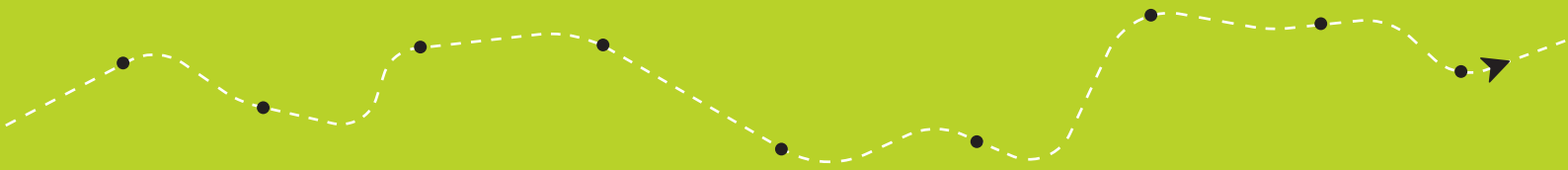


24-Week 50 mile ultra training plan Block 2 (Lactate Threshold)



Week 7

MONDAY REST DAY

–

TUESDAY

(TR) Tempo run 10x2mins / 1min recovery's within a 1 hour easy run & a **Strength & Core session 1.**

–

WEDNESDAY

(RR) 45-60min recovery run @easy pace inc warm up/cool down.

–

THURSDAY

(RR) 45-60min recovery run @easy pace inc warm up/cool down
OR REST.

–

FRIDAY

(TR) Tempo run 10x2mins / 1min recovery's within a 1 hour easy run & a **Strength & Core session 2.**

–

SATURDAY

(RR) 45-60min recovery run @easy pace inc warm up/cool down.

–

SUNDAY

(ER) Long Run – Hilly Trails 1hr 45mins.

Week 8

MONDAY REST DAY

–

TUESDAY

(TR) Tempo run 10x3mins / 90sec recovery's within a 1 hour easy run **Strength & Core session 1.**

–

WEDNESDAY

(RR) 45-60min recovery run @easy pace inc warm up/cool down.

–

THURSDAY

(RR) 45-60min recovery run @easy pace inc warm up/cool down
OR REST.

–

FRIDAY

(TR) Tempo run 10x3mins / 90sec recovery's within a 1 hour easy run **Strength & Core session 2.**

–

SATURDAY

(RR) 45-60min recovery run @easy pace inc warm up/cool down.

–

SUNDAY

(ER) Long Run – Hilly Trails 2hr 15mins.

Week 9

MONDAY REST DAY

–

TUESDAY

(TR) Tempo run 10x2mins / 1min recovery's within a 1 hour easy run & a **Strength & Core session 1.**

–

WEDNESDAY

(RR) 45-60min recovery run @easy pace inc warm up/cool down.

–

THURSDAY

(RR) 45-60min recovery run @easy pace inc warm up/cool down
OR REST.

–

FRIDAY

(TR) Tempo run 10x2mins / 1min recovery's within a 1 hour easy run & a **Strength & Core session 2.**

–

SATURDAY

(RR) 45-60min recovery run @easy pace inc warm up/cool down.

–

SUNDAY

(ER) Long Run – Hilly Trails 2hr 15mins.

Week 10 (Recovery Week)

MONDAY REST DAY

–

TUESDAY

(RR) 30-60min recovery run @easy pace inc warm up/cool down & a **Strength & Core session 1.**

–

WEDNESDAY

(TR) Tempo run 10x2mins / 1min recovery's within a 1 hour easy run.

–

THURSDAY

REST.

–

FRIDAY

(RR) 30-60min recovery run @easy pace inc warm up/cool down & a **Strength & Core session 2.**

–

SATURDAY

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

–

SUNDAY

(ER) Long Run – Hilly Trails 1hr 45mins.

Week 11

MONDAY

REST DAY

–

TUESDAY

(TR) Tempo run 10x3mins / 90sec recovery's within a 1 hour easy run & a **Strength & Core session 1.**

–

WEDNESDAY

(RR) 45-60min recovery run @easy pace inc warm up/cool down.

