



Training Plan: 12 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 31.5-35 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 than sleeping 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!

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 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	28		B
	2	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
	3	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
	4	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
	5	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
	6	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
	7	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
	8	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
	9	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
	10	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
	11	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
	12	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