

16-WEEK 50 MILE ULTRAMARATHON IMPROVER'S TRAINING PLAN



Week	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
1	Rest	5 miles - easy	Steady	Rest or	Hill reps: 5 x 2	Rest or	12 mile
			tempo: 20	7 miles	minutes hard	5 miles	long run
			mins at 3-	- easy	uphill with	- easy	with 20%
			hour race		easy jog		of the
			pace (65-		recovery back		climb you
			70% effort)		to your		will do in
					starting point.		your race
					Aim for fastest		
					sustainable		
					pace &		
					consistent		
					pacing		
_	<u> </u>			_	between reps		
2	Rest	5 miles - easy	Steady	Rest or	Hill reps: 5 x	Rest or	14 mile
			tempo: 25	6 miles	2.5 minutes	5 miles	long run
			mins at 3-	- easy	hard uphill	- easy	with 25%
			hour race		with easy jog		of the
			pace (65-		recovery back		climb you will do in
			70% effort)		to your		
					starting point. Aim for fastest		your race
					sustainable		
					pace &		
					consistent		
					pacing		
					between reps		
3	Rest	6 miles - easy	*Steady	Rest or	Hill reps: 5 x 3	Rest or	10 mile
			tempo: 30	8 miles	minutes hard	5 miles	long run
			mins at 3-	- easy	uphill with	- easy	with 20%
			hour race		easy jog		of the
			pace (65-		recovery back		climb you
			70% effort)		to your		will do in
					starting point.		your race
					Aim for fastest		
					sustainable		
					pace &		
					consistent		
					pacing		
_					between reps	_	
4	Rest	30-min progression	5 miles -	Rest or	Hill reps: 4 x 2	Rest or	16 mile
		run: 20 mins of	easy	6 miles	minutes hard	4 miles	long run
		running @ 3h race		- easy	uphill with	- easy	with 30%
		pace (65-70% effort)			easy jog		of the
		followed			recovery back		climb you
		immediately by 10			to your		will do in
		mins at 1.5h race			starting point.		your race
		pace (90-95% effort)			Aim for fastest		
					sustainable		

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					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	*18 mile long run with 35% of the climb you will do in your race
7	Rest	4 miles - easy	Surges run: 8 x 20s	Rest or 8 miles - easy	*Tempo run: 35 min at 3- hour race pace (65-70 % effort)	Rest or 9 miles - easy	4-5h hilly hike
8	Rest	*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)	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	*20 mile long run with 40% of the climb you will do in your race
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

10	Rest	4 miles - easy	*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)	Rest or 5 miles - easy	20-min tempo run @ 3h race pace (65-70% effort) 4 miles - easy	Rest or 3 miles - easy	*22 mile long run with 45% of the climb you will do in your race
11	Rest	5 miles - easy	7 miles - easy	Rest or 8 miles - easy	*Hill alternations (30 mins) - all uphills a hard effort (40-60 min race pace) and all flats & descents a moderate 3h race pace (65-70% effort)	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	*2 x 20 min tempo @ 3h race pace (65- 70% effort) with 5 min easy run in between	Rest or 3 miles - easy	*25 mile long run with 50% of the climb you will do in your race
13	Rest	4 miles - easy	5 miles - easy	Rest or 7 miles - easy	*Hill alternations (40 mins) - all uphills a hard effort (40-60 min race pace) and all flats & descents a moderate 3h	Rest or 10 miles - easy	6-7h hilly hike

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