16-WEEK 50 MILE ULTRAMARATHON BEGINNER'S TRAINING PLAN

Week	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
1	Rest	5 miles - easy	Rest or 3 miles - easy	Hill reps: 5 x 2 minutes hard uphill with easy jog recovery back to your starting point. Aim for fastest sustainable pace & consistent pacing between reps	Rest	5 miles - easy	10 mile long run with 20% of the climb you will do in your race
2	Rest	4 miles - easy	Rest or 3 miles - easy	Hill reps: 5 x 2.5 minutes hard uphill with easy jog recovery back to your starting point. Aim for fastest sustainable pace & consistent pacing between reps	Rest	5 miles - easy	12 mile long run with 25% of the climb you will do in your race
3	Rest	4 miles - easy	Rest or 3 miles - easy	Hill reps: 5 x 3 minutes hard uphill with easy jog recovery back to your starting point. Aim for fastest sustainable pace & consistent pacing between reps	Rest	4 miles - easy	14 mile long run with 30% of the climb you will do in your race

4	Rest	5 miles - easy	Rest or 3 miles - easy	Hill reps: 4 x 2 minutes hard uphill with easy jog recovery back to your starting point. Aim for fastest sustainable pace & consistent pacing between reps	Rest	5 miles - easy	12 mile long run with 25% of the climb you will do in your race
5	Rest	4 miles - easy	Rest or 3 miles - easy	***Tempo run: 15 min at 3-hour race pace (65-70 % effort)**	Rest	3 miles - easy	***16 mile long run with 35% of the climb you will do in your race**
6	Rest	5 miles - easy	Rest or 3 miles - easy	Hill fartlek (20 mins): Using an undulating route, run all uphills at a hard intensity (40-60 minute race pace), and all flats and descents at easy recovery pace	Rest	6 miles - easy	4-5h hilly hike
7	Rest	4 miles - easy	Rest or 3 miles - easy	***Tempo run: 20 min at 3-hour race pace (65-70 % effort)**	Rest	4 miles - easy	***18 mile long run with 40% of the climb you will do in**

							your race
8	Rest	***4 miles - easy**	Rest or 3 miles - easy	Hill fartlek (25 mins): Using an undulating route, run all uphills at a hard intensity (40-60 minute race pace), and all flats & descents at easy recovery pace	Rest	7 miles - easy	6-7h hilly hike
9	Rest	4 miles - easy	Rest or 3 miles - easy	Hills: 5 x 1 min hard uphill/1 min easy downhill, followed by a 3 min easy run, followed by a 15-min tempo run @ 3h race pace (65-70% effort)	Rest	5 miles - easy	***20 mile long run with 40% of the climb you will do in your race**
10	Rest	5 miles - easy	Rest or 3 miles - easy	4 miles - easy	Rest	6 miles - easy	10 mile long run with 15% of the climb you will do in your race
11	Rest	4 miles - easy	Rest or 3 miles - easy	***Hill alternations (20 mins) - all uphills a hard effort (40-60 min race pace) and all flats & descents**	Rest	4 miles - easy	***22 mile long run with 40% of the climb you will do in**

				a moderate 3h race pace (65-70% effort)			your race
12	Rest	5 miles - easy	Rest or 3 miles - easy	*2 x 15 min tempo @ 3h race pace (65-70% effort) with 5 min easy run in between	Rest	7 miles - easy	6-7h hilly hike
13	Rest	4 miles - easy	Rest or 3 miles - easy	*Hill alternations (25 mins) - all uphills a hard effort (40-60 min race pace) and all flats & descents a moderate 3h race pace (65-70% effort)	Rest	3 miles - easy	*25 mile long run with 50% of the climb you will do in your race
14	Rest	5 miles - easy	Rest or 3 miles - easy	*2 x 20 min tempo @ 3h race pace (65-70% effort) with 5 min easy run in between	Rest	6 miles - easy	12 mile long run with 20% of the climb you will do in your race
15	Rest	4 miles - easy	Rest or 3 miles - easy	Relaxed surges run: include 4 x 2 min @ 1.5h race pace, with 3 min easy running in between	Rest	4 miles - easy	7 mile long run with 10% of the climb you will do in your race
16	Rest	4 miles - easy	Rest or 3 miles - easy	3 miles - easy	Rest	2 miles - easy	Race