

50 MILE ULTRAMARATHON COMPETITION TRAINING PLAN

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest Day	Pace Run 3 miles	3 x 800m then leg workout	Strength Training	Rest Day	Long Run 7 miles	Recovery Run 4 miles
2	Rest Day	Pace Run 3 miles	3 x 800m then leg workout	Strength Training	Rest Day	Long Run 8 miles	Recovery Run 4 miles
3	Rest Day	Pace Run 3 miles	3 x 800m then leg workout	Strength Training	Rest Day	Long Run 9 miles	Recovery Run 4 miles
4	Rest Day	Pace Run 3 miles	3 x 800m then leg workout	Strength Training	Rest Day	Long Run 10 miles	Recovery Run 5 miles
5	Rest Day	Pace Run 4 miles	3 x 800m then leg workout	Strength Training	Rest Day	Long Run 6 miles	Recovery Run 5 miles
6	Rest Day	Pace Run 4 miles	3 x 800m then leg workout	Strength Training	Rest Day	Long Run 12 miles	Recovery Run 5 miles
7	Rest Day	Pace Run 4 miles	4 x 800m then leg workout	Strength Training	Rest Day	Long Run 14 miles	Recovery Run 6 miles
8	Rest Day	Pace Run 5 miles	4 x 800m then leg workout	Strength Training	Rest Day	Long Run 16 miles	Recovery Run 6 miles
9	Rest Day	Pace Run 5 miles	4 x 800m then leg workout	Strength Training	Rest Day	Long Run 10 miles	Recovery Run 6 miles
10	Rest Day	Pace Run 5 miles	4 x 800m then leg workout	Strength Training	Rest Day	Long Run 15 miles	Recovery Run 7 miles
11	Rest Day	Pace Run 6 miles	4 x 800m then leg workout	Strength Training	Rest Day	Long Run 20 miles	Recovery Run 7 miles
12	Rest Day	Pace Run 6 miles	4 x 800m then leg workout	Strength Training	Rest Day	Long Run 22 miles	Recovery Run 7 miles
13	Rest Day	Pace Run 6 miles	5 x 800m then leg workout	Strength Training	Rest Day	Long Run 16 miles	Recovery Run 8 miles
14	Rest Day	Pace Run 7 miles	5 x 800m then leg workout	Strength Training	Rest Day	Long Run 24 miles	Recovery Run 8 miles
15	Rest Day	Pace Run 7 miles	5 x 800m then leg workout	Strength Training	Rest Day	Long Run 27 miles	Recovery Run 8 miles
16	Rest Day	Pace Run 7 miles	5 x 800m then leg workout	Strength Training	Rest Day	Long Run 29 miles	Recovery Run 10 miles
17	Rest Day	Pace Run 7 miles	5 x 800m then leg workout	Strength Training	Rest Day	Long Run 18 miles	Recovery Run 10 miles
18	Rest Day	Pace Run 7 miles	5 x 800m then leg workout	Strength Training	Rest Day	Long Run 30 miles	Recovery Run 12 miles
19	Rest Day	Pace Run 7 miles	6 x 800m then leg workout	Strength Training	Rest Day	Long Run 26 miles	Recovery Run 12 miles
20	Rest Day	Pace Run 8 miles	6 x 800m then leg workout	Strength Training	Rest Day	Long Run 30 miles	Recovery Run 12 miles
21	Rest Day	Pace Run 8 miles	6 x 800m then leg workout	Strength Training	Rest Day	Long Run 20 miles	Recovery Run 12 miles
22	Rest Day	Pace Run 8 miles	6 x 800m then leg workout	Strength Training	Rest Day	Long Run 33 miles	Recovery Run 12 miles
23	Rest Day	Pace Run 7 miles	4 x 800m then leg workout	Strength Training	Rest Day	Long Run 27 miles	Recovery Run 10 miles
24	Rest Day	Pace Run 4 miles	3 x 800m then leg workout	Strength Training	Rest Day	Long Run 20 miles	Training Run 4 miles
25	Rest Day	Pace Run 3 miles	2 x 800m then leg workout	Strength Training	Rest Day	Long Run 10 miles	Training Run 3 miles
26	Rest Day	Easy Run 3 miles	Rest day	Strength Training	Easy Run 3 miles	Easy Run 2 miles	Ultramarathon 50 miles

Training Runs should be done at a comfortable, sustainable pace: 3-4 out of 10 in terms of Rate of Perceived Exertion (RPE).

