

SAMPLE ULTRA X 16 WEEK 50KM PLAN

for an beginner runner, training 5 times per week

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

	MONDAY		FRIDAY	SATURDAY	SUNDAY		
WEEK 1 FEB 27TH	7km Over and Unders 1km	6km 6km Easy Run	7.4km Alternating Hill Reps	Rest	7km 7km Easy Run	8km 8km Long Run	Rest
WEEK 2 MAR 6TH	7km Half Easy Half Tempo	5km 5km Easy Run	7km 400m Repeats	Rest	7km 7km Easy Run	10km 10km Long Run	Rest
WEEK 3 MAR 13TH	7km Tempo 2-1	4km 4km Easy Run	9.2km Drop set Hill Reps	Rest	6km 6km Easy Run	15km 15km Long Run	Rest
WEEK 4 MAR 20TH	5km Progressive Run	Rest	5km Ascending Hill Reps	Rest	6km 6km Easy Run	8km 8km Long Run	Rest
WEEK 5 MAR 27TH	7km Tempo 5k	5km 5km Easy Run	7.1km Broken 600s	Rest	7km 7km Easy Run	18km 18km Long Run	Rest
WEEK 6 APR 3RD	9km Tempo 2.5k	6km 6km Easy Run	9.2km Drop set Hill Reps	Rest	9km 9km Easy Run	16km 16km Long Run	Rest
WEEK 7 APR 10TH	7km Tempo 2k	5km 5km Easy Run	9.2km Longer Hill Repeats	Rest	6km 6km Easy Run	24km 24km Long Run	Rest
WEEK 8 APR 17TH	5km Over and Unders 1km	Rest	7.2km Descending Intervals	Rest	7km 7km Easy Run	10km 10km 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



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 9 APR 24TH	7km Tempo 2k	5km 5km Easy Run	7.8km Shorter Hill Repeats	Rest	7km 7km Easy Run	28km 28km Long Run	Rest
WEEK 10 MAY 1ST	8.8km 200m Repeats	7km 7km Easy Run	9km Progressive Hill Repeats	Rest	10km 10km Easy Run	21km 21km Long Run	Rest
WEEK 11 MAY 8TH	7km 1.5km Rep	5km 5km Easy Run	7.1km Broken 600s	Rest	5km 5km Easy Run	35km 35km Long Run	Rest
WEEK 12 MAY 15TH	5km Tempo 2-1	Rest	7km Hill Repeats	Rest	8km 8km Easy Run	12km 12km Long Run	Rest
WEEK 13 MAY 22ND	5.2km Over and Unders 400m	5km 5km Easy Run	7.2km Descending Hill Repeats	Rest	5km 5km Easy Run	42.2km Marathon Long Run	Rest
WEEK 14 MAY 29TH	9km Tempo 6k	6km 6km Easy Run	9km 1km Repeats	Rest	12km 12km Easy Run	25km 25km Long Run	Rest
WEEK 15 JUN 5TH	9km Half Easy Half Tempo	Rest	11km Drop set Hill Repeats	Rest	8km 8km Easy Run	12km 12km Long Run	Rest
WEEK 16 JUN 12TH	Rest	7km Taper Intervals	5km 5km Easy Run	Rest	Rest	50km 50km Race	Rest



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