

# 50K ULTRA TRAINING PLAN

## WEEK 1

DAY	ACTIVITY	DURATION
SUNDAY	MODERATE EFFORT	24KM
MONDAY	EASY	8KM
TUESDAY	8X10 SEC STRIDES AT END	10KM
WEDNESDAY	SWIM OR BIKE	OFF
THURSDAY	TEMPO 6K AT RACE PACE	12KM
FRIDAY	RECOVERY	8KM
SATURDAY	EASY 8X10 SEC STRIDES AT END	10KM

# 50K ULTRA TRAINING PLAN

## WEEK 2

DAY	ACTIVITY	DURATION
SUNDAY	LSD	26KM
MONDAY	EASY	8KM
TUESDAY	8X10 SEC STRIDES AT END	10KM
WEDNESDAY	CROSS TRAIN	OFF
THURSDAY	TEMPO 8K AT RACE PACE	14KM
FRIDAY	RECOVERY	8KM
SATURDAY	EASY 8X10 SEC STRIDES AT END	10KM

# 50K ULTRA TRAINING PLAN

## WEEK 3

DAY	ACTIVITY	DURATION
SUNDAY	MODERATE EFFORT	28KM
MONDAY	EASY 8X10 SEC STRIDES AT END	8KM
TUESDAY	SPEED 8X400M AT 5K PACE WITH 200M RECOVERY	10KM
WEDNESDAY	CROSS TRAIN	OFF
THURSDAY	TEMPO 8K AT RACE PACE	14KM
FRIDAY	OFF	8KM
SATURDAY	EASY 8X10 SEC STRIDES AT END	10KM

# 50K ULTRA TRAINING PLAN

## WEEK 4

DAY	ACTIVITY	DURATION
SUNDAY	LSD	28KM
MONDAY	EASY 8X10 SEC STRIDES AT END	8KM
TUESDAY	SPEED 4 X 1K AT 5K PACE WITH 400M RECOVERY	10KM
WEDNESDAY	CROSS TRAIN	OFF
THURSDAY	TEMPO 8K AT RACE PACE	14KM
FRIDAY	RECOVERY	8KM
SATURDAY	EASY 8X10 SEC STRIDES AT END	10KM

# 50K ULTRA TRAINING PLAN

## WEEK 5

DAY	ACTIVITY	DURATION
SUNDAY	MODERATE EFFORT	28KM
MONDAY	EASY 8X10 SEC STRIDES AT END	8KM
TUESDAY	3 X ONE MILE AT HMP WITH 1/2M RECOVERY	10KM
WEDNESDAY	CROSS TRAIN	OFF
THURSDAY	TEMPO 8K AT RACE PACE	14KM
FRIDAY	RECOVERY	8KM
SATURDAY	EASY 8X10 SEC STRIDES AT END	10KM

# 50K ULTRA TRAINING PLAN

## WEEK 6

DAY	ACTIVITY	DURATION
SUNDAY	LSD	28KM
MONDAY	EASY 8X10 SEC STRIDES AT END	8KM
TUESDAY	6 X 800M AT 5K PACE WITH 400M RECOVERY	12KM
WEDNESDAY	CROSS TRAIN	OFF
THURSDAY	TEMPO 10K AT RACE PACE	16KM
FRIDAY	RECOVERY	8KM
SATURDAY	EASY 8X10 SEC STRIDES AT END	10KM

# 50K ULTRA TRAINING PLAN

## WEEK 7

DAY	ACTIVITY	DURATION
SUNDAY	MODERATE EFFORT	28KM
MONDAY	EASY 8X10 SEC STRIDES AT END	8KM
TUESDAY	6 X 800M AT 5K PACE WITH 400M RECOVERY	12KM
WEDNESDAY	CROSS TRAIN	OFF
THURSDAY	TEMPO 8K AT RACE PACE	14KM
FRIDAY	RECOVERY	8KM
SATURDAY	EASY 8X10 SEC STRIDES AT END	10KM

