

ULTRA MARATHON TRAINING & Back 2 Back - 25 week plan

22 Week Training Schedule in preparation or Rocks N Rollin Ultra, 24th June. - This schedule should suffice for Back 2 Back runners with the B2B long runs building endurance

Beginners should be comfortable running, but walk occasionally if you have to - that's OK.

	Week	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Total
22/01/17	1	2 mile	Rest	5 minutes easy / 5 minutes tempo / 10 minutes easy	Rest	3 mile	Rest	5 mile	12
	2	3 mile	Rest	5 minutes easy / 5 minutes tempo / 10 minutes easy	Rest	4 mile	Rest	6 mile	15
05/02/17	3	4 mile	Rest	10 minutes easy / 10 minutes tempo / 10 minutes easy	Rest	5 mile	Rest	7 mile	19
	4	4 mile	Rest	10 minutes easy / 10 minutes tempo / 10 minutes easy	Rest	6 mile	Rest	8 mile	21
	5	5 mile	Rest	10 minutes easy / 15 minutes fartlek / 10 minutes easy	Rest	6 mile	Rest	8 mile	23
	6	6 mile	Rest	10 minutes easy / 10 x 1 minute with 1 minute recovery between / 10 minutes easy	Rest	7 mile	Rest	10 mile	26
05/03/17	7	7 mile	Rest	10 minutes easy / 15 minutes tempo / 10 minutes easy	Rest	7 mile	Rest	10 mile	28
	8	8 mile	Rest	10 minutes easy / 10 x 1 minute with 1 minute recovery between / 10	Rest	8 mile	Rest	12 mile	31
	9	8 mile	Rest	10 minutes easy / 20 minutes fartlek / 10 minutes easy	Rest	8 mile	Rest	12 mile	32
	10	10 mile	Rest	10 minutes easy / 20 minutes tempo / 10 minutes easy	Rest	8 mile	Rest	13 mile	35
02/04/17	11	10 mile	Rest	10 minutes easy / 20 minutes fartlek / 10 minutes easy	Rest	9 mile	Rest	14 mile	37
	12	12 mile	Rest	10 minutes easy / 10 x 1 minute with 1 minute recovery between / 10 minutes easy	Rest	9 mile	Rest	14 mile	38
	13	12 mile	Rest	10 minutes easy / 25 minutes tempo / 10 minutes easy	Rest	9 mile	Rest	16 mile	42
	14	13 mile	Rest	10 minutes easy / 25 minutes fartlek / 10 minutes easy	Rest	10 mile	Rest	16 mile	44
	15	14 mile	Rest	10 minutes easy / 10 x 1 minute with 1 minute recovery between / 10 minutes easy	Rest	10 mile	Rest	18 mile	45
07/05/17	16	14 mile	Rest	10 minutes easy / 30 minutes tempo / 10 minutes easy	Rest	11 mile	Rest	18 mile	49
	17	16 mile	Rest	10 minutes easy / 30 minutes tempo / 10 minutes easy	Rest	11 mile	Rest	21 mile	54
	18	16 mile	Rest	10 minutes easy / 30 minutes tempo / 10 minutes easy	Rest	11 mile	Rest	21 mile	54
	19	18 mile	Rest	10 minutes easy / 15 minutes fartlek / 10 minutes easy	Rest	12 mile	Rest	24 mile	58
04/06/17	20	18 mile	Rest	10 minutes easy / 30 minutes tempo / 10 minutes easy	Rest	12 mile	Rest	24 mile	60
	21	21 mile	Rest	10 minutes easy / 30 minutes tempo / 10 minutes easy	Rest	12 mile	Rest	27 mile	66
	22	21 mile	Rest	10 minutes easy / 30 minutes tempo / 10 minutes easy	Rest	12 mile	Rest	27 mile	66
	23	24 mile	Rest	10 minutes easy / 15 minutes fartlek / 10 minutes easy	Rest	12 mile	Rest	30 mile	70
	24	16 mile	Rest	10 minutes easy / 15 minutes fartlek / 10 minutes easy	Rest	12 mile	Rest	13 mile	45
24/06/17	25	6 mile	Rest	Rest	4 mile		Rest	RACE DAY	10
Sun. / Thur.	Run at a comfortable pace, trying to maintain same pace as mileage increases				Rest days	Maximise recovery with nutrition / rest and hydration			
Tues	Fartlek training, giving the faster periods maximum				Sat.	Slower run by 30 - 60 sec/min			