



# **DIRTY 30 MOUNTAIN & TRAIL RUNNING**

## **GETTING STARTED**

### **TRAIN RIGHT**

Whether this will be your first or 50<sup>th</sup> ultramarathon you'll benefit from having a structured training plan. Ultras aren't about just training more; they're about training right. Anyone can do an ultra, even a time-crunched mother of three. It can seem like a very daunting task when you're new to the sport, but with some guidance and confidence you'll be at that finish line before you know it.

### **THE RIGHT WAY TO WARM UP**

Warm ups can vary depending on the day, but you want to do at least 15 minutes of conversational running before you start high intensity intervals. The warm up period may be anywhere from 15-30 minutes, but it's more important to focus on the specificity of the intervals than getting in exactly 15, 20, 25 or 30 minutes of a warm up. Use your warm up to get to the best place on the trail (or road) to do your intervals. If you can get to the perfect hill for your uphill tempo in 18 minutes that's ok. For this reason, workout days will be listed with a total duration that is longer than the total time of the actual intervals. After you warm up and complete the intervals, then you complete the total duration of the run at an endurance pace.

Many times, RunningStrides may also be prescribed. RunningStrides (commonly called 'strides' 'stride outs' or 'striders') are short high intensity intervals intended to gradually get the body used to operating at a high intensity. They are typically between 10k and 5k race pace for the 20 seconds. Rest between each RunningStride is 1 minute.

## RPE

RPE stands for Rate of Perceived Exertion. It's a very simple measure of workload to determine how hard you feel you are exercising. In a training setting, the RPE scale is from 1 to 10 (1 being no exertion and 10 being a maximum effort). Each workout has an RPE associated with it to get the best adaptation. To use this scale, you need to understand what you're trying to accomplish with each workout. Table 7.1 lays it all out.

WORKOUT	TARGETED INTENSITY LEVEL	RPE (1-10 SCALE)	BREATHING RATE	TALKING ABILITY
RecoveryRun	Recovery	4 or 5	Comfortable breathing, barely above walking rate	Story time!
EnduranceRun	Endurance	5 or 6	Rhythmic, moderate-depth breathing; not labored	Comfortable conversation
SteadyStateRun	High-end aerobic	7	Deep and labored breathing	2-3 sentences
TempoRun	Lactate threshold	8 or 9	Deep and labored, faster than at high-end aerobic	5- to 7-word sentence
RunningIntervals	VO <sub>2</sub> max	10	Short and rapid	Single word, probably 4 letters

## WORKOUT DESCRIPTIONS

The workouts described below are used in the training programs in this guide.

### RecoveryRun (RR)

A RecoveryRun is exactly that. It's needs to be very easy to allow you to recover from previous days. They'll range anywhere from 40 – 60 minutes and should be substantially easier than an EnduranceRun. It should be 4-5 on an RPE scale and have a frequency of 2-3 times per week.

### EnduranceRun (ER)

This is the intensity that much of your running time will consist of. Many people refer to it as their forever pace, but it's also the time around your interval sets. Theses runs should be a 5 or 6 on the RPE scale and range from 30 minutes to 6+ hours. Your speed will vary with uphill and downhill, but remember to keep your perceived exertion the same. Going uphill at the same speed requires more work, which can turn your EnduranceRun into a SteadyStateRun fairly quickly.

### **SteadyStateRun (SSR)**

SteadyStateRun workouts are that pace between your EnduranceRun and lactate threshold. These workouts help develop a stronger aerobic engine by maintaining an effort outside of your comfort zone. They should be a 7 on an RPE scale and range from 15 – 45 minutes for each interval. Be very careful that you don't let your intensity level get into your lactate threshold. It's very easy to let it creep up, but faster doesn't always mean better. You need to be able to sustain that pace for longer periods of time to get the best adaptation.

### **TempoRun (TR)**

TempoRuns are probably the most well-known of these workouts. They're a very important part of training and are very strenuous. They should be run at or slightly below your lactate threshold at an RPE of 8-9. These intervals are shorter than SteadyStateRuns because of the intensity involved. Each interval ranges from 8 to 20 minutes and has a 2-to-1 recovery ratio. A typical workout may look like 3x10 min with 5 minutes of active recovery between each interval.

### **RunningIntervals (RI)**

RunningIntervals are short, extremely strenuous intervals that help develop your VO<sub>2</sub>max. They last 1 to 3 minutes at an RPE of 10. Warming up before these is even more important so make sure to get in 15-30 minutes of conversational running before you start the intervals. The recovery period is 1 to 1, so 1 minute intervals have 1 minute of active recovery. You should always be moving during the recovery periods, even if you need to hike for a few seconds.

You'll see that these intervals are done uphill in the training plans provided. The incline increases the workload and helps you consistently reach your VO<sub>2</sub>max.

### **SUMMARY**

You now have a training plan and a basic understanding of the fundamentals so it's time to get started! Below is a summary of the five key running workouts for your reference. If you're interested in learning more about a personalized plan you can visit our website at [www.trainright.com](http://www.trainright.com) or reach out to Amanda Basham at [abasham@trainright.com](mailto:abasham@trainright.com).

TABLE 7.2

Summary of the Five Key Running Workouts

	RPE	TYPICAL INTERVAL TIME	TOTAL TIME-AT-INTENSITY	WORK: REST	TYPICAL WORKOUT	FREQUENCY PER WEEK
RecoveryRun (RR)	4 or 5	NA	20–60 min	NA	40-min RR	2–3
EnduranceRun (ER)	5 or 6	NA	30 min–6+ hours	NA	2-hr ER	2–6
SteadyStateRun (SSR)	7	20–60 min	30 min–2 hours	5–8:1	2-hr ER with 2 × 30 min SSR, 5-min recovery between intervals	2–4
TempoRun (TR)	8 or 9	8–20 min	30–60 min total	2:1	2-hr ER with 3 × 12 min TR, 6-min recovery between intervals	2–3
RunningIntervals (RI)	10	1–3 min	12–24 min total	1:1	90-min ER with 6 × 3 min RI, 3-min recovery between intervals	2–3