# 50K ULTRA TRAINING PLAN

## WEEK 8

DAY	ACTIVITY	DURATION
SUNDAY	LONG FIRST 10K EASY, NEXT 10K RACE PACE, THEN COOL DOWN	28KM
MONDAY	EASY 8X10 SEC STRIDES AT END	8KM
TUESDAY	THRESHOLD 4 X 1Mile HMP WITH 1/2M RECOVERY	14KM
WEDNESDAY	CROSS TRAIN	OFF
THURSDAY	TEMPO 10K AT RACE PACE	16KM
FRIDAY	RECOVERY	8KM
SATURDAY	EASY 8X10 SEC STRIDES AT END	10KM



# 50K ULTRA TRAINING PLAN

## WEEK 9

DAY	ACTIVITY	DURATION
SUNDAY	LONG MODERATE EFFORT	30KM
MONDAY	EASY 8X10 SEC STRIDES AT END	10KM
TUESDAY	SPEED 5X 1K AT 5K PACE WITH 400M RECOVERY	14KM
WEDNESDAY	CROSS TRAIN	OFF
THURSDAY	PROGRESSION 3K WU THEN CUTDOWN EACH KM SO LAST KM IS 5K PACE, 3K CD	16KM
FRIDAY	RECOVERY	8KM
SATURDAY	EASY 8X10 SEC STRIDES AT END	10KM

# 50K ULTRA TRAINING PLAN

## WEEK 10

DAY	ACTIVITY	DURATION
SUNDAY	LONG MODERATE EFFORT, FINISH WITH LAST 5K AT RACE PACE	30KM
MONDAY	EASY 8X10 SEC STRIDES AT END	10KM
TUESDAY	THRESHOLD 3X3K AT HMP WITH 800M RECOVERY	14KM
WEDNESDAY	CROSS TRAIN	OFF
THURSDAY	TEMPO 10K AT RACE PACE	16KM
FRIDAY	RECOVERY	10KM
SATURDAY	EASY 8X10 SEC STRIDES AT END	10KM

# 50K ULTRA TRAINING PLAN

## WEEK 11

DAY	ACTIVITY	DURATION
SUNDAY	LONG MODERATE EFFORT	32KM
MONDAY	EASY 8X10 SEC STRIDES AT END	10KM
TUESDAY	SPEED 3X3K AT HMP WITH 800 RECOVERY	14KM
WEDNESDAY	CROSS TRAIN	OFF
THURSDAY	PROGRESSION 3K WU THEN CUTDOWN EACH KM SO LAST KM IS 5K PACE, 3K CD	16KM
FRIDAY	RECOVERY	8KM
SATURDAY	EASY 8X10 SEC STRIDES AT END	10KM

# 50K ULTRA TRAINING PLAN

## WEEK 12

DAY	ACTIVITY	DURATION
SUNDAY	LONG FIRST 10K EASY, NEXT 16K RACE PACE, THEN COOL DOWN	32KM
MONDAY	EASY 8X10 SEC STRIDES AT END	10KM
TUESDAY	THRESHOLD 5X1K AT 5K RACE PACE WITH 400M RECOVER	14KM
WEDNESDAY	CROSS TRAIN	OFF
THURSDAY	TEMPO 10K AT RACE PACE	16KM
FRIDAY	RECOVERY	8KM
SATURDAY	EASY 8X10 SEC STRIDES AT END	10KM

# 50K ULTRA TRAINING PLAN

## WEEK 13

DAY	ACTIVITY	DURATION
SUNDAY	LONG MODERATE EFFORT	30KM
MONDAY	EASY 8X10 SEC STRIDES AT END	8KM
TUESDAY	SPEED 8X800M AT 5K RACE PACE WITH 400M RECOVERY	14KM
WEDNESDAY	CROSS TRAIN	OFF
THURSDAY	TEMPO 10K AT RACE PACE	16KM
FRIDAY	RECOVERY	10KM
SATURDAY	EASY 8X10 SEC STRIDES AT END	10KM

# 50K ULTRA TRAINING PLAN

## WEEK 14

DAY	ACTIVITY	DURATION
SUNDAY	LONG MODERATE EFFORT DEPLETION RUN (IF DOING)	28KM
MONDAY	EASY 8X10 SEC STRIDES AT END	8KM
TUESDAY	THRESHOLD 2X3K AT HMP WITH 800 RECOVERY	12KM
WEDNESDAY	CROSS TRAIN	OFF
THURSDAY	TEMPO 8K AT RACE PACE	10KM
FRIDAY	RECOVERY	6KM
SATURDAY	EASY 8X10 SEC STRIDES AT END	10KM

