MARATHON HANDBOOK — 50 MILE ULTRA 'JUST FINISH' TRAINING PLAN: MILES

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage
1		Rest Day	Training Run 3 miles *RPE: 3-4*	Pace Run 3 miles *RPE: 5-6*	Strength Training *45-60 mins*	Rest Day	Long Run 5 miles *RPE: 2-3*	Training Run 3 miles *RPE: 3-4*	14 miles
2		Rest Day	Training Run 3 miles *RPE: 3-4*	Pace Run 3 miles *RPE: 5-6*	Strength Training *45-60 mins*	Rest Day	Long Run 5 miles *RPE: 2-3*	Training Run 3 miles *RPE: 3-4*	14 miles
3		Rest Day	Training Run 3 miles *RPE: 3-4*	Pace Run 3 miles *RPE: 5-6*	Strength Training *45-60 mins*	Rest Day	Long Run 6 miles *RPE: 2-3*	Training Run 3 miles *RPE: 3-4*	15 miles
4		Rest Day	Training Run 3 miles *RPE: 3-4*	Pace Run 3 miles *RPE: 5-6*	Strength Training *45-60 mins*	Rest Day	Long Run 7 miles *RPE: 2-3*	Training Run 3 miles *RPE: 3-4*	16 miles
5		Rest Day	Training Run 4 miles *RPE: 3-4*	Pace Run 4 miles *RPE: 5-6*	Strength Training *45-60 mins*	Rest Day	Long Run 8 miles *RPE: 2-3*	Training Run 4 miles *RPE: 3-4*	20 miles
6		Rest Day	Training Run 4 miles *RPE: 3-4*	Pace Run 4 miles *RPE: 5-6*	Strength Training *45-60 mins*	Rest Day	Long Run 9 miles *RPE: 2-3*	Training Run 4 miles *RPE: 3-4*	21 miles
7		Rest Day	Training Run 4 miles *RPE: 3-4*	Pace Run 4 miles *RPE: 5-6*	Strength Training *45-60 mins*	Rest Day	Long Run 10 miles *RPE: 2-3*	Training Run 4 miles *RPE: 3-4*	22 miles
8		Rest Day	Training Run 5 miles *RPE: 3-4*	Pace Run 5 miles *RPE: 5-6*	Strength Training *45-60 mins*	Rest Day	Long Run 7 miles *RPE: 2-3*	Training Run 5 miles *RPE: 3-4*	22 miles
9		Rest Day	Training Run 5 miles *RPE: 3-4*	Pace Run 5 miles *RPE: 5-6*	Strength Training *45-60 mins*	Rest Day	Long Run 12 miles *RPE: 2-3*	Training Run 5 miles *RPE: 3-4*	27 miles
10		Rest Day	Training Run 5 miles *RPE: 3-4*	Pace Run 5 miles *RPE: 5-6*	Strength Training *45-60 mins*	Rest Day	Long Run 13 miles *RPE: 2-3*	Training Run 5 miles *RPE: 3-4*	28 miles
11		Rest Day	Training Run 6 miles *RPE: 3-4*	Pace Run 5 miles *RPE: 5-6*	Strength Training *45-60 mins*	Rest Day	Long Run 10 miles *RPE: 2-3*	Training Run 6 miles *RPE: 3-4*	27 miles
12		Rest Day	Training Run 6 miles *RPE: 3-4*	Pace Run 5 miles *RPE: 5-6*	Strength Training *45-60 mins*	Rest Day	Long Run 14 miles *RPE: 2-3*	Training Run 6 miles *RPE: 3-4*	31 miles
13		Rest Day	Training Run 6 miles *RPE: 3-4*	Pace Run 5 miles *RPE: 5-6*	Strength Training *45-60 mins*	Rest Day	Long Run 16 miles *RPE: 2-3*	Training Run 6 miles *RPE: 3-4*	33 miles
14		Rest Day	Training Run 7 miles *RPE: 3-4*	Pace Run 5 miles *RPE: 5-6*	Strength Training *45-60 mins*	Rest Day	Long Run 13 miles *RPE: 2-3*	Training Run 7 miles *RPE: 3-4*	32 miles
15		Rest Day	Training Run 7 miles *RPE: 3-4*	Pace Run 5 miles *RPE: 5-6*	Strength Training *45-60 mins*	Rest Day	Long Run 19 miles *RPE: 2-3*	Training Run 7 miles *RPE: 3-4*	38 miles
16		Rest Day	Training Run 7 miles *RPE: 3-4*	Pace Run 6 miles *RPE: 5-6*	Strength Training *45-60 mins*	Rest Day	Long Run 21 miles *RPE: 2-3*	Training Run 7 miles *RPE: 3-4*	41 miles
17		Rest Day	Training Run 7 miles *RPE: 3-4*	Pace Run 6 miles *RPE: 5-6*	Strength Training *45-60 mins*	Rest Day	Long Run 17 miles *RPE: 2-3*	Training Run 7 miles *RPE: 3-4*	37 miles
18		Rest Day	Training Run 7 miles *RPE: 3-4*	Pace Run 6 miles *RPE: 5-6*	Strength Training *45-60 mins*	Rest Day	Long Run 23 miles *RPE: 2-3*	Training Run 7 miles *RPE: 3-4*	43 miles
19		Rest Day	Training Run 7 miles *RPE: 3-4*	Pace Run 6 miles *RPE: 5-6*	Strength Training *45-60 mins*	Rest Day	Long Run 25 miles *RPE: 2-3*	Training Run 7 miles *RPE: 3-4*	45 miles
20		Rest Day	Training Run 8 miles *RPE: 3-4*	Pace Run 6 miles *RPE: 5-6*	Strength Training *45-60 mins*	Rest Day	Long Run 20.0 miles *RPE: 2-3*	Training Run 7 miles *RPE: 3-4*	41 miles
21		Rest Day	Training Run 8 miles *RPE: 3-4*	Pace Run 6 miles *RPE: 5-6*	Strength Training *45-60 mins*	Rest Day	Long Run 27 miles *RPE: 2-3*	Training Run 7 miles *RPE: 3-4*	48 miles
22		Rest Day	Training Run 8 miles *RPE: 3-4*	Pace Run 6 miles *RPE: 5-6*	Strength Training *45-60 mins*	Rest Day	Long Run 30 miles *RPE: 2-3*	Training Run 7 miles *RPE: 3-4*	51 miles
23		Rest Day	Training Run 7 miles *RPE: 3-4*	Pace Run 5 miles *RPE: 5-6*	Strength Training *45-60 mins*	Rest Day	Long Run 22 miles *RPE: 2-3*	Training Run 7 miles *RPE: 3-4*	41 miles
24		Rest Day	Training Run 4 miles *RPE: 3-4*	Pace Run 4 miles *RPE: 5-6*	Strength Training *45-60 mins*	Rest Day	Long Run 15 miles *RPE: 2-3*	Training Run 4 miles *RPE: 3-4*	27 miles
25		Rest Day	Training Run 3 miles *RPE: 3-4*	Pace Run 3 miles *RPE: 5-6*	Strength Training *45-60 mins*	Rest Day	Long Run 7 miles *RPE: 5*	Training Run 3 miles *RPE: 3-4*	16 miles
26		Rest Day	Easy Run 3 miles *RPE: 2-3*	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