

## Ultramarathon

Week countdown	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 26 - commencing Monday 25th November</b>	25/11/2019		4 Miles	4 Miles	4 Miles		14 Miles	8 Miles
25	02/12/2019		4	6	4		16	10
24	09/12/2019		4	6	4		18	10
23	16/12/2019		4	6	4		20	10
22	23/12/2019		2	4	6		10	8
21	30/12/2019		4	8	6		20	12
20	06/01/2020		4	8	6		22	12
19	13/01/2020		4	8	6		22	12
18	20/01/2020		2	4	6		10	8
17	27/01/2020		4	10	6		25	13
16	03/02/2020		4	10	6		25	13
15	10/02/2020		4	10	6		25	13
14	17/02/2020		4	8	6		10	8
13	24/02/2020		4	12	6		28	15
12	02/03/2020		4	12	6		28	15
11	09/03/2020		4	12	6		28	15
10	16/03/2020		4	8	6		10	8
9	23/03/2020		4	15	6		30	15
8	30/03/2020		4	15	6		30	15
7	06/04/2020		4	15	6		30	20
6	13/04/2020		4	8	6		10	8
5	20/04/2020		4	15	6		30	20
4	27/04/2020		4	15	6		30	20
3	04/05/2020		4	10	6		10	10
2	11/05/2020		4		6		10	
1	18/05/2020		2	2			Day 1	Day 2

**This plan is for those who are experienced runners running 5 days a week. Completed a marathon and able to embrace the challenge of doing a long run. It may be that the long runs are broken down into run/walk (Jeffing) to enable the doubles to be done at a good pace. 10 minute blocks broken into 9/1 or 8/2 will enable fluids and food to be taken on board. The plan is organised around 4 week cycles, 3 training, with 1 recovery week. Rest is essential so recovery days must be just that. The long running weekend, is formed by a long run on Saturday followed by a medium run on Sunday. Nothing substitutes for these doubles over the weekend. The taper is for 3weeks, but may be extended to 4 weeks if carrying a niggle. On this plan we are looking for time on the feet rather than speed.**