

# Green Lakes Training Plan

When I didn't get into NYC marathon through the lottery, I selected a new goal. I had been looking at the Green Lakes 50K for awhile, and decided to give it a go. The area is beautiful, and I've never really embraced trail running. I decided that now was the time to try it! I took the plan that Scott has been following for his first 50K and modified it to fit my needs.

Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>May 5</b> Week 16	Pilates Bodyump Skier's Edge	<b>45 min Easy</b>	Spin Hilly Run	<b>1:15-1:30</b> Easy + Yoga	<b>Bodyump</b> Skier's Edge	<b>Long Run</b> <b>10 miles</b> Trail	<b>1 hour</b> <b>medium</b> <b>effort</b> Yoga
<b>May 12</b> Week 15	Pilates Bodyump Skier's Edge	<b>45 min Easy</b>	Spin Pilates <b>Hill Repeats</b> <b>3x600 M</b>	<b>1:15-1:30</b> Easy + Yoga	<b>Bodyump</b> Skier's Edge	<b>Long Run</b> <b>12 miles</b> Trail Yoga	<b>1 hour</b> <b>medium</b> <b>effort</b> ski trainer
<b>May 19</b> Week 14	Pilates Bodyump Skier's Edge	<b>45 min Easy</b>	Spin Pilates <b>50 min Hilly</b> <b>Run</b>	<b>1:15-1:30</b> Easy + Yoga	<b>Bodyump</b> Skier's Edge	<b>Long Run</b> <b>14 miles</b> Trail Yoga	<b>1 hour</b> <b>medium</b> <b>effort</b> ski trainer
<b>May 26</b> Week 13	Pilates Bodyump Skier's Edge	<b>45 min Easy</b>	Spin Pilates <b>Hill Repeats</b> <b>5x600 M</b>	<b>1:15-1:30</b> Easy + Yoga	<b>Bodyump</b> Skier's Edge	<b>Long Run</b> <b>16 miles</b> Trail Yoga	<b>1 hour</b> <b>medium</b> <b>effort</b> ski trainer
<b>June 2</b> Week 12	Pilates Bodyump Skier's Edge	<b>45 min Easy</b>	Spin Pilates <b>55 min Hilly</b> <b>Run</b>	<b>1:15-1:30</b> Easy + Yoga	<b>Bodyump</b> Skier's Edge	<b>Long Run</b> <b>18 miles</b> Trail Yoga	<b>1 hour</b> <b>medium</b> <b>effort</b> ski trainer
<b>June 9</b> Week 11	Pilates Bodyump Skier's Edge	<b>45 min Easy</b>	Spin Pilates <b>Hill Repeats</b> <b>5x600 M</b>	<b>1:15-1:30</b> Easy + Yoga	<b>Bodyump</b> Skier's Edge	<b>Long Run</b> <b>20 miles</b> Trail Yoga	<b>1 hour</b> <b>medium</b> <b>effort</b> ski trainer
<b>June 16</b> Week 10	Pilates Bodyump Skier's Edge	<b>45 min Easy</b>	Spin Pilates <b>60 min Hilly</b> <b>Run</b>	<b>1:15-1:30</b> Easy + Yoga	<b>Bodyump</b> Skier's Edge	<b>Long Run</b> <b>16 miles</b> Trail <i>*late</i> <i>afternoon/</i> <i>eve</i>	<b>1 hour</b> <b>medium</b> <b>effort</b> ski trainer
<b>June 23</b> Week 9	Pilates Bodyump Skier's Edge	<b>45 min Easy</b>	<b>Hill Repeats</b> <b>8x600 M</b> Outdoor Ride	<b>1:15-1:30</b> Easy + Yoga	<b>Bodyump</b> Skier's Edge Swim	<b>Long Run</b> <b>22 miles</b> Trail Yoga	<b>1 hour</b> <b>medium</b> <b>effort</b> ski trainer
<b>June 30</b> Week 8	Bodyump Skier's Edge Swim	<b>45-60 Minute</b> <b>Easy Run</b> Yoga/Swim	<b>65 minute</b> <b>Hilly Run</b> Outdoor Ride	<b>1:15-1:30</b> Easy + Yoga	<b>Bodyump</b> Skier's Edge Swim	<b>Long Run</b> <b>16 miles</b> Trail Yoga	<b>1 hour</b> <b>medium</b> <b>effort</b> ski trainer

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<b>July 7</b> <i>Week 7</i>	Bodypump Skier's Edge Swim	<b>45-60 Minute Easy Run</b> Yoga/Swim	<b>Hill Repeats 9x600</b> Outdoor Ride	<b>Women's Distance Festival + 45 min Easy + Yoga</b>	<b>Bodypump</b> Skier's Edge Swim	<b>Long Run 24 miles Trail Yoga</b>	<b>1 hour medium effort</b> ski trainer
<b>July 14</b> <i>Week 6</i>	Bodypump Skier's Edge Swim	<b>45-60 Minute Easy Run</b> Yoga/Swim	<b>70 minute Hilly Run</b> Outdoor Ride	<b>1:15-1:30 Easy + Yoga</b>	<b>Bodypump</b> Skier's Edge Swim	Skier's Edge Swim Yoga	<b>Long Run 16 Miles Forest Frolic</b>
<b>July 21</b> <i>Week 5</i>	<b>1 hour medium effort</b>	<b>45-60 Minute Easy Run</b> Yoga/Swim	<b>Hill Repeats 10x600 m</b> Outdoor Ride	<b>1:15-1:30 Easy + Yoga</b>	<b>Bodypump</b> Skier's Edge Swim	<b>Long Run 26 miles Trail Yoga</b>	<b>1 hour medium effort</b> ski trainer
<b>July 28</b> <i>Week 4</i>	Bodypump Skier's Edge Swim	<b>45-60 Minute Easy Run</b> Yoga ( <i>home</i> )	<b>70 minute Hilly Run</b> Outdoor Ride	<b>1:15-1:30 Easy + Yoga</b>	Swim	<b>Rest</b>	<b>Cayuga Lake Triathlon</b>
<b>Aug 4</b> <i>Week 3</i>	<b>Rest</b>	<b>45-60 Minute Easy Run</b> Yoga ( <i>home</i> )	<b>Hill Repeats 8x600 m</b> Outdoor Ride	<b>1:15-1:30 Easy + Yoga</b>	<b>10 K Race Pace</b>		
<b>Aug 11</b> <i>Week 2</i>	<b>DISNEY Workouts catch as catch can</b>						
<b>Aug 18</b> <i>Race Week</i>	Outdoor Ride	<b>45-60 Minute Easy Run</b> Yoga ( <i>home</i> )	<b>1 hour easy</b>	<b>Yoga</b>	<b>30 Minutes Easy</b>	<b>Green Lakes 50K Race</b>	