



# 16-WEEK 50 MILE ULTRAMARATHON IMPROVER'S TRAINING PLAN



Week	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
1	Rest	5 miles - easy	Steady tempo: 20 mins at 3-hour race pace (65-70% effort)	Rest or 7 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 or 5 miles - easy	12 mile long run with 20% of the climb you will do in your race
2	Rest	5 miles - easy	Steady tempo: 25 mins at 3-hour race pace (65-70% effort)	Rest or 6 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 or 5 miles - easy	14 mile long run with 25% of the climb you will do in your race
3	Rest	6 miles - easy	<b>*Steady tempo: 30 mins at 3-hour race pace (65-70% effort)</b>	Rest or 8 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 or 5 miles - easy	10 mile long run with 20% of the climb you will do in your race
4	Rest	30-min progression run: 20 mins of running @ 3h race pace (65-70% effort) followed immediately by 10 mins at 1.5h race pace (90-95% effort)	5 miles - easy	Rest or 6 miles - easy	Hill reps: 4 x 2 minutes hard uphill with easy jog recovery back to your starting point. Aim for fastest sustainable	Rest or 4 miles - easy	16 mile long run with 30% of the climb you will do in your race

					pace & consistent pacing between reps		
5	Rest	5 miles - easy	Surges run: 6 x 45s fast with 2:15 easy run between each surge (aim for 20 min race pace for your surges - fast but not a sprint)	Rest or 8 miles - easy	Hill reps: 9 x 1 minute hard uphill with easy jog recovery back to your starting point. Aim for fastest sustainable pace & consistent pacing between reps	Rest or 5 miles - easy	12 mile long run with 25% of the climb you will do in your race
6	Rest	30-min progression run: 15 mins of running @ 3h race pace (65-70% effort) followed immediately by 15 mins at 1.5h race pace (90-95% effort)	5 miles - easy	Rest or 6 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 or 4 miles - easy	<b>*18 mile long run with 35% of the climb you will do in your race</b>
7	Rest	4 miles - easy	Surges run: 8 x 20s	Rest or 8 miles - easy	<b>*Tempo run: 35 min at 3-hour race pace (65-70 % effort)</b>	Rest or 9 miles - easy	4-5h hilly hike
8	Rest	<b>*Trail alternation run: 5 x 5 mins - 1 min fast tempo @ 1h race pace (90-95% effort), then 4 min steady tempo @ 3h race pace (65-70% effort)</b>	4 miles - easy	Rest or 6 miles - easy	Hill fartlek (30 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 or 3 miles - easy	<b>*20 mile long run with 40% of the climb you will do in your race</b>
9	Rest	4 miles - easy	6 miles - easy	Rest or 7 miles - easy	Hills: 5 x 1 min hard uphill/1 min easy downhill, followed by a	Rest or 8 miles - easy	6-7h hilly hike

					20-min tempo run @ 3h race pace (65-70% effort)		
10	Rest	4 miles - easy	<b>*Trail alternation run: 5 x 6 mins - 1 min fast tempo @ 1h race pace (90-95% effort), then 5 min steady tempo @ 3h race pace (65-70% effort)</b>	Rest or 5 miles - easy	4 miles - easy	Rest or 3 miles - easy	<b>*22 mile long run with 45% of the climb you will do in your race</b>
11	Rest	5 miles - easy	7 miles - easy	Rest or 8 miles - easy	<b>*Hill alternations (30 mins) - all uphills a hard effort (40-60 min race pace) and all flats &amp; descents a moderate 3h race pace (65-70% effort)</b>	Rest or 5 miles - easy	10 mile long run with 15% of the climb you will do in your race. Run 8 mile easy, 1 mile @ 1.5h race pace, 1 mile easy
12	Rest	Hills: 4 x 90s hard uphill/easy run back down, followed by a 20-min tempo run @ 2h race pace (75-80% effort)	4 miles - easy	Rest or 5 miles - easy	<b>*2 x 20 min tempo @ 3h race pace (65-70% effort) with 5 min easy run in between</b>	Rest or 3 miles - easy	<b>*25 mile long run with 50% of the climb you will do in your race</b>
13	Rest	4 miles - easy	5 miles - easy	Rest or 7 miles - easy	<b>*Hill alternations (40 mins) - all uphills a hard effort (40-60 min race pace) and all flats &amp; descents a moderate 3h</b>	Rest or 10 miles - easy	6-7h hilly hike

					<b>race pace (65-70% effort)</b>		
14	Rest	5 miles - easy	Hill fartlek (25 mins): Using an undulating route, run all uphill at a hard intensity (40-60 minute race pace), and all flats & descents at easy recovery pace	Rest or 7 miles - easy	<b>*2 x 25 min tempo @ 3h race pace (65-70% effort) with 5 min easy run in between</b>	Rest or 4 miles - easy	<b>*3 hour trail run</b>
15	Rest	4 miles - easy	30-min progression run: 20 mins of running @ 3h race pace (65-70% effort) followed immediately by 10 mins at 1.5h race pace (90-95% effort)	Rest or 6 miles - easy	6 miles - easy	Rest or 4 miles - easy	8 mile long run with 10% of the climb you will do in your race. Run 6 mile easy, 1 mile @ 1.5h race pace, 1 mile easy
16	Rest	4 miles - easy	Relaxed surges run: include 4 x 2 min @ 1.5h race pace, 3 min easy recovery in between	Rest	3 miles - easy	Rest or 2 miles - easy	Race