Training Plan: 26 Weeks to a 50k Ultra Marathon

Key Notes:

 - Ensure you have a solid running base before starting this plan, with a weekly mileage of at least 10-15 miles.
 - The plan includes four running days and one strength training session per week with two rest days.
   Adjustments can be made based on individual recovery needs.
 - Gradually increase your weekly mileage by no more than 10% to avoid overtraining and injuries.
 - Pay attention to hydration, nutrition, and recovery strategies.
 - The long runs are scheduled on the weekends, with an emphasis on building endurance.

What Does it all Mean?

RPE = Rate of Perceived Exertion refers to a 1-10 scale to self-report the intensity of an effort. Our RPE scale is based largely on Matt Fitzgerald's running scale.

Easy Run (RPE 3-4) - Can hold a short conversation

Moderate Run (RPE 4-5) - Still somewhat comfortable, but becoming noticeably more challenging

Slow Run (RPE 2-3) - Feels like you can maintain for hours, easy to breath and carry a conversation

Strength - See newcomer Strength Training Plan here.

Rest Days (RPE 1) - Hardly any exertion, but more thansleeping all day, walk or gentle bike ride.

Weekly % Increase = This just demonstrates the Training Plan keeps to the 10% rules each week (Week 14 is just rounding up from 10.6 your can do it!)

Week Type: "B" = Base Building, **"R"** = Recovery, **"H"** = Hard/Increasing Mileage, **"T"** = Taper and **"T into Race"** = Tapering into you Race

Here are some final tips to help you prepare for the big day:

Rest and Recovery:
 - Ensure you get adequate rest in the days leading up to the race.
 - Pay attention to your body. If you're feeling fatigued or notice any niggles, prioritize rest.
Nutrition:
 - Stick to your well-practiced nutrition plan. Don't try anything new on race day.
 - Stay hydrated, but avoid overloading on water just before the race.
Gear Check:
 - Double-check all your gear, including shoes, clothing, and any accessories.
 - Have a backup plan for any unexpected issues, like weather changes.
Race Strategy:
 - Have a race strategy in mind, including pacing and nutrition.
 - Break the race into segments and focus on one section at a time.
Positive Mindset:
 - Stay positive and believe in your training.
 - Accept that there will be challenging moments but focus on overcoming them.
Sleep:
 - Aim for a good night's sleep before the race. It's crucial for your overall performance.
Weather Preparedness:
 - Check the weather forecast and prepare accordingly. Have layers if needed.
Support Crew:
 - If you have a support crew, communicate your plan and needs clearly to them.
Listen to Your Body:
 - During the race, pay attention to how your body is feeling. If something doesn't feel right, address it early.
Enjoy the Experience:
 - Remember to enjoy the journey. An ultra marathon is a significant accomplishment, and you should savor the experience.
Post-Race Recovery:
 - Have a recovery plan in place for after the race, including proper nutrition and rest.
Celebrate:
 - Regardless of the outcome, celebrate your accomplishment. Completing an ultra marathon is a remarkable feat.

Remember, every runner is unique, so adapt these tips to suit your personal preferences and experiences. Good luck with your ultra marathon!

