MARATHON HANDBOOK — 50 MILE ULTRA 'COMPETE' TRAINING PLAN: MILES

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage
1		Rest Day	Pace Run 3 miles *RPE: 5-6*	Intervals 3 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 7 miles *RPE: 2-3*	Recovery Run 4 miles *RPE: 2-4*	20 miles
2		Rest Day	Pace Run 3 miles *RPE: 5-6*	Intervals 3 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 8 miles *RPE: 2-3*	Recovery Run 4 miles *RPE: 2-4*	21 miles
3		Rest Day	Pace Run 3 miles *RPE: 5-6*	Intervals 3 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 9 miles *RPE: 2-3*	Recovery Run 4 miles *RPE: 2-4*	22 miles
4		Rest Day	Pace Run 3 miles *RPE: 5-6*	Intervals 3 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 10 miles *RPE: 2-3*	Recovery Run 5 miles *RPE: 2-4*	24 miles
5		Rest Day	Pace Run 4 miles *RPE: 5-6*	Intervals 3 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 6 miles *RPE: 2-3*	Recovery Run 5 miles *RPE: 2-4*	21 miles
6		Rest Day	Pace Run 4 miles *RPE: 5-6*	Intervals 3 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 12 miles *RPE: 2-3*	Recovery Run 5 miles *RPE: 2-4*	27 miles
7		Rest Day	Pace Run 4 miles *RPE: 5-6*	Intervals 4 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 14 miles *RPE: 2-3*	Recovery Run 6 miles *RPE: 2-4*	31 miles
8		Rest Day	Pace Run 5 miles *RPE: 5-6*	Intervals 4 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 16 miles *RPE: 2-3*	Recovery Run 6 miles *RPE: 2-4*	34 miles
9		Rest Day	Pace Run 5 miles *RPE: 5-6*	Intervals 4 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 10 miles *RPE: 2-3*	Recovery Run 6 miles *RPE: 2-4*	28 miles
10		Rest Day	Pace Run 5 miles *RPE: 5-6*	Intervals 4 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 18 miles *RPE: 2-3*	Recovery Run 7 miles *RPE: 2-4*	37 miles
11		Rest Day	Pace Run 6 miles *RPE: 5-6*	Intervals 4 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 20 miles *RPE: 2-3*	Recovery Run 7 miles *RPE: 2-4*	40 miles
12		Rest Day	Pace Run 6 miles *RPE: 5-6*	Intervals 4 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 22 miles *RPE: 2-3*	Recovery Run 7 miles *RPE: 2-4*	42 miles
13		Rest Day	Pace Run 6 miles *RPE: 5-6*	Intervals 5 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 16 miles *RPE: 2-3*	Recovery Run 8 miles *RPE: 2-4*	38 miles
14		Rest Day	Pace Run 7 miles *RPE: 5-6*	Intervals 5 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 24 miles *RPE: 2-3*	Recovery Run 8 miles *RPE: 2-4*	47 miles
15		Rest Day	Pace Run 7 miles *RPE: 5-6*	Intervals 5 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 27 miles *RPE: 2-3*	Recovery Run 8 miles *RPE: 2-4*	50 miles
16		Rest Day	Pace Run 7 miles *RPE: 5-6*	Intervals 5 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 29 miles *RPE: 2-3*	Recovery Run 10 miles *RPE: 2-4*	54 miles
17		Rest Day	Pace Run 7 miles *RPE: 5-6*	Intervals 5 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 18 miles *RPE: 2-3*	Recovery Run 10 miles *RPE: 2-4*	43 miles
18		Rest Day	Pace Run 7 miles *RPE: 5-6*	Intervals 5 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 30 miles *RPE: 2-3*	Recovery Run 12 miles *RPE: 2-4*	57 miles
19		Rest Day	Pace Run 7 miles *RPE: 5-6*	Intervals 6 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 26 miles *RPE: 2-3*	Recovery Run 12 miles *RPE: 2-4*	54 miles
20		Rest Day	Pace Run 8 miles *RPE: 5-6*	Intervals 6 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 30 miles *RPE: 2-3*	Recovery Run 12 miles *RPE: 2-4*	59 miles
21		Rest Day	Pace Run 8 miles *RPE: 5-6*	Intervals 6 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 20 miles *RPE: 2-3*	Recovery Run 12 miles *RPE: 2-4*	49 miles
22		Rest Day	Pace Run 8 miles *RPE: 5-6*	Intervals 6 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 33 miles *RPE: 2-3*	Recovery Run 12 miles *RPE: 2-4*	62 miles
23		Rest Day	Pace Run 7 miles *RPE: 5-6*	Intervals 4 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 27 miles *RPE: 2-3*	Recovery Run 10 miles *RPE: 2-4*	51 miles
24		Rest Day	Pace Run 4 miles *RPE: 5-6*	Intervals 3 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 20 miles *RPE: 2-3*	Recovery Run 4 miles *RPE: 2-4*	34 miles
25		Rest Day	Pace Run 3 miles *RPE: 5-6*	Intervals 2 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 10 miles *RPE: 5*	Recovery Run 3 miles *RPE: 2-4*	21 miles
26		Rest Day	Easy Run 3 miles *RPE: 5-6*	Rest Day	Strength Training *45-60 mins*	Easy Run 3 miles *RPE: 2-3*	Easy Run 2 miles *RPE: 2-3*	50 MILE ULTRA 50 miles *RPE: 5*	58 miles