

Magdalena Boulet

US Olympic marathoner & 2015 Western States champion

MS in Exercise Physiology

KEY INGREDIENTS for ULTRA ENDURANCE  
A journey of 100 miles begins with a single step

Life after College: early 2000'

- Job at GU Energy Labs
- Grad school
- XC assistant coach at CAL
- Training and Racing
- Farm Team
- 2004 Olympic marathon trials

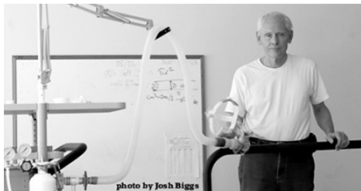


From water to land: 1980' & 1990'



UC Berkeley 97" BA in Human Biodynamics  
Cal State Hayward 00" MS Exercise Physiology

Meeting coach Jack Daniels



What I learned from coach JD

- Know the purpose of each workouts
- Rest is part of, not avoiding, training
- Racing is a reward
- Consistency is key
- Good food and sleep matters

## Mastering the skill



**Accomplishments:**  
5k: 15:14  
10k: 31:48  
Half: 1:11  
Marathon: 2:26  
2 World XC team bronze medals  
US Olympic Marathon Team



## Principles of Training

- **Know Your Limits**
  - Mileage, Lifestyle, Location
- **Training Intensities**
  - **Easy:** strengthen heart, ↑ muscles' ability to use oxygen, recovery
  - **Threshold:** raise lactate threshold
  - **Interval:** stress max oxygen uptake capacity
  - **Repetition:** improve speed & running economy
- **Specificity**
  - Run vs other, Vertical, Trail/Road, Shoes
- **Supplemental Training**
  - AIF, Strength, Mind

## Transition from Marathon to Ultras

### What did I do different?

- Applying Principles of Training
- Endurance Nutrition
- Active and Passive Recovery
- Longevity
- HOKA ONE ONE

### Accomplishments:

- TNF50, SOB100k, Canyons100k
- Western States 100miler



## Endurance Nutrition

- **Daily Nutrition**
  - Good nutrition starts with lots of fruits and vegetables, whole foods and grains, minimal processed or fast food, and portion control
- **Exercise Nutrition**
  - **Energy:** carbohydrates, BCAA, caffeine
  - **Hydration:** before, during & after
  - **Recovery:** carbohydrates & protein + BCAAs



## Active and Passive Recovery

- **Active**
  - Active Isolated Flexibility
  - Massage
  - Easy Running & XT
- **Passive**
  - Rest
  - Sleep
  - Meditation



## Longevity

- **Motivation**
  - Training partners
  - Places
  - Challenges
- **Consistency**
  - Injury prevention
  - Coaching and training
- **Healthy Lifestyle**
  - Nutrition
  - Balance
  - Reward



## Training Then & Now

- |                                 |  |
|---------------------------------|--|
| ○ Full time MARATHONer          | ○ ULTRAs + Full time job at GU Energy Labs |
| ○ Average mileage of 120/week   | ○ Average mileage of 80/week               |
| ○ Doubles 6-7 days per week     | ○ Average Vertical of 6000ft               |
| ○ Tpace: 4x2miles + 10mile Easy | ○ Tpace: 4x15min + 10mile Easy             |
| ○ Ipace: 6x1k                   | ○ Ipace: 10x3min                           |
| ○ Rpace: 20x200                 | ○ Rpace: 8x200                             |
| ○ LR: 2hr-2:30hr                | ○ LR: 3-4hr + 2hrs back to back days       |
| ○ TM Hills: 20x30sec            | ○ TM Hills: 10x1min                        |
| ○ AIF, Strength, Massage        | ○ AIF, Strength                            |
| ○ Good Food and Sleep           | ○ Good Food                                |
| ○ Sports Nutrition              | ○ Sports Nutrition                         |

## Where to find me

- [www.magdaboulet.com](http://www.magdaboulet.com)
- Facebook: Magda Boulet
- Twitter: RunBoulet
- Work: GU Energy Labs
- Sponsors:
  - HOKA One One
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# QUESTIONS

