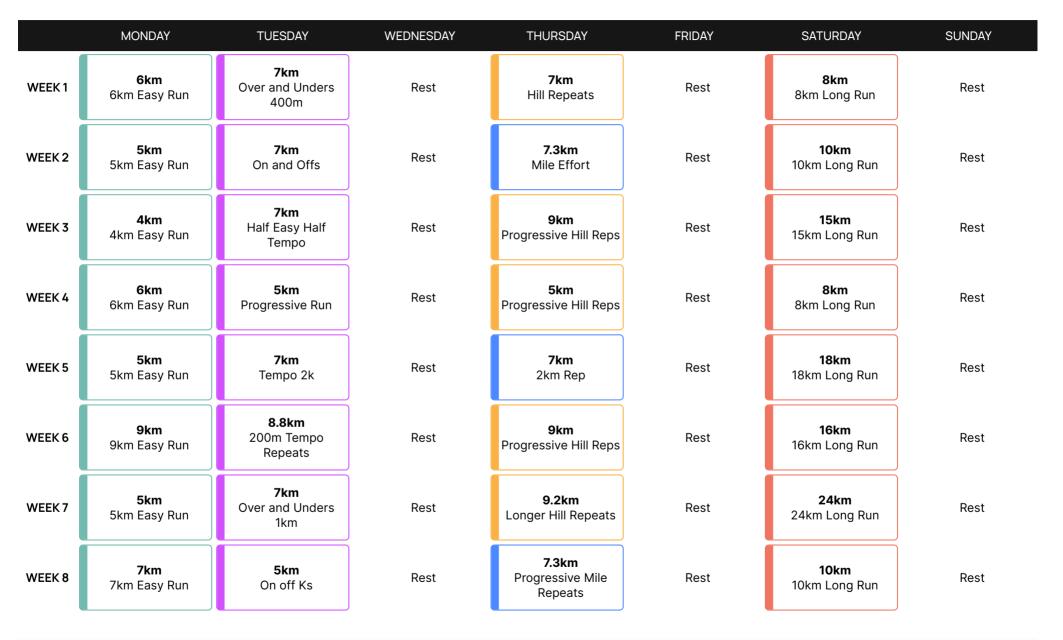
SAMPLE ULTRA X 16 WEEK 50KM PLAN for an intermediate runner, training 4 times per week



Easy Run

Intervals

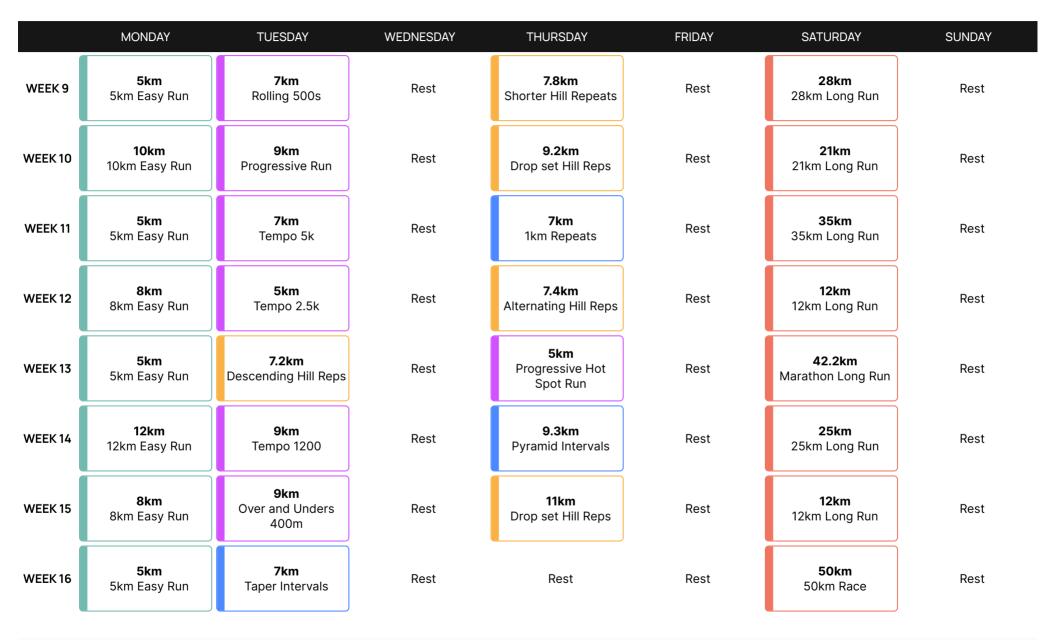
Tempo

Long Run



Use code THRESHOLD

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



Easy Run

Intervals

Tempo

Long Run



Use code THRESHOLD for free trial

