

# **ULTRA RUNNING with JACK**

**Training Plans to get you there!**



**Leadville 100 — 2010**

*My goal is to listen to clients and help them define specific and realistic goals. After reviewing past performances and training methods, I will then develop a training program that will compliment their lifestyle and lead to achieving those goals. A consistent focus will be required of you in order to reach and exceed your goals. Programs are modified on a regular basis to ensure results.*

**Jack Pilla  
RRCA Running Coach  
USATF Level One Coach  
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## I can help with:

- Goal Setting
- Training Plans from 5K-100+Miles
- Race Day Plans
- Equipment Needs



*I like to work with all ages and fitness levels. As well as being a running coach, I'm also an avid runner myself having completed multiple ultra marathons as well as other trail and road races from 5k to marathon distances. In addition to running I firmly believe in cross training and play hard at mountain biking, alpine & nordic skiing and well as mental training with skydiving.*

## Recent Success of Running Clients:

**Bob: 2011, 1st overall Iron Horse 100**

5th Overall Umstead 100, 1st in age

Five 100 milers!!

**Serena: 2011, 1st woman VT 100 Mile**

1st woman Green Lakes 100K, course record.

**Joyce: 2011, 1st woman Bramble Scramble 30K**

4th Master Woman KBVCM, new PR 3:16:22

**Noreen: 2011, New PR—Boston Marathon 3:19:48**

**Nate: 2011, Three 100 milers!! WS 100, VT 100, Leadville 100**

**Kristina: 2012, Superior Falls 100, 1st woman**

2013, Leona Divide 50 mile, 3rd woman

Cayuga 50 Mile, 1st woman

2014, Traprock 50k, 1st woman

2015, Virgil Crest 50 mile, 1st woman

Cape Cod Marathon, 1st woman

**Eric: 2013, completed first marathon at Vermont City Marathon**

**John: 2012, PR at VT 100 Mile**

**Ryan: 2012, Superior Falls 100 mile, 3rd overall**

2013: Big Bad Ultra 50 mile, 1st overall

Jay Peak 50k, 1st overall

2014: Traprock 50k, 1st overall

**Kristin: 2014-2015, new PR's in the 5k, 10k, 1/2 marathon, marathon and 100 miles.**

**Robert: 2014, completed first 100 miler at the Vermont 100.**



## Credentials:

RRCA Certified Running Coach  
USATF Level 1 Coach  
Certified CPR, First Aid  
Pearl Izumi Brand Ambassador  
VT City Marathon Pace Team Coordinator  
Former Assistant XC Coach at SBHS

## Other Classes and Credentials:

Running Summit February 2015  
70+ Ultra Marathons since 2005  
25+ Marathons since 2002  
Numerous other trail and road races throughout New England and beyond.

### PRs:

**100 Mile: Burning River 100, July 2010; 16:22:54**  
**100K: Bandera, January 7, 2012; 10:46:32**  
**50 Mile: JFK 50 Mile, Nov. 2010; 6:29:17**  
**Marathon: Boston Marathon 2008, 2:43:28**

