

SAMPLE ULTRA X 16 WEEK 50KM PLAN for an intermediate runner, training 4 times per week

■ Easy Run
 ■ Intervals
 ■ Tempo
 ■ Hills
 ■ Long Run

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	6km 6km Easy Run	7km Over and Unders 400m	Rest	7km Hill Repeats	Rest	8km 8km Long Run	Rest
WEEK 2	5km 5km Easy Run	7km On and Offs	Rest	7.3km Mile Effort	Rest	10km 10km Long Run	Rest
WEEK 3	4km 4km Easy Run	7km Half Easy Half Tempo	Rest	9km Progressive Hill Reps	Rest	15km 15km Long Run	Rest
WEEK 4	6km 6km Easy Run	5km Progressive Run	Rest	5km Progressive Hill Reps	Rest	8km 8km Long Run	Rest
WEEK 5	5km 5km Easy Run	7km Tempo 2k	Rest	7km 2km Rep	Rest	18km 18km Long Run	Rest
WEEK 6	9km 9km Easy Run	8.8km 200m Tempo Repeats	Rest	9km Progressive Hill Reps	Rest	16km 16km Long Run	Rest
WEEK 7	5km 5km Easy Run	7km Over and Unders 1km	Rest	9.2km Longer Hill Repeats	Rest	24km 24km Long Run	Rest
WEEK 8	7km 7km Easy Run	5km On off Ks	Rest	7.3km Progressive Mile Repeats	Rest	10km 10km Long Run	Rest

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WEEK 9	5km 5km Easy Run	7km Rolling 500s	Rest	7.8km Shorter Hill Repeats	Rest	28km 28km Long Run	Rest
WEEK 10	10km 10km Easy Run	9km Progressive Run	Rest	9.2km Drop set Hill Reps	Rest	21km 21km Long Run	Rest
WEEK 11	5km 5km Easy Run	7km Tempo 5k	Rest	7km 1km Repeats	Rest	35km 35km Long Run	Rest
WEEK 12	8km 8km Easy Run	5km Tempo 2.5k	Rest	7.4km Alternating Hill Reps	Rest	12km 12km Long Run	Rest
WEEK 13	5km 5km Easy Run	7.2km Descending Hill Reps	Rest	5km Progressive Hot Spot Run	Rest	42.2km Marathon Long Run	Rest
WEEK 14	12km 12km Easy Run	9km Tempo 1200	Rest	9.3km Pyramid Intervals	Rest	25km 25km Long Run	Rest
WEEK 15	8km 8km Easy Run	9km Over and Unders 400m	Rest	11km Drop set Hill Reps	Rest	12km 12km Long Run	Rest
WEEK 16	5km 5km Easy Run	7km Taper Intervals	Rest	Rest	Rest	50km 50km Race	Rest