

# 24-Week 50 mile ultra training plan Block 1 (vo2 max)



# Week 1

## MONDAY REST DAY

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## TUESDAY

Warm up strides, followed by Hill Intervals (RI) 10x30 secs – 30secs recovery within a 1 hour easy run & a **Strength Workout**.

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## WEDNESDAY

30-60min recovery run (RR)  
@easy pace inc warm up/cool down.

–

## THURSDAY

30-60min recovery run (RR)  
@easy pace inc warm up/cool down  
**OR REST**.

–

## FRIDAY

Warm up strides, followed by Hill Intervals (RI) 10x30 secs – 30secs recovery within a 1 hour easy run & a **Core Workout**.

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## SATURDAY

30-60min recovery run (RR)  
@easy pace inc warm up/cool down.

–

## SUNDAY

Long endurance run (ER) –  
Trails 1hr 30mins.

# Week 2

## MONDAY REST DAY

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## TUESDAY

Warm up strides, followed by Hill Intervals (RI) 10x30 secs – 30secs recovery within a 1 hour easy run & a **Strength Workout**.

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## WEDNESDAY

30-60min recovery run (RR)  
@easy pace inc warm up/cool down.

–

## THURSDAY

30-60min recovery run (RR)  
@easy pace inc warm up/cool down  
**OR REST**.

–

## FRIDAY

Warm up strides, followed by Hill Intervals (RI) 10x30 secs – 30secs recovery within a 1 hour easy run & a **Core Workout**.

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## SATURDAY

30-60min recovery run (RR) @easy  
pace inc warm up/cool down.

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## SUNDAY

Long endurance run (ER) –  
Trails 1hr 45mins.

# Week 3

## MONDAY REST DAY

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## TUESDAY

30-60min recovery run (RR)  
@easy pace inc warm up/cool down  
& a **Strength Workout**.

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## WEDNESDAY

Warm up strides, followed by Hill Intervals (RI) 10x30 secs – 30secs recovery within a 1 hour easy run.

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## THURSDAY REST DAY

–

## FRIDAY

30-60min recovery run (RR)  
@easy pace inc warm up/cool down  
& a **Core Workout**.

–

## SATURDAY

30-60min recovery run (RR)  
@easy pace inc warm up/cool down.

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## SUNDAY

Long endurance run (ER) –  
Trails 1hr 15mins.

# Week 4

## MONDAY REST DAY

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## TUESDAY

Warm up strides, followed by Hill Intervals (RI) 10x45 secs – 45secs recovery within a 1 hour easy run & a **Strength Workout**.

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## WEDNESDAY

30-60min recovery run (RR)  
@easy pace inc warm up/cool down.

–

## THURSDAY

30-60min recovery run (RR)  
@easy pace inc warm up/cool down  
**OR REST**.

–

## FRIDAY

Warm up strides, followed by Hill Intervals (RI) 10x45 secs – 45secs recovery within a 1 hour easy run & a **Core Workout**.

–

## SATURDAY

30-60min recovery run (RR)  
@easy pace inc warm up/cool down.

–

## SUNDAY

Long endurance run (ER) –  
Trails 1hr 30mins.

# Week 5

## MONDAY REST DAY

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## TUESDAY

Warm up strides, followed by Hill Intervals (RI) 10x45 secs – 45secs recovery within a 1 hour easy run & a **Strength Workout**.

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## WEDNESDAY

30-60min recovery run (RR)  
@easy pace inc warm up/cool down.

–

## THURSDAY

30-60min recovery run (RR)  
@easy pace inc warm up/cool down  
**OR REST**.

–

## FRIDAY

Warm up strides, followed by Hill Intervals (RI) 10x45 secs – 45secs recovery within a 1 hour easy run & a **Core Workout**.

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## SATURDAY

30-60min recovery run (RR)  
@easy pace inc warm up/cool down.

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## SUNDAY

Long endurance run (ER) –  
Trails 1hr 45mins.

# Week 6

## MONDAY REST DAY

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## TUESDAY

30-60min recovery run (RR)  
@easy pace inc warm up/cool down  
& a **Strength Workout**.

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## WEDNESDAY

Warm up strides, followed by Hill Intervals (RI) 10x45 secs – 45secs recovery within a 1 hour easy run.

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## THURSDAY REST DAY

–

## FRIDAY

30-60min recovery run (RR)  
@easy pace inc warm up/cool down  
& a **Core Workout**.

–

## SATURDAY

30-60min recovery run (RR)  
@easy pace inc warm up/cool down.

–

## SUNDAY

Long endurance run (ER) –  
Trails 1hr 15mins.

TUESDAY

# Strength Workout

**WARM UP**

Jumping Jacks 30-60 seconds

High knees 30-60 seconds

–

**Super Set 1\***

Wallsit 30-60 secs

Plank 30-60 seconds

–

**Super Set 2\***

Lunge with overhead reach x 6reps each side

Russian twist 30-60 secs

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**Super Set 3\***

Cross back lunge x 8reps each side

Hand walkouts x 10reps

\*x2sets with 30-60secs rest in between sets

FRIDAY

# Core Workout

Use the exercises below to create a circuit.  
Aim for 1-2 circuits initially and build up with  
more circuits over time.

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Side plank 30-60secs

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Bird dog x10 each side

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Bicycle crunch 30-60secs

–

Superman (2sec holds) x10

–

Mountain climber 30-60secs

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Leg raises 30-60 secs

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Glute Bridge (3sec holds) x10-20reps

## RECOVERY RUN (RR)

Recovery Runs are prescribed as a way to keep the muscles “loose” and aid in the recovery process. These workouts are characterised by low intensity (4-5/10 RPE) for relatively short amounts of time (40-60 minutes).

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## ENDURANCE RUN (ER)

These runs are characterised by exercising at a low intensity (5-6 RPE) and for long periods of time.

Remember, this based on RPE, not pace. Therefore, when running uphill, it is important to remember that you need to slow down to not have your RPE creep into SSR or TR levels.

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## STEADY STATE RUN (SSR)

The focus of SSR's is to develop your aerobic fitness. This takes place at an intensity higher than an ER but below your LT (Lactate Threshold) – around a 7 RPE.

Sometimes you may see a SSR within an ER (Endurance Run)

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## TEMPO RUN (TR)

This workout is performed at, or slightly below your LT (Lactate Threshold) and around an 8-9 RPE. These workouts are important for becoming faster by way of improving your ability to process and utilise lactate.

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## RUNNING INTERVALS (RI)

These intervals are performed at your VO2 Max (10/10 RPE).

The goal is to run at your highest intensity possible for the duration of each effort.

It is advised to perform a 15-30 minute warm-up (at ER effort) and several strides prior to beginning of your RI workout.

While RI's can be performed anywhere, it is preferable to perform them uphill – especially when building fitness, as it enables you to increase your workload and reach your VO2 Max more consistently versus on a track or treadmill.

Running RI's uphill also reduces the chance for injury as opposed to RI's on flat or downhill terrain.

RPE SCALE LEVEL OF	LEVEL OF INTENSITY	DESCRIPTION
10	Maximal	Out of breath- short and rapid, can only keep this pace for a short time.
8 to 9	Hard	Breathing deep and labored
6 to 7	Moderate	Breathing is a bit more labored – can speak sentences but labored.
4 to 5	Comfortable	Breathing slightly more labored. Still relatively easy to talk
2 to 3	Light Easy effort	A pace that could be sustained for hours. Easy to talk.
1	Very Light	Barely any exertion (easy walking pace)