

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage
1		Rest Day	Training Run 3 miles <i>RPE: 3-4</i>	Intervals 3 x 800m <i>then leg workout</i>	Strength Training  45-60 mins	Rest Day	Long Run 5 miles <i>RPE: 2-3</i>	Training Run 4 miles <i>RPE: 3-4</i>	18 miles
		Rest Day	Training Run 3 miles <i>RPE: 3-4</i>	Intervals 3 x 800m <i>then leg workout</i>	Strength Training  45-60 mins	Rest Day	Long Run 5 miles <i>RPE: 2-3</i>	Training Run 4 miles <i>RPE: 3-4</i>	18 miles
2		Rest Day	Training Run 3 miles <i>RPE: 3-4</i>	Intervals 3 x 800m <i>then leg workout</i>	Strength Training  45-60 mins	Rest Day	Long Run 5 miles <i>RPE: 2-3</i>	Training Run 4 miles <i>RPE: 3-4</i>	19 miles
		Rest Day	Training Run 3 miles <i>RPE: 3-4</i>	Intervals 3 x 800m <i>then leg workout</i>	Strength Training  45-60 mins	Rest Day	Long Run 6 miles <i>RPE: 2-3</i>	Training Run 4 miles <i>RPE: 3-4</i>	21 miles
3		Rest Day	Training Run 3 miles <i>RPE: 3-4</i>	Intervals 3 x 800m <i>then leg workout</i>	Strength Training  45-60 mins	Rest Day	Long Run 6 miles <i>RPE: 2-3</i>	Training Run 4 miles <i>RPE: 3-4</i>	23 miles
		Rest Day	Training Run 4 miles <i>RPE: 3-4</i>	Intervals 3 x 800m <i>then leg workout</i>	Strength Training  45-60 mins	Rest Day	Long Run 8 miles <i>RPE: 2-3</i>	Training Run 5 miles <i>RPE: 3-4</i>	24 miles
4		Rest Day	Training Run 4 miles <i>RPE: 3-4</i>	Intervals 4 x 800m <i>then leg workout</i>	Strength Training  45-60 mins	Rest Day	Long Run 9 miles <i>RPE: 2-3</i>	Training Run 5 miles <i>RPE: 3-4</i>	27 miles
		Rest Day	Training Run 4 miles <i>RPE: 3-4</i>	Intervals 4 x 800m <i>then leg workout</i>	Strength Training  45-60 mins	Rest Day	Long Run 10 miles <i>RPE: 2-3</i>	Training Run 6 miles <i>RPE: 3-4</i>	25 miles
5		Rest Day	Training Run 5 miles <i>RPE: 3-4</i>	Intervals 4 x 800m <i>then leg workout</i>	Strength Training  45-60 mins	Rest Day	Long Run 7 miles <i>RPE: 2-3</i>	Training Run 6 miles <i>RPE: 3-4</i>	30 miles
		Rest Day	Training Run 5 miles <i>RPE: 3-4</i>	Intervals 4 x 800m <i>then leg workout</i>	Strength Training  45-60 mins	Rest Day	Long Run 12 miles <i>RPE: 2-3</i>	Training Run 6 miles <i>RPE: 3-4</i>	32 miles
6		Rest Day	Training Run 5 miles <i>RPE: 3-4</i>	Intervals 4 x 800m <i>then leg workout</i>	Strength Training  45-60 mins	Rest Day	Long Run 13 miles <i>RPE: 2-3</i>	Training Run 7 miles <i>RPE: 3-4</i>	30 miles
		Rest Day	Training Run 6 miles <i>RPE: 3-4</i>	Intervals 4 x 800m <i>then leg workout</i>	Strength Training  45-60 mins	Rest Day	Long Run 10 miles <i>RPE: 2-3</i>	Training Run 7 miles <i>RPE: 3-4</i>	34 miles
7		Rest Day	Training Run 6 miles <i>RPE: 3-4</i>	Intervals 4 x 800m <i>then leg workout</i>	Strength Training  45-60 mins	Rest Day	Long Run 14 miles <i>RPE: 2-3</i>	Training Run 7 miles <i>RPE: 3-4</i>	37 miles