One Stop Ultra
Your One Stop for Ultra Running

TRAINING PLAN FOR NEWCOMER ¦ DISTANCE 50K

Date	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage	Weekly % increase	Week Type
	1	Rest Day	Easy Run 3 miles RPE: 3-4	Moderate Run 2 miles RPE: 4-5	Strength 30-60 mins	Rest Day	Slow Run 3 miles RPE: 2-3	Moderate Run 2 miles RPE: 4-5	10		
	2	Rest Day	Easy Run 3 miles RPE: 3-4	Moderate Run 2.5 miles RPE: 4-5	Strength 30-60 mins	Rest Day	Slow Run 3.5 miles RPE: 2-3	Moderate Run 2 miles RPE: 4-5	11	10%	B
	3	Rest Day	Easy Run 3 miles RPE: 3-4	Moderate Run 3 miles RPE: 4-5	Strength 30-60 mins	Rest Day	Slow Run 4.1 miles RPE: 2-3	Moderate Run 2 miles RPE: 4-5	12.1	10%	B
	4	Rest Day	Easy Run 3 miles RPE: 3-4	Moderate Run 3 miles RPE: 4-5	Strength 30-60 mins	Rest Day	Slow Run 4.8 miles RPE: 2-3	Moderate Run 2.5 miles RPE: 4-5	13.3	10%	B
	5	Rest Day	Easy Run 3 miles RPE: 3-4	Moderate Run 3 miles RPE: 4-5	Strength 30-60 mins	Rest Day	Slow Run 5.6 miles RPE: 2-3	Moderate Run 3 miles RPE: 4-5	14.6	10%	B
	6	Rest Day	Easy Run 4 miles RPE: 3-4	Moderate Run 3 miles RPE: 4-5	Strength 30-60 mins	Rest Day	Slow Run 6.1 miles RPE: 2-3	Moderate Run 3 miles RPE: 4-5	16.1	10%	B
	7	Rest Day	Easy Run 4 miles RPE: 3-4	Moderate Run 3 miles RPE: 4-5	Strength 30-60 mins	Rest Day	Slow Run 7.2 miles RPE: 2-3	Moderate Run 3.5 miles RPE: 4-5	17.7	10%	B
	8	Rest Day	Easy Run 4 miles RPE: 3-4	Moderate Run 4 miles RPE: 4-5	Strength 30-60 mins	Rest Day	Slow Run 8 miles RPE: 2-3	Moderate Run 3.5 miles RPE: 4-5	19.5	10%	B
	9	Rest Day	Easy Run 5 miles RPE: 3-4	Moderate Run 4 miles RPE: 4-5	Strength 30-60 mins	Rest Day	Slow Run 9 miles RPE: 2-3	Moderate Run 3.5 miles RPE: 4-5	21.5	10%	B
	10	Rest Day	Easy Run 5 miles RPE: 3-4	Moderate Run 4 miles RPE: 4-5	Strength 30-60 mins	Rest Day	Slow Run 10.6 miles RPE: 2-3	Moderate Run 4 miles RPE: 4-5	23.6	10%	B
	11	Rest Day	Easy Run 5 miles RPE: 3-4	Moderate Run 4 miles RPE: 4-5	Strength 30-60 mins	Rest Day	Slow Run 12 miles RPE: 2-3	Moderate Run 5 miles RPE: 4-5	26	10%	B
	12	Rest Day	Easy Run 5 miles RPE: 3-4	Moderate Run 4 miles RPE: 4-5	Strength 30-60 mins	Rest Day	Slow Run 7 miles RPE: 2-3	Moderate Run 4 miles RPE: 4-5	20		R
	13	Rest Day	Easy Run 5 miles RPE: 3-4	Moderate Run 5 miles RPE: 4-5	Strength 30-60 mins	Rest Day	**Slow Run 13.5 miles RPE: 2-3**	Moderate Run 5 miles RPE: 4-5	28.5	10%	H
	14	Rest Day	Easy Run 6 miles RPE: 3-4	Moderate Run 5 miles RPE: 4-5	Strength 30-60 mins	Rest Day	Slow Run 15 miles RPE: 2-3	Moderate Run 5.5 miles RPE: 4-5	31.5	11%	H
	15	Rest Day	Easy Run 5 miles RPE: 3-4	Moderate Run 5 miles RPE: 4-5	Strength 30-60 mins	Rest Day	Slow Run 10 miles RPE: 2-3	Moderate Run 5 miles RPE: 4-5	25		R
	16	Rest Day	Easy Run 7 miles RPE: 3-4	Moderate Run 5 miles RPE: 4-5	Strength 30-60 mins	Rest Day	Slow Run 16.5 miles RPE: 2-3	Moderate Run 6 miles RPE: 4-5	34.5	10%	H
	17	Rest Day	Easy Run 7 miles RPE: 3-4	Moderate Run 5 miles RPE: 4-5	Strength 30-60 mins	Rest Day	Slow Run 18.5 miles RPE: 2-3	Moderate Run 7.5 miles RPE: 4-5	38	10%	H
	18	Rest Day	Easy Run 5 miles RPE: 3-4	Moderate Run 5 miles RPE: 4-5	Strength 30-60 mins	Rest Day	Slow Run 13 miles RPE: 2-3	Moderate Run 6 miles RPE: 4-5	29		R
	19	Rest Day	Easy Run 7 miles RPE: 3-4	Moderate Run 6 miles RPE: 4-5	Strength 30-60 mins	Rest Day	Slow Run 21.5 miles RPE: 2-3	Moderate Run 7.5 miles RPE: 4-5	42	11%	H
	20	Rest Day	Easy Run 7 miles RPE: 3-4	Moderate Run 6 miles RPE: 4-5	Strength 30-60 mins	Rest Day	Slow Run 24.5 miles RPE: 2-3	Moderate Run 7.5 miles RPE: 4-5	45	7%	H
	21	Rest Day	Easy Run 5 miles RPE: 3-4	Moderate Run 5 miles RPE: 4-5	Strength 30-60 mins	Rest Day	Slow Run 15 miles RPE: 2-3	Moderate Run 5 miles RPE: 4-5	30		R
	22	Rest Day	Easy Run 7 miles RPE: 3-4	Moderate Run 6 miles RPE: 4-5	Strength 30-60 mins	Rest Day	**Slow Run 26.5 miles RPE: 2-3**	Moderate Run 7.5 miles RPE: 4-5	47	4%	H
	23	Rest Day	Easy Run 7 miles RPE: 3-4	Moderate Run 6 miles RPE: 4-5	Strength 30-60 mins	Rest Day	Slow Run 18 miles RPE: 2-3	Moderate Run 6 miles RPE: 4-5	37	-21%	R into T
	24	Rest Day	Easy Run 6 miles RPE: 3-4	Moderate Run 6 miles RPE: 4-5	Strength 30-60 mins	Rest Day	Slow Run 12 miles RPE: 2-3	Moderate Run 4 miles RPE: 4-5	28	-24%	T
	25	Rest Day	Easy Run 6 miles RPE: 3-4	Moderate Run 5 miles RPE: 4-5		Rest Day	Slow Run 6 miles RPE: 2-3	Moderate Run 4 miles RPE: 4-5	21	-25%	T
	26	Rest Day	Slow Run 3 miles RPE: 2-3		Slow Run 3 miles RPE: 2-3	Slow Run 2 miles RPE: 2-3	**50k Race 31.1 mile RPE 3-5**		39.1		T into Race