



50K ULTRA
16 WEEK TRAINING PLAN - BEGINNER

Week	MON	TUES	WED	THU	FRI	SAT	SUN
1	REST	5km medium	8km easy	6km easy	REST	5km easy	15km slow
2	REST	4 x 5 mins intervals, 1 min rest	10km easy	6km easy/X Train	REST	6km easy	18km slow
3	REST	5km medium	12km easy	30 mins hill running	REST	7km easy	20km slow
4	REST	5 x 5 mins intervals, 1 min rest	8km easy	6km easy/X Train	REST	REST	15km slow
5	REST	7km medium	12km easy	30 mins hill running	REST	7km easy	20km slow
6	REST	4 x 8 mins intervals, 1 min rest	14km easy	7km easy/X Train	REST	8km easy	22km slow
7	REST	7km medium	16km easy	40 mins hill running	REST	10km easy	25km slow
8	REST	5 x 8 mins intervals, 1 min rest	12km easy	7km easy/X Train	REST	REST	20km slow
9	REST	7km medium	16km easy	40 mins hill running	REST	10km easy	23km slow
10	REST	4 x 10 mins intervals, 1 min rest	18km easy	7km easy/X Train	REST	12km easy	28km slow
11	REST	7km medium	20km easy	50 mins hill running	REST	14km easy	33km slow
12	REST	4 x 12 mins intervals, 1 min rest	16km easy	8km easy/X Train	REST	REST	30km slow
13	REST	8km medium	20km easy	50 mins hill running	REST	16km easy	35km slow
14	REST	4 x 12 mins intervals, 1 min rest	16km easy	7km easy/X Train	REST	10km easy	28km slow
15	REST	6km medium	12km easy	30 mins hill running	REST	7km easy	20km slow
16	REST	4 x 5 mins intervals, 1 min rest	5km easy	REST	REST	50K - RACE DAY!	REST!

PACE GUIDE

Slow - chatty pace and can include short walk breaks as the runs get longer, ideally on trail/off-road surfaces as much as possible

Easy - comfortable, but faster than your slow pace

Medium/Tempo - a little quicker than easy, hard to hold a conversation without being breathless

SESSIONS

Hills - reps of the same hill or a long undulating hills, slow pace up and medium down

Intervals - fast enough that you need the 1 min rest but not too fast that you can't maintain the same pace for each rep

X Train - cross training can include cycling, swimming or brisk walking but still easy intensity

N.B. Weeks 4, 8 & 12 are cutback weeks, deliberately lower mileage to allow for some recovery