

# Rough Creek Trail 40 Miler Training Plan - Leads Into Big Cedar 100 Mile

Produced by Dale Cougot of the Texas Yeti Runner



Reach out to Dale for a plan specifically built for you with specific training paces!

This plan can be used after Rough Creek to prepare you for your next race at the Big Cedar Endurance Run.

| Rough Creek 40 Miler | Big Cedar 100 miler |                         | Monday                  | Tuesday                 | Wed                                | Thursday                 | Fri  | Saturday                      | Sunday  | Total         |     |
|----------------------|---------------------|-------------------------|-------------------------|-------------------------|------------------------------------|--------------------------|--|-------------------------------|---|---------------|-----|
| Weeks Out            | Weeks Out           | Week Focus              | Focus-->                | Recovery Run            | Tempo/Speed                        | Hills (400 to 600 yards) | Walk   | Long Slow (Similar to Course) | Long Steady & Done                                | Miles per     |     |
| Start -->            | No Warmup           | 1 Mile Warmup           | Rest                    | Rest                    | Rest                               | Incorporate              | 1st Mile Slow                                      | 1st 2 Miles @ RPE=3           | 1st 2 Miles @ RPE=3                               | Week          |     |
| Wrap up-->           | No Cool Down        | Cool Down wrap up Miles | Cool Down wrap up Miles | Cool Down wrap up Miles | Cool Down wrap up Miles            | into Day                 | Cool Down wrap up Miles                            | Cool Down wrap up Miles       | Last Mile @ RPE=3                                 |               |     |
| 11                   | 18                  | Build                   | 7/4/2016                | 5 @ RPE <= 4            | 6 3x1 mile @ RPE=7, 0.25 @ RPE=3   | 8                        | 4xHills Up @ RPE=7; Down @ RPE=3                   | 2                             | 18 @ RPE=4; mile 5, 10 & 15 @ RPE=6               | 10 @ RPE <= 5 | 49  |
| 10                   | 17                  | Build                   | 7/11/2016               | 5 @ RPE <= 4            | 6 3x1 mile @ RPE=8, 0.25 @ RPE=3   | 8                        | 6xHills Up @ RPE=7; Down @ RPE=3                   | 2                             | 18 @ RPE=4; mile 5, 10 & 15 @ RPE=6               | 12 @ RPE <= 5 | 51  |
| 9                    | 16                  | Build                   | 7/18/2016               | 6 @ RPE <= 4            | 8 4x1 mile @ RPE=7, 0.25 @ RPE=3   | 8                        | 8xHills Up @ RPE=7; Down @ RPE=3                   | 2                             | 20 @ RPE=4; mile 5,6,10,11 & 15 @ RPE=6           | 14 @ RPE <= 5 | 58  |
| 8                    | 15                  | Recovery                | 7/25/2016               | 5 @ RPE <= 4            | 6 2x1 mile @ RPE=6, 0.50 @ RPE=3   | 8                        | 5xHills Up @ RPE=4; Down @ RPE=4                   | 2                             | 16 @ RPE=4; Social Run with a Partner             | 9 @ RPE <= 5  | 46  |
| 7                    | 14                  | Build                   | 8/1/2016                | 6 @ RPE <= 4            | 8 3x1.5 mile @ RPE=7, 0.25 @ RPE=3 | 8                        | 6xHills Down @ RPE=5; Up @ RPE=3                   | 3                             | 22 @ RPE=4; mile 5,6, 10,11 & 15,16 @ RPE=6       | 16 @ RPE <= 4 | 63  |
| 6                    | 13                  | Build                   | 8/8/2016                | 7 @ RPE <= 4            | 8 3x1.5 mile @ RPE=7, 0.20 @ RPE=3 | 8                        | 8xHills Down @ RPE=5; Up @ RPE=4                   | 3                             | 25 @ RPE=4; mile 5,6, 10,11 & 15,16 @ RPE=6       | 18 @ RPE <= 4 | 69  |
| 5                    | 12                  | Build                   | 8/15/2016               | 6 @ RPE <= 4            | 6 1x3 mile @ RPE=8, 0.25 @ RPE=3   | 6                        | 6xHills UP @ RPE=4; Down @ RPE=4 (1 min recovery)  | 3                             | 18 @ RPE=4; Social Run with a Partner             | 12 @ RPE <= 5 | 51  |