# 50K ULTRA TRAINING PLAN

## WEEK 15

DAY	ACTIVITY	DURATION
SUNDAY	LONG MODERATE EFFORT	21KM
MONDAY	EASY 8X10 SEC STRIDES AT END	8KM
TUESDAY	CROSS TRAIN	OFF
WEDNESDAY	EASY 8X10 SEC STRIDES AT END	8KM
THURSDAY	TEMPO 6K AT RACE PACE	10KM
FRIDAY	RECOVERY	6KM
SATURDAY	REST	OFF

# 50K ULTRA TRAINING PLAN

## WEEK 16

DAY	ACTIVITY	DURATION
SUNDAY	LONG MODERATE EFFORT	21KM
MONDAY	EASY 8X10 SEC STRIDES AT END	8KM
TUESDAY	REST	OFF
WEDNESDAY	TEMPO 6K AT RACE PACE	10KM
THURSDAY	REST	OFF
FRIDAY	EASY 8X10 SEC STRIDES AT END	8KM
SATURDAY	REST	OFF



# TRAINING PLAN LEGEND



**LSD (Walk/Run)**  
Long Slow Distance



**HILLS**  
Go up!



**Tempo**  
Anaerobic threshold  
or lactate-threshold run



**Fartlek**  
Speed Play



**Steady Run**  
Below Race Pace



**Race Pace**  
Your Race Day  
Pace Goal

# TRAINING PLAN LEGEND

## LSD (Walk/Run)



### **LSD (Walk/Run) Long Slow Distance**

Long Slow Distance runs are the cornerstone of any distance training program. These runs will build your strength, resiliency and fitness.

These runs are meant to be done slower than race pace so don't be overly concerned with your pace. One way to easily tell you are running slow enough is that you should be able to hold a conversation with ease while running.

LSD runs help to prepare you for mentally longer distances.

It can be easy to run long runs too fast in the first weeks of the program, but avoid this to avoid injury. Many runners push these runs too fast because they feel like they need to work hard. However, the feeling that you are 'working hard' should be reserved for a Tempo run, so as to not negatively impact your training program

# TRAINING PLAN LEGEND

## TEMPO



### **Tempo** Anaerobic threshold or lactate-threshold run

Tempo runs should be done at a pace that feels “comfortably hard”.

Tempo workouts should stress the body at a specific intensity level - not more, not less. The workout should ideally take place on smooth, flat terrain under relatively calm weather conditions.

Tempo workouts are typically of 20-30 minute non-stop duration with a warm up and cool down added. Alternatively, tempo repeats can consist of a few shorter sets of tempo intervals with a short rest between them. In this way, tempo workouts can be increased to 30-50 minutes overall.

# TRAINING PLAN LEGEND

## STEADY RUN



### **Steady Run - Below Race Pace**

Steady run is a run below one's targeted race pace.

Run at comfortable speed; if in doubt, go slow.

# TRAINING PLAN LEGEND

## HILLS



### **Hills - Go up!**

Hill training combines the benefits of both interval and speed training. They develop strength and fitness.

Hills can be run over a variety of distances and grades and can be combined with longer runs. Generally when introduced to LSD, Tempo and Steady Runs the Hills match the effort of the run.

Hills can be run as repeats or as hilly runs.

# TRAINING PLAN LEGEND

## FARTLEK



### **Fartlek - Speed Play**

Short bursts at 70-80% effort, plus recovery periods that allow time to bring the heart rate down where it sits on a LSD run.

To build determination and strength. Fartlek teaches a runner to run at a varied tempo instead of locking into one pace.

# TRAINING PLAN LEGEND

## RACE PACE

### **Race Pace - Your Race Day Pace Goal**

To train the body to run at exactly the pace and intensity that will be required during the target race.

To train the body and mind to become comfortable being uncomfortable. Generally Race Pace is done above lactic threshold but that can vary as most runners will not run a Marathon above lactic threshold.

To develop stamina and pace judgment.

It is important that Race Pace be done at where you are at in fitness, not where you want to be. Your technique and day-to-day training program will be compromised if you have not built the adequate fitness and strength base to handle the goal pace. Let this pace build over the course of your program and use it as a marker for improvement.

