

# SAMPLE ULTRA X 16 WEEK 50KM PLAN

for an beginner runner, training 5 times per week

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	<b>7km</b> Over and Unders 1km	<b>6km</b> 6km Easy Run	<b>7km</b> Hill Repeats	Rest	<b>7km</b> 7km Easy Run	<b>8km</b> 8km Long Run	Rest
WEEK 2	<b>7km</b> Progressive Run	<b>5km</b> 5km Easy Run	<b>7km</b> Pyramid Set	Rest	<b>7km</b> 7km Easy Run	<b>10km</b> 10km Long Run	Rest
WEEK 3	<b>7km</b> Tempo 5k	<b>4km</b> 4km Easy Run	<b>9km</b> Progressive Hill Repeats	Rest	<b>6km</b> 6km Easy Run	<b>15km</b> 15km Long Run	Rest
WEEK 4	<b>5km</b> Progressive Hot Spot Run	Rest	<b>5km</b> Progressive Hill Repeats	Rest	<b>6km</b> 6km Easy Run	<b>8km</b> 8km Long Run	Rest
WEEK 5	<b>7km</b> Rolling 500s	<b>5km</b> 5km Easy Run	<b>7km</b> 400m Repeats	Rest	<b>7km</b> 7km Easy Run	<b>18km</b> 18km Long Run	Rest
WEEK 6	<b>9km</b> Half Easy Half Tempo	<b>6km</b> 6km Easy Run	<b>9km</b> Progressive Hill Repeats	Rest	<b>9km</b> 9km Easy Run	<b>16km</b> 16km Long Run	Rest
WEEK 7	<b>7km</b> On off Ks	<b>5km</b> 5km Easy Run	<b>9.2km</b> Longer Hill Repeats	Rest	<b>6km</b> 6km Easy Run	<b>24km</b> 24km Long Run	Rest
WEEK 8	<b>5km</b> Over and Unders 1km	Rest	<b>7km</b> 600s into 200s	Rest	<b>7km</b> 7km Easy Run	<b>10km</b> 10km Long Run	Rest

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 9	<b>7km</b> Tempo 2k	<b>5km</b> 5km Easy Run	<b>7.8km</b> Shorter Hill Repeats	Rest	<b>7km</b> 7km Easy Run	<b>28km</b> 28km Long Run	Rest
WEEK 10	<b>9km</b> On off Ks	<b>7km</b> 7km Easy Run	<b>9.2km</b> Drop set Hill Reps	Rest	<b>10km</b> 10km Easy Run	<b>21km</b> 21km Long Run	Rest
WEEK 11	<b>7km</b> Over and Unders 1km	<b>5km</b> 5km Easy Run	<b>7km</b> 1km Repeats	Rest	<b>5km</b> 5km Easy Run	<b>35km</b> 35km Long Run	Rest
WEEK 12	<b>5km</b> Tempo 2k	Rest	<b>7.4km</b> Alternating Hill Reps	Rest	<b>8km</b> 8km Easy Run	<b>12km</b> 12km Long Run	Rest
WEEK 13	<b>5km</b> Half Easy Half Tempo	<b>5km</b> 5km Easy Run	<b>7.2km</b> Descending Hill Reps	Rest	<b>5km</b> 5km Easy Run	<b>42.2km</b> Marathon Long Run	Rest
WEEK 14	<b>9km</b> Progressive Run	<b>6km</b> 6km Easy Run	<b>9km</b> 800m Repeats	Rest	<b>12km</b> 12km Easy Run	<b>25km</b> 25km Long Run	Rest
WEEK 15	<b>9km</b> Progressive Run	Rest	<b>11km</b> Drop set Hill Reps	Rest	<b>8km</b> 8km Easy Run	<b>12km</b> 12km Long Run	Rest
WEEK 16	Rest	<b>7km</b> Taper Intervals	<b>5km</b> 5km Easy Run	Rest	Rest	<b>50km</b> 50km Race	Rest