

	MONDAY				FRIDAY	SATURDAY	SUNDAY
WEEK 1 FEB 27TH	<b>9km</b> Over and Unders 2km	<b>8km</b> 8km Easy Run	11km Alternating Hill Reps	Rest	<b>10km</b> 10km Easy Run	<b>21.1km</b> Half Marathon Long Run	Rest
WEEK 2 MAR 6TH	11km Over and Unders 1km	<b>7km</b> 7km Easy Run	11km 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	14km 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	9.2km 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	13km Drop set Hill Reps	Rest	<b>15km</b> 15km Easy Run	18km 18km Long Run	Rest
WEEK 7 APR 10TH	11km Tempo 2.5k	<b>5km</b> 5km Easy Run	11km 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	7.2km Descending Intervals	Rest	<b>14km</b> 14km Easy Run	16km 16km Long Run	Rest

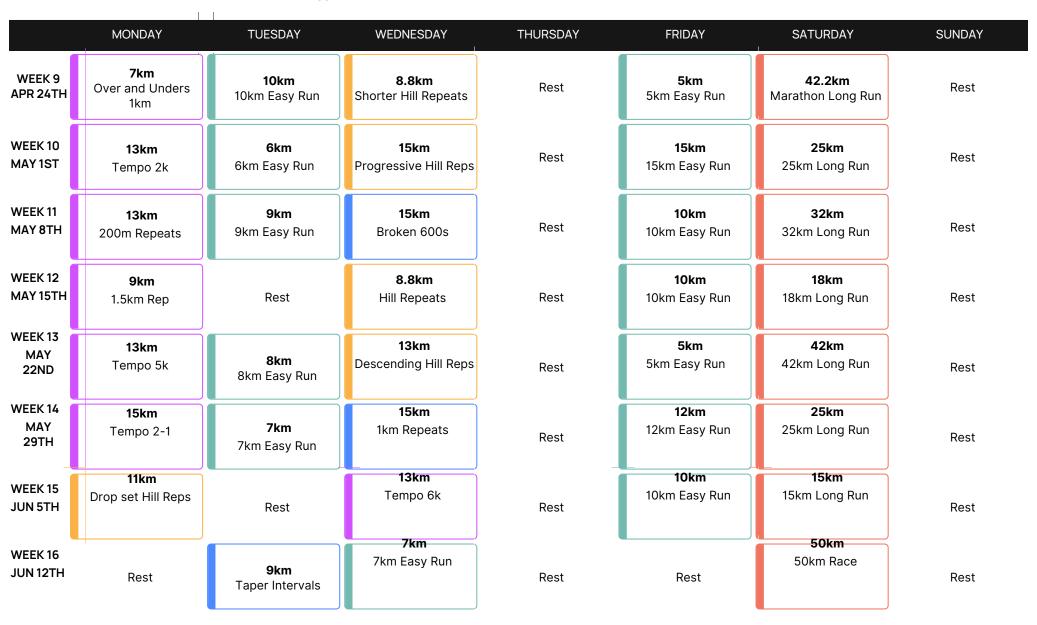


Download Runna to personalise your own training plan with exciting workouts and specific pace targets. All of our plans sync with your favourite fitness devices and come with holistic advice, from strength training to injury management. Get the support that you need from our global in-app community and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

Use code THRESHOLD for free trial



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





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

Intervals Tempo Hills Long Run