| 4                    | 11                  | Peak                    | 8/22/2016               | 7 @ RPE <= 4            | 8 3x1 mile @ RPE=6, 0.20 @ RPE=3   | 10                       | 10xHills Up @ RPE=5; Down @ RPE=5 (1 min recovery) | 3                             | 30 @ RPE=4; mile 5,6,10,11, 15,16 & 20,21 @ RPE=6 | 20 @ RPE <= 4 | 78  |
| 3                    | 10                  | Taper                   | 8/29/2016               | 7 @ RPE <= 4            | 8 3x2 mile @ RPE=8, 0.25 @ RPE=3   | 8                        | 6xHills Up @ RPE=5; Down @ RPE=5 (1 min recovery)  | 3                             | 25 @ RPE=4; mile 5,6, 10,11 & 15,16 @ RPE=6       | 15 @ RPE <= 4 | 66  |
| 2                    | 9                   | Taper                   | 9/5/2016                | 7 @ RPE <= 4            | 6 3x1 mile @ RPE=6, 0.25 @ RPE=3   | 6                        | 4xHills Up @ RPE=4; Down @ RPE=4 (no recovery)     | 3                             | 15 @ RPE=4; Social Run with a Partner             | 10 @ RPE <= 5 | 47  |
| 1                    | 8                   | Race                    | 9/12/2016               | 6 @ RPE <= 4            | 6 1 mile @ RPE=7                   | 0                        | Rest   | 2                             | 40 @ RPE=4; Social Run with a Partner             | 10 @ RPE <= 4 | 64  |
|                      | 7                   | Recovery                | 9/19/2016               | 5 @ RPE <= 4            | 6 @ RPE=3; mile 3 @ RPE=6          | 6                        | 4xHills Up @ RPE=2; Down @ RPE=2 (no recovery)     | 4                             | 20 @ RPE=4; Social Run with a Partner             | 20 @ RPE <= 4 | 61  |
|                      | 6                   | Build                   | 9/26/2016               | 7 @ RPE <= 4            | 8 3x2 mile @ RPE=8, 0.25 @ RPE=4   | 10                       | 8xHills Up @ RPE=5; Down @ RPE=5 (1 min recovery)  | 4                             | 25 @ RPE=4; mile 5,6,7,15,16,17 & 20 @ RPE=6      | 20 @ RPE <= 4 | 74  |
|                      | 5                   | Build                   | 10/3/2016               | 7 @ RPE <= 4            | 8 2x3 mile @ RPE=8, 0.50 @ RPE=4   | 10                       | 8xHills Up @ RPE=6; Down @ RPE=4 (1 min recovery)  | 4                             | 30 @ RPE=4; mile 5,6,7,15,16,17 & 25,26 @ RPE=6   | 20 @ RPE <= 4 | 79  |
|                      | 4                   | Peak                    | 10/10/2016              | 7 @ RPE <= 4            | 8 5x1 mile @ RPE=7, 0.25 @ RPE=4   | 11                       | 10xHills Up @ RPE=5; Down @ RPE=5 (1 min recovery) | 15 @ RPE <= 3                 | 40 @ RPE=4;                                       | 25 @ RPE <= 4 | 106 |
|                      | 3                   | Taper                   | 10/17/2016              | 7 @ RPE <= 4            | 6 3x1 mile @ RPE=8, 0.25 @ RPE=3   | 8                        | 6xHills Up @ RPE=5; Down @ RPE=5 (1 min recovery)  | 4                             | 30 @ RPE=4; mile 5,6, 10,11 & 15,16 @ RPE=6       | 10 @ RPE <= 5 | 65  |
|                      | 2                   | Taper                   | 10/24/2016              | 6 @ RPE <= 4            | 5 2x1 mile @ RPE=6, 0.25 @ RPE=3   | 5                        | 4xHills Up @ RPE=4; Down @ RPE=4 (no recovery)     | 4                             | 15 Social Run (no technical training)             | 6 @ RPE <= 5  | 41  |
|                      | 1                   | Race                    | 10/31/2016              | 5 @ RPE <= 4            | 5 RPE <= 4                         | 0                        | Rest   | 2                             | 100 @ RPE=4; Social Run with a Partner            | 10 @ RPE <= 4 | 112 |
|                      |                     |                         |                         |                         |                                    |                          |  |                               | Big Cedar   |               |     |