–

THURSDAY

(RR) 45-60min recovery run @easy pace inc warm up/cool down

OR REST.

–

FRIDAY

(TR) Tempo run 10x3mins / 90sec recovery's within a 1 hour easy run & a **Strength & Core session 2.**

–

SATURDAY

(RR) 45-60min recovery run @easy pace inc warm up/cool down.

–

SUNDAY

(ER) Long Run – Hilly Trails 2hrs.

Week 12

MONDAY

REST DAY

–

TUESDAY

(TR) Tempo run 10x3mins / 90sec recovery's within a 1 hour easy run & a **Strength & Core session 1.**

–

WEDNESDAY

(RR) 45-60min recovery run @easy pace inc warm up/cool down.

–

THURSDAY

(RR) 45-60min recovery run @easy pace inc warm up/cool down

OR REST.

–

FRIDAY

(TR) Tempo run 10x3mins / 90sec recovery's within a 1 hour easy run & a **Strength & Core session 2.**

–

SATURDAY

(RR) 45-60min recovery run @easy pace inc warm up/cool down.

–

SUNDAY

(ER) Long Run – Hilly Trails 2hr 15mins.

Week 13

MONDAY

REST DAY

–

TUESDAY

(TR) Tempo run 10x3mins / 90sec recovery's within a 1 hour easy run & a **Strength & Core session 1.**

–

WEDNESDAY

(RR) 45-60min recovery run @easy pace inc warm up/cool down.

–

THURSDAY

(RR) 45-60min recovery run @easy pace inc warm up/cool down

OR REST.

–

FRIDAY

(TR) Tempo run 10x3mins / 90sec recovery's within a 1 hour easy run & a **Strength & Core session 2.**

–

SATURDAY

(RR) 45-60min recovery run @easy pace inc warm up/cool down.

–

SUNDAY

(ER) Long Run – Hilly Trails 2hr 30mins.

Week 14 (Recovery Week)

MONDAY

REST DAY

–

TUESDAY

(RR) 30-60min recovery run @easy pace inc warm up/cool down & a **Strength & Core session 1.**

–

WEDNESDAY

(TR) Tempo run 10x3mins / 90sec recovery's within a 1 hour easy run.

–

THURSDAY

REST.

–

FRIDAY

(RR) 30-60min recovery run @easy pace inc warm up/cool down & a **Strength & Core session 2.**

–

SATURDAY

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

–

SUNDAY

(ER) Long Run – Hilly Trails 2hrs.

TUESDAY

Strength & Core session 1

WARM UP

Jumping Jacks 30-60 seconds x2

High knees 30-60 seconds x2

–

Super Set 1*

Single arm bent over row 3x12 reps

–

Super Set 2*

Sumo deadlift 5x5 reps.

Single leg pogo hops 5x10 reps each side

–

Super Set 3*

Rear foot elevated split squat 3x12

Single arm shoulder press 3x12

Contralateral dumbbell single leg Romanian deadlift 3x12

–

Super Set 2*

Hanging knee raise 2x12

Side plank hip dips 2x12 each side

Oblique crunch hold 2x8

FRIDAY

Strength & Core session 2

WARM UP

Jumping Jacks 30-60 seconds x2

High knees 30-60 seconds x2

–

Super Set 1*

Push ups 3x5-12 reps (use bench if needed)

–

Super Set 2*

Pause back squat 5x5 reps.

Soleus calf raise 5x15+ reps

–

Super Set 3*

Single leg hip thrust 3x12 reps each leg.

Hip flexor lift offs 3x to failure each leg.

Dumbbell reverse lunge 3x12 reps each leg

–

Super Set 1*

V up, 8-12 x2

Supine windshield wipers, 10-15 x2

Swiss ball stir the pot, 6 each way x2

*60-90 secs rest in-between SETS

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).

–

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.

–

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)

–

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.

–

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)