

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 4 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	16 miles
4		Rest Day	Training Run 3 miles RPE: 3-4	Pace Run 4 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	17 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 5 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	23 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 5 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	26 miles
12		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 14 miles RPE: 2-3	Training Run 6 miles RPE: 3-4	30 miles
13		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 16 miles RPE: 2-3	Training Run 6 miles RPE: 3-4	32 miles
14		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 7 miles RPE: 3-4	30 miles
15		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 19 miles RPE: 2-3	Training Run 7 miles RPE: 3-4	36 miles
16		Rest Day	Training Run 5 miles RPE: 3-4	Pace Run 6 miles RPE: 5-6	Strength Training 45-60 mins	Rest Day	Long Run 14 miles RPE: 2-3	Training Run 7 miles RPE: 3-4	32 miles
17		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 19 miles RPE: 2-3	Training Run 7 miles RPE: 3-4	36 miles
18		Rest Day	Training Run 6 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	40 miles
19		Rest Day	Training Run 6 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	42 miles
20		Rest Day	Training Run 6 miles RPE: 3-4	Pace Run 6 miles RPE: 5-6	Strength Training 45-60 mins	Rest Day	Long Run 26.2 miles RPE: 2-3	Training Run 7 miles RPE: 3-4	45 miles
21		Rest Day	Training Run 6 miles RPE: 3-4	Pace Run 6 miles RPE: 5-6	Strength Training 45-60 mins	Rest Day	Long Run 15 miles RPE: 2-3	Training Run 7 miles RPE: 3-4	34 miles
22		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 26.2 miles RPE: 2-3	Training Run 7 miles RPE: 3-4	46 miles
23		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 19 miles RPE: 2-3	Training Run 6 miles RPE: 3-4	38 miles
24		Rest Day	Training Run 6 miles RPE: 3-4	Pace Run 6 miles RPE: 5-6	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	Pace Run 6 miles RPE: 5-6	Strength Training 45-60 mins	Rest Day	Long Run 7 miles RPE: 5	Training Run 4 miles RPE: 3-4	23 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