

# SAMPLE ULTRA X 16 WEEK 50KM PLAN for an advance runner, training 5 times per week

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

	MONDAY		FRIDAY	SATURDAY	SUNDAY		
WEEK 1 FEB 27TH	<b>9km</b> Over and Unders 2km	<b>8km</b> 8km Easy Run	<b>11km</b> Alternating Hill Reps	Rest	<b>10km</b> 10km Easy Run	<b>21.1km</b> Half Marathon Long Run	Rest
WEEK 2 MAR 6TH	<b>11km</b> Over and Unders 1km	<b>7km</b> 7km Easy Run	<b>11km</b> 400m Repeats	Rest	<b>12km</b> 12km Easy Run	<b>18km</b> 18km Long Run	Rest
WEEK 3 MAR 13TH	<b>11km</b> Half Easy Half Tempo	<b>8km</b> 8km Easy Run	<b>14km</b> Drop set Hill Reps	Rest	<b>8km</b> 8km Easy Run	<b>25km</b> 25km Long Run	Rest
WEEK 4 MAR 20TH	<b>7km</b> Tempo 2-1	Rest	<b>9.2km</b> Ascending Hill Reps	Rest	<b>10km</b> 10km Easy Run	<b>15km</b> 15km Long Run	Rest
WEEK 5 MAR 27TH	<b>11km</b> Progressive Run	<b>6km</b> 6km Easy Run	<b>11km</b> Broken 600s	Rest	<b>7km</b> 7km Easy Run	<b>30km</b> 30km Long Run	Rest
WEEK 6 APR 3RD	<b>13km</b> Tempo 5k	<b>9km</b> 9km Easy Run	<b>13km</b> Drop set Hill Reps	Rest	<b>15km</b> 15km Easy Run	<b>18km</b> 18km Long Run	Rest
WEEK 7 APR 10TH	<b>11km</b> Tempo 2.5k	<b>5km</b> 5km Easy Run	<b>11km</b> Longer Hill Repeats	Rest	<b>8km</b> 8km Easy Run	<b>35km</b> 35km Long Run	Rest
WEEK 8 APR 17TH	<b>7km</b> Tempo 2k	Rest	<b>7.2km</b> Descending Intervals	Rest	<b>14km</b> 14km Easy Run	<b>16km</b> 16km Long Run	Rest

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 9 APR 24TH	<b>7km</b> Over and Unders 1km	<b>10km</b> 10km Easy Run	<b>8.8km</b> Shorter Hill Repeats	Rest	<b>5km</b> 5km Easy Run	<b>42.2km</b> Marathon Long Run	Rest
WEEK 10 MAY 1ST	<b>13km</b> Tempo 2k	<b>6km</b> 6km Easy Run	<b>15km</b> Progressive Hill Reps	Rest	<b>15km</b> 15km Easy Run	<b>25km</b> 25km Long Run	Rest
WEEK 11 MAY 8TH	<b>13km</b> 200m Repeats	<b>9km</b> 9km Easy Run	<b>15km</b> Broken 600s	Rest	<b>10km</b> 10km Easy Run	<b>32km</b> 32km Long Run	Rest
WEEK 12 MAY 15TH	<b>9km</b> 1.5km Rep	Rest	<b>8.8km</b> Hill Repeats	Rest	<b>10km</b> 10km Easy Run	<b>18km</b> 18km Long Run	Rest
WEEK 13 MAY 22ND	<b>13km</b> Tempo 5k	<b>8km</b> 8km Easy Run	<b>13km</b> Descending Hill Reps	Rest	<b>5km</b> 5km Easy Run	<b>42km</b> 42km Long Run	Rest
WEEK 14 MAY 29TH	<b>15km</b> Tempo 2-1	<b>7km</b> 7km Easy Run	<b>15km</b> 1km Repeats	Rest	<b>12km</b> 12km Easy Run	<b>25km</b> 25km Long Run	Rest
WEEK 15 JUN 5TH	<b>11km</b> Drop set Hill Reps	Rest	<b>13km</b> Tempo 6k	Rest	<b>10km</b> 10km Easy Run	<b>15km</b> 15km Long Run	Rest
WEEK 16 JUN 12TH	Rest	<b>9km</b> Taper Intervals	<b>7km</b> 7km Easy Run	Rest	Rest	<b>50km</b> 50km Race	Rest



Download Runna to personalise your own training plan with exciting workouts and specific pace targets. All of our plans sync with your favourite fitness devices and come with holistic advice, from strength training to injury management. Get the support that you need from our global in-app community and world-class coaching team.

Use code **THRESHOLD** for free trial