## ***Some Results for Jack:***

- ◆ **2015 Vermont 50 Mile**, age group winner, September 2015.
- ◆ **2015 Jay Peak Trail Festival**, 25k mountain race, VT, September 2015, 2<sup>nd</sup> Overall, **1<sup>st</sup> in age**.
- ◆ **2015 Fat Dog 120**, British Columbia, Canada. August 2015. **1<sup>st</sup> in age**.
- ◆ **2015 USATF-NE Trail Championships**, Merrimack River 10 mile Trail Race, Andover, MA. **1<sup>st</sup> in age**.
- ◆ **2014 Holiday Hundred Fat Ass 100 Miler**, Charlotte, VT. Completed the solo event in 20:47.
- ◆ **2014 Quad Rock 50 Mile**, Colorado. May 10, 2014. **1<sup>st</sup> in age**.
- ◆ **2014 Coldwater Rumble 50k**, Arizona, January 2014. 4<sup>th</sup> overall, **1<sup>st</sup> master and 1<sup>st</sup> in age group**.
- ◆ **2013 Tor Des Geants, Courmayeur, Italy**, September 8, 2013, completed the **206 mile run** through the Alps of Italy with 158,000 feet of elevation change. 74<sup>th</sup> place overall out of over 700 competitors, 110 hours.
- ◆ **2013 USATF National 100k Trail Championships**, Bandera 100K. **1<sup>st</sup> in Age**.
- ◆ **2013 Rocky Raccoon 100 Mile**
- ◆ **2013 Don't Run Boston 50 Mile**, 2nd overall, 1<sup>st</sup> in age.
- ◆ **2013 North Face Bear Mountain 50 Mile**
- ◆ **2013 Run Your Can Off. Overall winner**, 31 laps, 38.75 miles.
- ◆ **2012 Finger Lakes 50 Mile**, July 2012. **Overall winner**.
- ◆ **2012 Massanutten 100 mile**. 4<sup>th</sup> overall, **1<sup>st</sup> in age, new age group record**.
- ◆ **2012 Traprock 50K Trail Race**, Bloomfield, CT. 2nd place overall, **1<sup>st</sup> master and 1<sup>st</sup> in age**
- ◆ **2012 FebApple Frozen 50 Mile Trail Race**, Maplewood, NJ. **Overall winner and new course record**.
- ◆ **2012 USATF National 100k Trail Championships**, Bandera 100k, **age group winner and new age group course record**.
- ◆ **2011 Vermont 50 Mile**. 5th place overall, top master and **age group winner**.
- ◆ **2011 Ultra-Trail du Mont Blanc**, Chamonix, France. 22nd overall out of 2369 runners, 3rd American and **age group winner**.
- ◆ **2011 North Face Bear Mtn. 50 Mile. Age group winner**.
- ◆ **2011 Bull Run Run 50 Mile**, Virginia. 4<sup>th</sup> Overall, **age group winner, age group course record**.
- ◆ **2011 USATF National 50 Mile Trail Championships**, Spring Rocks, Texas. 5<sup>th</sup> overall, **age group winner**.
- ◆ **2010 JFK 50 Mile Race**. 10<sup>th</sup> place overall, **age group winner, age group course record with a time of 6:29:17**
- ◆ **2010 USATF National 100 Mile Trail Championships** held at the **Burning River 100 Mile Race**. **3<sup>rd</sup> place overall, age group winner and I believe a new age group record** with a time of 16:22:54.
- ◆ **2010 Finger Lakes 50 Mile Trail Race**. 2<sup>nd</sup> place overall, masters winner and set a **new master's course record**.
- ◆ **2010 North Face Bear Mountain 50 Mile Trail Race. Age group winner and new age group record**.
- ◆ **2009 Top 10 Fastest Times for a 100 mile race** based on the 2009 VT 100 Mile Endurance Race.
- ◆ **2009 VT 100 Mile Endurance Race**, July 2009, **overall winner** with a time of 16:36:21.
- ◆ **2009 Finger Lakes 50K Trail Race**, July 4, 2009. **Overall winner** with a time of 4:16:22.
- ◆ **2009 Stone Cat 50 Mile Trail Race**, 3<sup>rd</sup> Overall, **1<sup>st</sup> Master** with a time of 6:51.
- ◆ **2009 Nipmuck Trail Marathon**. 2nd Overall, **1<sup>st</sup> Master, new age group record**.
- ◆ **2009 North Face Bear Mountain 50 Mile Trail Race**. 4<sup>th</sup> Overall, **1<sup>st</sup> Master with a new age group record**.
- ◆ **2009 Ultrarunning's North American Age Group Performances of the Year** for Men, 2<sup>nd</sup> place based on the VT 100 mile race. Also received votes for Overall Performance of the Year.
- ◆ **2009** In addition to ultra running competed in two **USTAF National Team Club Championships** with the Green Mountain Athletic Association 50's team. The GMAA Team came in 1<sup>st</sup> place for both the 5K Road Race in Syracuse, NY in October of 2009 and also the 10K XC Race in Lexington, Kentucky, Dec. 09.
- ◆ **2008 Wasatch Front 100 Mile Endurance Race**. 3<sup>rd</sup> Overall, **first in age group and new age group record** with a time of 21:47:43.
- ◆ **2008 Finger Lakes, 50 Mile Trail Race**. 2<sup>nd</sup> Overall, **1<sup>st</sup> Master, new masters age group record** with a time of 6:55:13.



## **Training Plans will include the**

### **5 physiological phases**

1. Base building:: Building up miles and endurance and getting the body to adapt to race conditions.
2. Strengthening: Through specific hill workouts and weight training.
3. Speed work: Yes, even running ultra distances can benefit from speed work.
4. Taper Time/Race Prep & Nutritional Needs: The final steps!
5. Post Race & Recovery: Now what and where do you go from here?

### **Coaching & Fees**

#### **Basic Coaching /Run for Fitness**

*Designed for athletes of all levels, personalized monthly training plan, email support contact with the coach, occasional phone support.*

#### **Short Distance Training (Approximately 16 weeks)**

*Customized training schedule, access through running logs, email support contact with the coach, occasional phone support.*

#### **Half Marathon to Marathon Training (Approximately 20 -26 weeks)**

*Customized training schedule, access through running logs, email support contact with the coach, occasional phone support.*

#### **Ultra Training (6 months or more depending on fitness level)**

*Customized training schedule, access through running logs, email support contact with the coach, occasional phone support.*

**Fees:** \$125.00 per month

**Jack Pilla**

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**Available by appointment Cell: 802.343-1335**

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*Mt Washington Road Race*