MARATHON HANDBOOK — 50 MILE ULTRA 'IMPROVER' TRAINING PLAN: KM

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage
1		Rest Day	Training Run 5 k *RPE: 3-4*	Intervals 3 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 8 k *RPE: 2-3*	Training Run 7 k *RPE: 3-4*	26 k
2		Rest Day	Training Run 5 k *RPE: 3-4*	Intervals 3 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 8 k *RPE: 2-3*	Training Run 7 k *RPE: 3-4*	26 k
3		Rest Day	Training Run 5 k *RPE: 3-4*	Intervals 3 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 10 k *RPE: 2-3*	Training Run 7 k *RPE: 3-4*	28 k
4		Rest Day	Training Run 5 k *RPE: 3-4*	Intervals 3 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 11 k *RPE: 2-3*	Training Run 7 k *RPE: 3-4*	29 k
5		Rest Day	Training Run 7 k *RPE: 3-4*	Intervals 3 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 13 k *RPE: 2-3*	Training Run 10 k *RPE: 3-4*	36 k
6		Rest Day	Training Run 7 k *RPE: 3-4*	Intervals 3 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 15 k *RPE: 2-3*	Training Run 10 k *RPE: 3-4*	38 k
7		Rest Day	Training Run 7 k *RPE: 3-4*	Intervals 4 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 16 k *RPE: 2-3*	Training Run 12 k *RPE: 3-4*	42 k
8		Rest Day	Training Run 8 k *RPE: 3-4*	Intervals 4 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 11 k *RPE: 2-3*	Training Run 12 k *RPE: 3-4*	38 k
9		Rest Day	Training Run 8 k *RPE: 3-4*	Intervals 4 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 17 k *RPE: 2-3*	Training Run 12 k *RPE: 3-4*	44 k
10		Rest Day	Training Run 8 k *RPE: 3-4*	Intervals 4 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 20 k *RPE: 2-3*	Training Run 12 k *RPE: 3-4*	47 k
11		Rest Day	Training Run 8 k *RPE: 3-4*	Intervals 4 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 16 k *RPE: 2-3*	Training Run 12 k *RPE: 3-4*	43 k
12		Rest Day	Training Run 10 k *RPE: 3-4*	Intervals 4 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 21 k *RPE: 2-3*	Training Run 12 k *RPE: 3-4*	50 k
13		Rest Day	Training Run 10 k *RPE: 3-4*	Intervals 5 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 25 k *RPE: 2-3*	Training Run 13 k *RPE: 3-4*	56 k
14		Rest Day	Training Run 11 k *RPE: 3-4*	Intervals 5 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 20 k *RPE: 2-3*	Training Run 13 k *RPE: 3-4*	52 k
15		Rest Day	Training Run 11 k *RPE: 3-4*	Intervals 5 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 30 k *RPE: 2-3*	Training Run 13 k *RPE: 3-4*	62 k
16		Rest Day	Training Run 11 k *RPE: 3-4*	Intervals 5 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 32 k *RPE: 2-3*	Training Run 14 k *RPE: 3-4*	65 k
17		Rest Day	Training Run 11 k *RPE: 3-4*	Intervals 5 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 27 k *RPE: 2-3*	Training Run 14 k *RPE: 3-4*	60 k
18		Rest Day	Training Run 11 k *RPE: 3-4*	Intervals 5 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 35 k *RPE: 2-3*	Training Run 14 k *RPE: 3-4*	68 k
19		Rest Day	Training Run 11 k *RPE: 3-4*	Intervals 6 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 40 k *RPE: 2-3*	Training Run 15 k *RPE: 3-4*	75 k
20		Rest Day	Training Run 13 k *RPE: 3-4*	Intervals 6 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 32 k *RPE: 2-3*	Training Run 15 k *RPE: 3-4*	69 k
21		Rest Day	Training Run 13 k *RPE: 3-4*	Intervals 6 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 44 k *RPE: 2-3*	Training Run 15 k *RPE: 3-4*	81 k
22		Rest Day	Training Run 13 k *RPE: 3-4*	Intervals 6 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 50 k *RPE: 2-3*	Training Run 16 k *RPE: 3-4*	88 k
23		Rest Day	Training Run 11 k *RPE: 3-4*	Intervals 4 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 33 k *RPE: 2-3*	Training Run 12 k *RPE: 3-4*	63 k
24		Rest Day	Training Run 7 k *RPE: 3-4*	Intervals 3 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 24 k *RPE: 2-3*	Training Run 6 k *RPE: 3-4*	43 k
25		Rest Day	Training Run 5 k *RPE: 3-4*	Intervals 2 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 11 k *RPE: 5*	Training Run 5 k *RPE: 3-4*	26 k
26		Rest Day	Easy Run 5 k *RPE: 2-3*	Rest Day	Strength Training *45-60 mins*	Easy Run 5 k *RPE: 2-3*	Easy Run 3 k *RPE: 2-3*	50M ULTRA 80.5 k *RPE: 5*	94 k