

24-Week 50 mile ultra training plan Block 3 (Endurance)



Week 15

MONDAY

REST DAY.

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TUESDAY

(SSR) Steady State Run 3x10mins / 2min recovery's within a 1hr 15min easy run & a **Strength & Core Workout.**

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WEDNESDAY

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

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THURSDAY

(SSR) Steady State Run 3x10mins / 2min recovery's within a 1hr 15min easy run & a **Core Workout.**

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FRIDAY

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

–

SATURDAY

Hiking Hill Reps – 1hr.

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SUNDAY

(ER) Long Run Hilly Trails 2hrs 30mins.

Week 16

MONDAY

REST DAY.

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TUESDAY

(SSR) Steady State Run 3x10mins / 2min recovery's within a 1hr 15min easy run & a **Strength & Core Workout.**

–

WEDNESDAY

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

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THURSDAY

(SSR) Steady State Run 3x10mins / 2min recovery's within a 1hr 15min easy run & a **Core Workout.**

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FRIDAY

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

–

SATURDAY

Hiking Hill Reps – 1hr 15mins.

–

SUNDAY

(ER) Long Run Hilly Trails 3hrs.

Week 17

MONDAY

REST DAY.

–

TUESDAY

(SSR) Steady State Run 3x10mins / 2min recovery's within a 1hr 15min easy run & a **Strength & Core Workout.**

–

WEDNESDAY

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

–

THURSDAY

(SSR) Steady State Run 3x10mins / 2min recovery's within a 1hr 15min easy run & a **Core Workout.**

–

FRIDAY

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

–

SATURDAY

Hiking Hill Reps – 1hr 30mins.

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SUNDAY

(ER) Long Run – Hilly Trails 3hrs 30mins.

Week 18 (Recovery Week)

MONDAY

REST DAY.

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TUESDAY

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

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WEDNESDAY

(SSR) Steady State Run 3x10mins / 2min recovery's within a 1hr 15min easy run.

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THURSDAY

REST DAY.

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FRIDAY

(RR) 30-60min recovery run @easy pace + 4/6 strides in the middle inc warm up/cool down.

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SATURDAY

Hiking Hill Reps – 1hr.

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SUNDAY

(ER) Long Run – Hilly Trails 3hrs.

Week 19

MONDAY

REST DAY.

–

TUESDAY

(SSR) Steady State Run 3x15mins / 2min recovery's within a 1hr 15min easy run & a **Strength & Core Workout.**

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WEDNESDAY

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

–

THURSDAY

(SSR) Steady State Run 3x15mins / 2min recovery's within a 1hr 15min easy run & a **Core Workout.**

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FRIDAY

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

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SATURDAY

Hiking Hill Reps – 1hr 30mins.

–

SUNDAY

(ER) Long Run – Hilly Trails 3hrs 30mins.

Week 20

MONDAY

REST DAY.

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TUESDAY

(SSR) Steady State Run 3x15mins / 2min recovery's within a 1hr 15min easy run & a **Strength & Core Workout.**

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WEDNESDAY

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

–

THURSDAY

(SSR) Steady State Run 3x15mins / 2min recovery's within a 1hr 15min easy run & a **Core Workout.**

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FRIDAY

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

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SATURDAY

Hiking Hill Reps – 1hr 45mins.

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SUNDAY

(ER) Long Run – Hilly Trails 4hrs.

Week 21

MONDAY

REST DAY.

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TUESDAY

(SSR) Steady State Run 3x15mins / 2min recovery's within a 1hr 15min easy run & a **Strength & Core Workout.**

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WEDNESDAY

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

–

THURSDAY

(SSR) Steady State Run 3x15mins / 2min recovery's within a 1hr 15min easy run & a **Core Workout.**

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FRIDAY

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

–

SATURDAY

Hiking Hill Reps – 2hrs.

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SUNDAY

(ER) Long Run – Hilly Trails 4hr 30mins.

Week 22 (Recovery Week)

MONDAY

REST DAY.

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TUESDAY

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

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WEDNESDAY

SSR- Steady State Run 3x15mins / 2min recovery's within a 1hr 15min easy run.

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THURSDAY

REST DAY.

–

FRIDAY

(RR) 30-60min recovery run @easy pace + 4/6 strides in the middle inc warm up/cool down.

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SATURDAY

Hiking Hill Reps – 1hr 30mins.

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SUNDAY

(ER) Long Run – Hilly Trails 3hrs 30mins.

Week 23 (Taper)

MONDAY

REST DAY.

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TUESDAY

(SSR) Steady State Run 3x10mins / 2min recovery's within a 1hr 15min easy run & a **Strength & Core Workout.**

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WEDNESDAY

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

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THURSDAY

REST DAY.

–

FRIDAY

(RR) 60min recovery run @easy pace + 6 strides in the middle inc warm up/cool down.

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SATURDAY

(ER) Long Run – Easy Trails 1hr 30mins.

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SUNDAY

REST DAY.

Week 24 (Race Week)

MONDAY

(RR) 60 min recovery run @easy pace + 4 strides in the middle inc warm up/cool down.

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TUESDAY

REST DAY.

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WEDNESDAY

(RR) 45 min recovery run @easy pace + 4 strides in the middle inc warm up/cool down.

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THURSDAY

REST DAY.

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FRIDAY

(RR) 20min recovery run @easy pace + 4 strides in the middle

OR REST.

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SATURDAY

LAKELAND 50.

–

SUNDAY

REST DAY.

TUESDAY

Strength & Core Workout

WARM UP

Jumping Jacks 30-60 seconds x2

High knees 30-60 seconds x2

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Superset 1*

Single arm renegade row 3x15 reps

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Superset 2*

Tempo deadlift 3secs down, 1 sec up. 5x5 reps

Lateral hops 5x15 reps each side

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Superset 3*

Front foot elevated split squat 3x15

Lateral raises 3x 10-15

Landmine single leg Romanian deadlift with knee drive
3x15

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Superset 4*

GHD Iso prone hold 3x45 secs

GHR Iso supine hold 3x45 secs

GHR Iso lateral hold 3x45 secs

THURSDAY

Core Workout

Super Set 1*

Plank 30-60secs x2

Supine plank 30-60secs x2

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Super Set 2*

Alternate single leg raises 30-60 secs x2

Scissors 30-60 secs x2

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Super Set 3*

Hollow hold 30-60 secs x2

Russian twist 30-60 secs x2

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)