

# **ULTRA RUNNING with JACK**

**Training Plans to get you there!**



## **Hardrock 100 Endurance Run, 2017**

*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**

**The Run Formula Coach**

**RRCA Certified Running Coach**

**USATF Level One Coach**

**Charlotte, VT 05445**

**Email: [jack@therunformula.com](mailto:jack@therunformula.com)**

## 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,

2013: Top 10 at VT 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.

**Phil:** 2016, 1st overall at Finger Lakes 50 mile

**Corey:** 2016, Sugarloaf Marathon, PR and BQ, 3:07

**Naomi:** 2017, Vermont City Marathon, PR and BQ

**Kanoa:** 2017, Catamount Ultra 50k, 2nd Overall, VT 50 mile, 3rd Overall



### Credentials:

The Run Formula Running Coach  
RRCA Certified/USATF Level 1 coach  
*Shaw & Heald Sales NE Regional Promotions & Events Director for Hoka One One*  
VT City Marathon Pace Team Coordinator  
Former Assistant XC Coach at SBHS

### Other Classes and Credentials:

Running Summit February 2015  
80+ Ultra Marathons since 2004  
30+ Marathons since 2002  
Numerous other trail and road races throughout New England and beyond.

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

#### 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**

- ♦ **2017 Hardrock 100 Finisher. 36:33**
- ♦ **2017 Antelope Canyon 50 Mile, Paige, AZ, February 27, 2017. Top 10 overall finisher.**
- ♦ **2016 Rio Del Lago 100 Mile, CA. November 5, 2016**
- ♦ **2016 GMAA, Green Mountain Marathon, So Hero, VT. 2<sup>nd</sup> place overall. October 9, 2016**
- ♦ **2016 Uhunmilak 100 mile, Spain. July 8, 2016**
- ♦ **2016 North Face Bear Mountain 50 Mile Trail Race. Age group winner, April 30, 2016.**
- ♦ **2016 Don't Run Boston 50k, April 17, 2016, 2<sup>nd</sup> overall, 1<sup>st</sup> in age.**
- ♦ **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, ag winner and new ag 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, ag winner, age group course record with a time of 6:29:17**
- ♦ **2010 USATF National 100 Mile Trail Championships, 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> 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 USTAF National Team Club Championships with the GMAA 50's team. The GMAA Team came in 1<sup>st</sup> place for both the 5K Road Race in Syracuse, NY in Oct of 2009 & also the 10K XC Race in Lexington, Ky, Dec. 09.**
- ♦ **2008 Wasatch Front 100 Mile Endurance Race. 3<sup>rd</sup> Overall, first in age & new age record 21:47:43.**
- ♦ **2008 Finger Lakes, 50 Mile Trail Race. 2<sup>nd</sup> Overall, 1<sup>st</sup> Master, new masters age record 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 12-16 weeks)**

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

#### **Half Marathon to Marathon Training (Approximately 16 -26 weeks)**

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

#### **Ultra Training (3-12 months or more depending on fitness level)**

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

**Fees : Contact Jack for full schedule of fees.**

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*Mt Washington Road Race*