

50k one month before BQ attempt???



[wing zero](#) 79 posts since

Jan 30, 2007

Ok, there was just a thread about ultras affecting marathon times, but I wanted to start another one concerning my specific situation.

I am on a training program to try to BQ on the Houston marathon on Jan 13th but I would also like to run the Sunmart 50k on Dec. 8th.

If I run the 50k it gives me 5 weeks until the Houston marathon to recover.

2 questions

1) Is a 50k too long of a race to do as the last long run before the marathon attempt. Since I will have to run the 50k slow, will this reverse some of my speedy Boston BQ workouts?

2) Usually you should do your longest long run before the marathon 3-4 weeks away. Since this 50k is 5 weeks away, will I have to run another decent sized long run before the marathon or should I just taper for the whole 5 weeks?

Thanks for the replies!



[crunningman](#) 918 posts since

Jun 7, 2002 1. **Re: 50k one month before BQ attempt???** Aug 10, 2007 3:59 PM

I don't know much about your experience, but if it were me I'd go for it. 5 weeks out is plenty of time to recover for the BQ effort as long as you don't burn yourself up during the 50K.

Keep yourself hydrated and watch your salt levels. No telling what Texas will be like during December.

I also may be at Houston again. Ran it in 2006 to get a feel for the course and also would like to run another BQ as well. A great place to stay is at the "Inn at the Ballpark". A block or so from the start/finish areas.

Good luck to you! CR



[merigayle](#) 1,572 posts since

Aug 15, 2007 2. **Re: 50k one month before BQ attempt???** Aug 10, 2007 4:24 PM

How many marathons have you run? What are your typical long runs?

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[RunLongVT](#) 158 posts since

Dec 14, 2007 3. **Re: 50k one month before BQ attempt???** Aug 10, 2007 4:25 PM

I think it sounds like plenty of time, too, assuming that (a) you don't run your brains out at the 50k, which you said you were going to run easy, and (b) running a Boston qualifying time would not be a big stretch for you if the 50k was not in the picture. It probably won't help you, but it won't sink your ship, either.

I'm going to take a stab at a 3:10 three weeks after my first 50-miler in a few months, so I'll let you know how that goes.



[formationflier](#) 975 posts since

Oct 13, 2007 4. **Re: 50k one month before BQ attempt???** Aug 10, 2007 7:51 PM

go for it - as I mentioned in the other thread, my best marathon time (which was an "improved" BQ at Boston) was 2 weeks after a 100 miler, which was one week after a 50k (a PR 50k). It'll either put you out of commission or launch you up to your next running level!

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