

MARATHON HANDBOOK 50k ULTRA 'COMPETE' TRAINING PLAN: MILES

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage
1		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 4 miles <i>RPE: 3-4</i>	23 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 8 miles <i>RPE: 2-3</i>	Training Run 4 miles <i>RPE: 3-4</i>	24 miles
3		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 9 miles <i>RPE: 2-3</i>	Training Run 4 miles <i>RPE: 3-4</i>	25 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 10 miles <i>RPE: 2-3</i>	Training Run 4 miles <i>RPE: 3-4</i>	26 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 6 miles <i>RPE: 2-3</i>	Training Run 5 miles <i>RPE: 3-4</i>	23 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 8 miles <i>RPE: 2-3</i>	Training Run 5 miles <i>RPE: 3-4</i>	25 miles
7		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 9 miles <i>RPE: 2-3</i>	Training Run 5 miles <i>RPE: 3-4</i>	26 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 11 miles <i>RPE: 2-3</i>	Training Run 5 miles <i>RPE: 3-4</i>	29 miles
9		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 7 miles <i>RPE: 2-3</i>	Training Run 6 miles <i>RPE: 3-4</i>	26 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 12 miles <i>RPE: 2-3</i>	Training Run 6 miles <i>RPE: 3-4</i>	31 miles
11		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 6 miles <i>RPE: 3-4</i>	33 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 16 miles <i>RPE: 2-3</i>	Training Run 6 miles <i>RPE: 3-4</i>	35 miles
13		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 12 miles <i>RPE: 2-3</i>	Training Run 6 miles <i>RPE: 3-4</i>	32 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 16 miles <i>RPE: 2-3</i>	Training Run 8 miles <i>RPE: 3-4</i>	39 miles
15		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 18 miles <i>RPE: 2-3</i>	Training Run 8 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 20 miles <i>RPE: 2-3</i>	Training Run 10 miles <i>RPE: 3-4</i>	45 miles
17		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 14 miles <i>RPE: 2-3</i>	Training Run 10 miles <i>RPE: 3-4</i>	39 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 21 miles <i>RPE: 2-3</i>	Training Run 12 miles <i>RPE: 3-4</i>	48 miles
19		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 24 miles <i>RPE: 2-3</i>	Training Run 12 miles <i>RPE: 3-4</i>	52 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 27.0 miles <i>RPE: 2-3</i>	Training Run 12 miles <i>RPE: 3-4</i>	56 miles
21		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 22 miles <i>RPE: 2-3</i>	Training Run 12 miles <i>RPE: 3-4</i>	51 miles
		Rest Day	Training Run 8 miles <i>RPE: 3-4</i>	Intervals 6 x 800m <i>then leg</i>	Strength Training 45-60 mins	Rest Day	Long Run 27.0 miles <i>RPE: 2-3</i>	Training Run 12 miles <i>RPE: 3-4</i>	56 miles
23		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 17 miles <i>RPE: 2-3</i>	Training Run 10 miles <i>RPE: 3-4</i>	41 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 10 miles <i>RPE: 2-3</i>	Training Run 4 miles <i>RPE: 3-4</i>	24 miles
25		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 8 miles <i>RPE: 5</i>	Training Run 3 miles <i>RPE: 3-4</i>	19 miles
		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>	50K ULTRA 31.1 miles <i>RPE: 5</i>	39 miles