MARATHON HANDBOOK — 50k ULTRA 'IMPROVER' TRAINING PLAN: MILES

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage
1		Rest Day	Training Run 3 miles *RPE: 3-4*	Intervals 3 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 5 miles *RPE: 2-3*	Training Run 3 miles *RPE: 3-4*	**17 miles**
2		Rest Day	Training Run 3 miles *RPE: 3-4*	Intervals 3 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 5 miles *RPE: 2-3*	Training Run 3 miles *RPE: 3-4*	**17 miles**
3		Rest Day	Training Run 3 miles *RPE: 3-4*	Intervals 3 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 6 miles *RPE: 2-3*	Training Run 3 miles *RPE: 3-4*	**18 miles**
4		Rest Day	Training Run 3 miles *RPE: 3-4*	Intervals 3 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 7 miles *RPE: 2-3*	Training Run 3 miles *RPE: 3-4*	**19 miles**
5		Rest Day	Training Run 4 miles *RPE: 3-4*	Intervals 3 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 8 miles *RPE: 2-3*	Training Run 4 miles *RPE: 3-4*	**22 miles**
6		Rest Day	Training Run 4 miles *RPE: 3-4*	Intervals 3 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 9 miles *RPE: 2-3*	Training Run 4 miles *RPE: 3-4*	**23 miles**
7		Rest Day	Training Run 4 miles *RPE: 3-4*	Intervals 4 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 10 miles *RPE: 2-3*	Training Run 4 miles *RPE: 3-4*	**25 miles**
8		Rest Day	Training Run 5 miles *RPE: 3-4*	Intervals 4 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 7 miles *RPE: 2-3*	Training Run 5 miles *RPE: 3-4*	**24 miles**
9		Rest Day	Training Run 5 miles *RPE: 3-4*	Intervals 4 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 12 miles *RPE: 2-3*	Training Run 5 miles *RPE: 3-4*	**29 miles**
10		Rest Day	Training Run 5 miles *RPE: 3-4*	Intervals 4 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 13 miles *RPE: 2-3*	Training Run 5 miles *RPE: 3-4*	**30 miles**
11		Rest Day	Training Run 5 miles *RPE: 3-4*	Intervals 4 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 10 miles *RPE: 2-3*	Training Run 6 miles *RPE: 3-4*	**28 miles**
12		Rest Day	Training Run 5 miles *RPE: 3-4*	Intervals 4 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 14 miles *RPE: 2-3*	Training Run 6 miles *RPE: 3-4*	**32 miles**
13		Rest Day	Training Run 5 miles *RPE: 3-4*	Intervals 5 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 16 miles *RPE: 2-3*	Training Run 6 miles *RPE: 3-4*	**35 miles**
14		Rest Day	Training Run 5 miles *RPE: 3-4*	Intervals 5 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 13 miles *RPE: 2-3*	Training Run 7 miles *RPE: 3-4*	**33 miles**
15		Rest Day	Training Run 5 miles *RPE: 3-4*	Intervals 5 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 19 miles *RPE: 2-3*	Training Run 7 miles *RPE: 3-4*	**39 miles**
16		Rest Day	Training Run 5 miles *RPE: 3-4*	Intervals 5 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 14 miles *RPE: 2-3*	Training Run 7 miles *RPE: 3-4*	**34 miles**
17		Rest Day	Training Run 5 miles *RPE: 3-4*	Intervals 5 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 19 miles *RPE: 2-3*	Training Run 7 miles *RPE: 3-4*	**39 miles**
18		Rest Day	Training Run 6 miles *RPE: 3-4*	Intervals 5 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 21 miles *RPE: 2-3*	Training Run 7 miles *RPE: 3-4*	**42 miles**
19		Rest Day	Training Run 6 miles *RPE: 3-4*	Intervals 6 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 23 miles *RPE: 2-3*	Training Run 7 miles *RPE: 3-4*	**45 miles**
20		Rest Day	Training Run 6 miles *RPE: 3-4*	Intervals 6 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 26.2 miles *RPE: 2-3*	Training Run 7 miles *RPE: 3-4*	**48 miles**
21		Rest Day	Training Run 6 miles *RPE: 3-4*	Intervals 6 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 15 miles *RPE: 2-3*	Training Run 7 miles *RPE: 3-4*	**37 miles**
22		Rest Day	Training Run 7 miles *RPE: 3-4*	Intervals 6 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 26.2 miles *RPE: 2-3*	Training Run 7 miles *RPE: 3-4*	**49 miles**
23		Rest Day	Training Run 7 miles *RPE: 3-4*	Intervals 4 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 19 miles *RPE: 2-3*	Training Run 6 miles *RPE: 3-4*	**39 miles**
24		Rest Day	Training Run 6 miles *RPE: 3-4*	Intervals 3 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 11 miles *RPE: 2-3*	Training Run 4 miles *RPE: 3-4*	**27 miles**
25		Rest Day	Training Run 6 miles *RPE: 3-4*	Intervals 2 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 7 miles *RPE: 5*	Training Run 4 miles *RPE: 3-4*	**22 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*	50K ULTRA 31.1 miles *RPE: 5*	**39 miles**