

Ultra Marathon (50KM) Training Plan

Valley Harvest Marathon



This Ultra Marathon Training Plan is aimed at runners who have completed a marathon and are looking for their next road challenge. It includes easy runs, long runs and a run workout and assumes that the runner is already experienced with running 5 days per week. The paces for the runs are based on effort using a scale of 1-10/10.

Week	Monday	Tuesday	Workout Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
1		8KM easy pace	8KM easy pace	8KM easy pace	Rest or Cross-Train	20KM	8KM recovery	52KM
2		8KM easy pace	8KM easy pace	8KM easy pace	Rest or Cross-Train	22KM	8KM recovery	54KM
3		10KM easy pace	4 x [400m hills w/ easy jog down recovery] – 10KM total	10KM easy pace	Rest or Cross-Train	24KM	8KM recovery	62KM
4		6KM easy pace	10 x [1 min. fast run w/ 1 min. easy jog] – 10KM total	6KM easy pace	Rest or Cross-Train	16KM		Down Week: 46KM
5		10KM easy pace	4 x [1KM at 5KM pace w/ 4 min. jog rest] – 12KM total	10KM easy pace	Rest or Cross-Train	26KM	8KM recovery	66KM
6		12KM easy pace	6 x [500m hills w/ easy jog down recovery] – 14KM total	10KM easy pace	Rest or Cross-Train	28KM	8KM recovery	72KM
7		8KM easy pace	6 x [2 min. fast run w/ 1 min. easy jog] – 12KM total	8KM easy pace	Rest or Cross-Train	18KM	10KM recovery	Down Week: 56KM
8		14KM easy pace	20 min. at threshold pace – 14KM total	10KM easy pace	Rest or Cross-Train	30KM	8KM recovery	76KM
9		16KM easy pace	8 x [500m hills w/ easy jog down recovery] – 16KM total	10KM easy pace	Rest or Cross-Train	32KM	8KM recovery	82KM
10		8KM easy pace	7 x [3 min. fast pace intervals w/ 90 sec. jog rest] – 14KM total	8KM easy pace	Rest or Cross-Train	22KM		Down Week: 62KM



Week	Monday	Tuesday	Workout Wednesday	Thursday	Friday	Weekend	Weekly Total	
11		16KM easy pace	4 x [1 mile at 5KM pace w/ 4 min. jog rest] – 16KM total	10KM easy pace	Rest or Cross-Train	35KM	8KM recovery	85KM
12		16KM easy pace	10 x [400m hills w/ easy jog down recovery] – 16KM total	10KM easy pace	Rest or Cross-Train	37KM	8KM recovery	87KM
13		10KM easy pace	15 x [1 min. fast run w/ 1 min. easy jog] – 12KM total	8KM easy pace	Rest or Cross-Train	25KM	10KM recovery	Down Week: 65KM
14		16KM easy pace	10 x [400m hills w/ easy jog down recovery] – 16KM total	10KM easy pace	Rest or Cross-Train	28KM	10KM recovery	80KM
15		12KM easy pace	15 min. threshold pace, 5 min. easy pace 10 x [30 sec. fast run w/ 30 sec. jog] – 12KM total	10KM easy pace	Rest or Cross-Train	14KM	5KM	53KM
16		8KM easy pace	4 x [1200m threshold pace w/ 3 min. jog recovery] – 10KM total	8KM easy pace		20 min. easy run	Valley Harvest Ultra Marathon!	

A few training plan notes from Love Training More Head Coach Erin Poirier

Days of the week: This plan includes easy paced runs, a weekly "workout" and a longer run. As the plan progresses, it features a midweek medium long run. Many training programs are set up this way for a few reasons: it applies a varied training stimulus to your body and it also helps prevent boredom. You can schedule your runs for whatever day of the week works best for you. Flexibility is important. Do try to space the "Workout Wednesday" run and the weekend long run by at least 2 days.

Build and Step-back Weeks: This plan features 2 weeks of build and 1 week called a step-back or down-week where the total mileage is reduced to allow for recovery. The long runs are so long in this ultramarathon plan that we've chosen to go with 2 weeks of build, 1 week recovery.

Easy Pace: Your easy runs are probably at about 50-60% of your max effort. On an effort scale, that would be 5-6/10 where 10 is the most effort possible. Below 5/10 would be walking. You could comfortably carry on a conversation at this pace. If you find yourself gasping for words, that's a good sign that you can slow down to achieve your easy pace.

Rest Days or Cross-Train Days: Monday is noted as a full rest day. Please do your best to honour this complete rest day. Success over a 50km training plan is all about balancing stress and rest and this rest day is key. Friday is noted as rest and/or cross-train so go ahead and incorporate your favorite strength or cross-training activities.

Workout Wednesday: This training plan has one day per week with a speed workout. It's scheduled for Wednesday but it doesn't need to happen on a Wednesday. It should be spaced from your weekend long run by 2 days.

Warm Up and Cool Down: All **Workout Wednesdays** should begin with 3km of easy running for a warm-up. This is followed by the "workout": the intervals of faster running or hill running intervals. These workouts should always conclude with 3km of cool down running.

"Threshold Pace" is used for some of your workouts. The effort for threshold pace will be 7 to 8/10 on an effort scale where 10/10 is the most effort possible. Threshold pace is the pace that you could run for about an hour. If you find yourself running as fast as possible, that's close to 10/10 effort, back it off to 8/10. There are periods of jogging or walking in between intervals, noted as jog or walk recoveries or rest.

"Fast Interval Pace" or 5km race pace: the effort for "fast interval" or 5km race pace (these mean the same thing) will be 9/10 on an effort scale where 10/10 is as hard as possible. Again, if you find yourself running as fast as possible, try to dial it back a notch.

Hills: for the days that workout includes hills, work on your running form while running uphill. Try to keep your eyes up and drive your elbows back to help your body climb the hill. Walk or jog back down. Repeat.

Can I make this schedule more advanced? Sure, if you want to make the schedule more advanced, add either 2 to 3 kilometers across the board to all the runs except for the long run. On Workout Wednesday, add the extra kilometers to the warm-up/cool-down and keep the workout portion as planned.

I need a schedule even more advanced than this: Setting a Personal Best is exciting, we hear you! You can reach out to us at www.lovetrainingmore.com to explore more coaching options.