		Rest Day	Training Run 6 miles <i>RPE: 3-4</i>	Intervals 5 x 800m <i>then leg workout</i>	Strength Training  45-60 mins	Rest Day	Long Run 16 miles <i>RPE: 2-3</i>	Training Run 7 miles <i>RPE: 3-4</i>	35 miles
8		Rest Day	Training Run 7 miles <i>RPE: 3-4</i>	Intervals 5 x 800m <i>then leg workout</i>	Strength Training  45-60 mins	Rest Day	Long Run 13 miles <i>RPE: 2-3</i>	Training Run 7 miles <i>RPE: 3-4</i>	41 miles
		Rest Day	Training Run 7 miles <i>RPE: 3-4</i>	Intervals 5 x 800m <i>then leg workout</i>	Strength Training  45-60 mins	Rest Day	Long Run 19 miles <i>RPE: 2-3</i>	Training Run 7 miles <i>RPE: 3-4</i>	44 miles
9		Rest Day	Training Run 7 miles <i>RPE: 3-4</i>	Intervals 5 x 800m <i>then leg workout</i>	Strength Training  45-60 mins	Rest Day	Long Run 21 miles <i>RPE: 2-3</i>	Training Run 8 miles <i>RPE: 3-4</i>	40 miles
		Rest Day	Training Run 7 miles <i>RPE: 3-4</i>	Intervals 5 x 800m <i>then leg workout</i>	Strength Training  45-60 mins	Rest Day	Long Run 17 miles <i>RPE: 2-3</i>	Training Run 8 miles <i>RPE: 3-4</i>	46 miles
10		Rest Day	Training Run 7 miles <i>RPE: 3-4</i>	Intervals 5 x 800m <i>then leg workout</i>	Strength Training  45-60 mins	Rest Day	Long Run 23 miles <i>RPE: 2-3</i>	Training Run 8 miles <i>RPE: 3-4</i>	50 miles
		Rest Day	Training Run 7 miles <i>RPE: 3-4</i>	Intervals 6 x 800m <i>then leg workout</i>	Strength Training  45-60 mins	Rest Day	Long Run 25 miles <i>RPE: 2-3</i>	Training Run 9 miles <i>RPE: 3-4</i>	46 miles
11		Rest Day	Training Run 8 miles <i>RPE: 3-4</i>	Intervals 6 x 800m <i>then leg workout</i>	Strength Training  45-60 mins	Rest Day	Long Run 20 miles <i>RPE: 2-3</i>	Training Run 9 miles <i>RPE: 3-4</i>	53 miles
		Rest Day	Training Run 8 miles <i>RPE: 3-4</i>	Intervals 6 x 800m <i>then leg workout</i>	Strength Training  45-60 mins	Rest Day	Long Run 27 miles <i>RPE: 2-3</i>	Training Run 9 miles <i>RPE: 3-4</i>	57 miles
12		Rest Day	Training Run 8 miles <i>RPE: 3-4</i>	Intervals 6 x 800m <i>then leg workout</i>	Strength Training  45-60 mins	Rest Day	Long Run 30 miles <i>RPE: 2-3</i>	Training Run 10 miles <i>RPE: 3-4</i>	43 miles
		Rest Day	Training Run 7 miles <i>RPE: 3-4</i>	Intervals 4 x 800m <i>then leg workout</i>	Strength Training  45-60 mins	Rest Day	Long Run 22 miles <i>RPE: 2-3</i>	Training Run 7 miles <i>RPE: 3-4</i>	29 miles
13		Rest Day	Training Run 4 miles <i>RPE: 3-4</i>	Intervals 3 x 800m <i>then leg workout</i>	Strength Training  45-60 mins	Rest Day	Long Run 15 miles <i>RPE: 2-3</i>	Training Run 4 miles <i>RPE: 3-4</i>	18 miles
		Rest Day	Training Run 3 miles <i>RPE: 3-4</i>	Intervals 2 x 800m <i>then leg workout</i>	Strength Training  45-60 mins	Rest Day	Long Run 7 miles <i>RPE: 5</i>	Training Run 3 miles <i>RPE: 3-4</i>	58 miles
14		Rest Day	Easy Run 3 miles <i>RPE: 2-3</i>	Rest Day	Strength Training  45-60 mins	Easy Run 3 miles <i>RPE: 2-3</i>	Easy Run 2 miles <i>RPE: 2-3</i>	50 MILE ULTRA 50 miles <i>RPE: 5</i>	58 miles