



# 50 MILER STAR COURSE TRAINING PLAN //

18 weeks // 3 workouts/week

## BASE 5 WEEKS (15-30 MILES/WEEK)

	Week 1		Week 2		Week 3		Week 4		Week 5	
<b>Ruck Work (miles)</b>	6	4	8	4	6	6	10	4	8	6
<b>Ruck Power [+]</b>	1mi. AFAP		1mi. AFAP		2 x 1mi. AFAP		1/4mi. Sandbag Toss		2 x 1mi. AFAP	
<b>Sandbag:</b> 20lbs/40lbs			1/2mi. Sandbag Suitcase Carry							
<b>Post Ruck Work</b>	Push-Ups AMRAP to failure (1) With Ruck (2) Without Ruck (3) On your knees									
<b>Post Ruck Power</b>	Air Squats 1 min. AMRAP, Sandbag Military Press 1 min. AMRAP, 1 min. Plank hold (no ruck)									

## BUILD 7 WEEKS (25-50 MILES/WEEK)

	Week 6		Week 7		Week 8		Week 9		Week 10		Week 11		Week 12	
<b>Ruck Work (miles)</b>	10	8	12	6	16	8	20	8	22	10	26.2*	8	22	6
<b>Ruck Power [+]</b>	1/2 mi. Sandbag toss		2 x 1mi. AFAP		2 x 2 mi. AFAP		1/2mi. Sandbag toss		1/2mi. Sandbag Suitcase Carry		4 X 1mi. AFAP		3 X 2mi. AFAP	
<b>Sandbag:</b> 40lbs/60lbs	1mi. AFAP		1/4mi. Sandbag Suitcase Carry				1mi. AFAP		2mi. AFAP				1/4mi. Sandbag Toss	
<b>Post Ruck Work</b>	2X SETS: Push-Ups AMRAP to failure (1) With Ruck (2) Without Ruck (3) On your knees													
<b>Post Ruck Power</b>	Air Squats 2 min. AMRAP, Sandbag Military Press 2 min. AMRAP, 90 sec. Plank hold (no ruck)													

## PEAK 3 WEEKS (45-60 MILES/WEEK)

	Week 13		Week 14		Week 15							
<b>Ruck Work (miles)</b>	30		14		40*		12		26.2		18	
<b>Ruck Power [+]</b>	1mi. Sandbag Toss				1mi. Sandbag Toss				2mi. Sandbag Suitcase carry			
<b>Sandbag:</b> 40lbs/60lbs <b>Elite:</b> 80lbs	2mi. AFAP				1mi. Sandbag Suitcase Carry							
<b>Post Ruck Work</b>	3X SETS : Push-Ups AMRAP to failure (1) With Ruck (2) Without Ruck (3) On your knees											
<b>Post Ruck Power</b>	Air Squats 2 min. AMRAP, Sandbag Military Press 2 min. AMRAP, 2 min. Plank Hold (no ruck)											

## TAPER 3 WEEKS (15-25 MILES/WEEK)

	Week 16		Week 17		Week 18							
<b>Ruck Work (miles)</b>	12		6		10		6		8		★	
<b>Ruck Power [+]</b>	1/4mi. Sandbag Toss				1/2mi. Sandbag Suitcase Carry				1mi. Sandbag Suitcase Carry			
<b>Sandbag:</b> 20lbs/40lbs	2mi. AFAP				1mi. AFAP							
<b>Post Ruck Work</b>	2X Sets: Push-Ups AMRAP to failure (1) With Ruck (2) Without Ruck (3) On your knees											
<b>Post Ruck Power</b>	Air Squats 2 min. AMRAP, Sandbag Military Press 2 min. AMRAP, 2 min. Plank Hold (no ruck)											

**KEY // AFAP:** "As Fast As Possible" // **AMRAP:** "As Many Reps As Possible" // \*At night

### Weight Guidance

- » Event weight is standard (10/20 lbs)
- » [+]= Add some for additional power and strength gains
- » Ruck is worn during Sandbag training
- » AFAP rucks - carry the Sandbag on top of your ruck for more difficulty

### Mileage Goals

- » 2 distances/week are prescribed with a target pace of 15-20 min/mile.
- » Total weekly goals are listed by phase, and greater.
- » Hide the miles (wear your ruck more) is one way to meet these goals. Pace is not the priority.

### Pace

- » Ruck Work is about the miles. Goal: 15-20 minutes/mile.
- » Ruck Power is about optimizing your body for movement and miles. Goal: All you got.

