great challenge and maybe a stepping stone to possibly doing the full 100km Century in the future.

The following training program has been written by David Eadie and Nikki Wynd from [www.TheRunningMan.com.au](http://www.TheRunningMan.com.au). David, Nikki have amongst them some very credible ultra, marathon and track running results, and know a thing or two about how to train and get the best out of your body as can be seen by their results.

**This program is designed to help you develop a program to suit your lifestyle and prepared you for the Surf Coast HALF Century 50km Event. Its is designed to be adapted by athletes regardless of their running capabilities to assist them reach the start line of the 2017 SCC 50km. We hope you find it useful.**

*This program is designed to be adapted for all levels of runners, from those currently running 3-4 times a week, to those already running marathons and beyond. It is prepared so that you understanding the types and quantities of training required getting you to the start line and the finish line of the 50km Surf Coast Century. BUT please also understand that training programs are very subjective and there are many different ways to train for such an event. If you want further advice or customization of this program we recommend that you contract David and Nikki and discuss a specific running program.*

*Key notes about the program below;*

- The program builds mileage much more conservatively than the 100km program for several reasons:
  - This 50km program is designed for the runner who is coming from a background of less running (70km per week)
  - The distance is less and therefore training mileage plays less of a role in finishing 50km
  - Athletes with less experience at running ultra marathon distances are at a greater risk of injury from increasing mileage too quickly.
- Rest is and important part of any program, as the body needs time to absorb the stresses placed on it. So don't feel guilty about including rest days in your program (as long as you are also doing the sessions you need to!)

- The first half of this program is about establishing a weekly routine and a base fitness before higher intensity running and mileage is introduced.

## Session Types:

### Tempo Runs

- Run relaxed for 30 Minutes then Hold a sustained TEMPO Race for 40 to 60 minutes. This TEMPO effort should be controlled sustained effort 85% of your current best race 10km pace. Gradually increase the time of the TEMPO Effort from 30 minutes at the beginning of the program and then increase this to 60 minutes as fitness improves.

### Fartlek

- A workout that involves both hard and recovery efforts. The key to this workout is to maintain the recovery pace at a moderate intensity rather than an easy pace. During the run, complete a workout that is structured like
  - 2 x 90 Seconds on 90 Seconds off, 4 x 1 on 1 off, 4 x on 30 Seconds on 30 Seconds, 4 x 15 Seconds on, 15 Seconds off.
- Or 8 x 1 Min on, 1 Min off – (On pace is 85% of your best effort you could sustain for 5km)

### Intervals

- Sets of intervals 2-5mins at moderate – hard intensity.
- Number of intervals should be 4 – 8.
- Recovery should be sufficient, enough to complete all sets at without significant fatigue.

### Hill Repeats

- Done on a hill any where from 300m to 800m in length.
- Should take between 90sec – 5mins

### Hill Walking

- Done on a hill any where from 300m to 2km in length.
- Walk hard and learn to use your arms – Its power walking not strolling

### Double Runs

- Divide your days training (easy runs or long runs only) DO half in the AM and half in the PM.

### General Notes

- Most important run of the week is the long run.
- Whenever possible, run on trails rather than roads/sidewalk as this helps your body adapt to the uneven surfaces of trails
- Specificity is key – run a little bit on the beach, train on uphill trails and downhill trails and in particular – get on the actual SC100 course.
- LONG RUNS: Ensure that some weeks you make your Long Runs over terrain that includes large some hills. During these long runs WALK all the hills.

## Customisation

Included below is an exact program to follow, but if you want to develop your own schedule and training plan, our suggestion is as follow: (I have also included what I like to say are basic 'golden rules' about training which I have tailored for you.)

- Minimum 3 runs a week – Maximum 6 runs a week
- Don't go flat out all the time; it's a general 'Easy Running' approach with specific strength, endurance and speed sessions that you should include from the sessions above.

The week should include;

- 1 Easy Run
- 2 Speed Sessions (Any of the Sessions above Tempo/Fartlek/Intervals/Hills)
- 1 Long Run

(If running 6 times a week add 2 extra Easy Runs)

- If you're tired have a rest day. It won't hurt you or make you 'unfit' to miss a day
- Don't play catch up, if you miss a day just move on and resume with your next scheduled run
- Regular massage is important. If you get any niggles or sore spot see a physiotherapist ASAP
- Longer runs are done at a relaxed pace between and walk break are ok.
- Practice eating and drinking on your long runs

For those that want to follow a more structure program here is base plan. If you need to drop a run, drop either an easy run or speed/tempo/interval session. If your dropping two runs, 1 easy run and one speed/tempo/interval session. Long runs should not be missed where possible.

*If you want further, more specific advice for you and your situation then we recommend you contact David Eadie from The Running Man who can work with you to tune this exactly for you (for a fee). [scc@therunningman.com.au](mailto:scc@therunningman.com.au)*

## Surf Coast HALF Century training program

WEEK BEGINNING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
15 weeks to go	REST	45MIN	60 MINS	INTERVALS	REST	60MINS	90 Min
14 weeks to go	REST	60MIN	60 MINS	INTERVALS	REST	60MINS	90 Min
13 weeks to go	REST	FARTLEK	40MINS	30MINS	30MINS	REST	2 Hours
12 weeks to go	EASY 40 MINS	60MINS	FARTLEK	75 MINS	REST	HILLS or this could include Trail Race #1	2 HOURS
11 weeks to go	EASY 40 MINS	65MINS	FARTLEK	75 MINS	REST	TEMPO	2.15 HOURS
10 weeks to go	EASY 40 MINS	65MINS	FARTLEK	90 MINS	REST	HILLS	2.15 HOURS
9 weeks to go	REST	FARTLEK	60MINS	40 MINS	40MINS	TEMPO or this could include Trail Race #2	2.30 HOURS
8 weeks to go	EASY 40 MINS	60MINS	75 MINS	FARTLEK	REST	60 MINS	3 Hours
7 weeks to go	EASY 30 MINS	FARTLEK	75 MINS	Hill Walking	REST	TEMPO	4 HOURS
6 weeks to go	EASY 30 MINS	FARTLEK	90 MINS	INTERVALS	60MINS	HILLS	4 HOURS
5 weeks to go	REST	60MINS	FARTLEK	90MINS	60MINS	TEMPO or this could include Trail Race #3	3 HOURS
4 weeks to go	REST	Hill Walking	60MINS	90MINS	60MINS	HILLS	3 HOURS
3 weeks to go	EASY 40 MINS	60MINS	FARTLEK	90MINS	REST	TEMPO	3 HOURS
2 weeks to go	EASY 40 MINS	Hill Walking	60MINS	75 MINS	REST	FARTLEK	2 HOURS
1 week to go	REST	45MINS	45MINS	45MINS	REST	FARTLEK	45MINS
Race week	REST	30MINS	30MINS	REST	REST	SCC 50K	Celebrate