Pace Runs should be done at your target race pace if you have one, or slightly harder than your regular training runs. 5 out of 10 RPE.

Intervals: 800m at a hard pace (8 out of 10 RPE) with 400m easy jog / walk for recovery. Repeat as per plan.

Long Runs should be done at an easy and conversational pace: 2-3 out of 10 RPE. Recovery runs at 2-3 out of 10 RPE.

Strength Training: we recommend compound exercises using weights, like deadlifts, squats, lunges.

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MARATHON HANDBOOK

50 mile training plan is designed for endurance athletes looking to tackle the challenge of running a 50-mile ultramarathon. This ambitious distance requires a careful balance of endurance training, strength conditioning, nutrition, and mental preparation. Whether you are a seasoned marathoner or a newcomer to long-distance running, a well-structured training plan is essential for success. In this article, we will explore the essential components of a comprehensive 50-mile training plan, including training phases, key workouts, nutrition strategies, injury prevention, and mental preparation.

Understanding the 50-Mile Race

Before diving into the training specifics, it's important to understand what running a 50-mile race entails. Unlike traditional marathons, ultramarathons can vary significantly in terrain, elevation gain, and weather conditions. Here are some key aspects to consider:

- Terrain: Races can include trails, roads, mountains, or a mix of surfaces.
- Elevation: Many 50-mile races feature significant elevation changes, which can affect pacing and effort.
- Aid Stations: Unlike marathons, ultramarathons often have aid stations that offer food, hydration, and medical support.
- Cut-off Times: Each race will have specific cut-off times that runners must meet to finish the race.

Understanding these factors will help shape your training plan and prepare you for the unique challenges of the race.

Components of a 50 Mile Training Plan

A 50-mile training plan typically spans 16 to 24 weeks, depending on your current fitness level and experience. The plan should include several key components:

1. Base Mileage

Building a strong base is crucial for endurance training. This phase focuses on gradually increasing your weekly mileage to prepare your body for the demands of longer runs.

- Duration: 4-8 weeks
- Mileage Increase: Aim for a 10% increase in mileage each week.
- Long Runs: Include a weekly long run that gradually increases in distance.

2. Long Runs

Long runs are the cornerstone of ultramarathon training. They help build endurance, improve fat metabolism, and prepare your body for the race distance.

- Frequency: One long run per week.
- Distance: Gradually increase long run distances, peaking at 30-40 miles several weeks before the race.
- Pacing: Practice running at your target race pace and incorporate walking sections if necessary.

3. Back-to-Back Long Runs

Incorporating back-to-back long runs (two long runs on consecutive days) can help simulate the fatigue you will experience during a 50-mile race.

- Example: Run 20 miles on Saturday and 10-15 miles on Sunday.
- Purpose: This method helps acclimate your body to running on tired legs, which is crucial for ultramarathons.

4. Speed Work and Hill Training

Incorporating speed and hill workouts will improve your overall running efficiency and strength.

- Hill Repeats: Find a hill and run repeats at a hard effort. Aim for 6-10 repetitions.
- Tempo Runs: Incorporate tempo runs into your training to improve lactate threshold. Run at a challenging pace for 20-30 minutes.
- Intervals: Use intervals to build speed. For example, run 400 meters at a fast pace followed by a recovery jog.

5. Tapering

As the race approaches, tapering is essential to allow your body to recover and prepare for the event.

- Duration: 2-3 weeks before the race.
- Mileage Reduction: Gradually decrease your weekly mileage, focusing on maintaining intensity with shorter runs.
- Rest: Ensure adequate rest and nutrition during this period.

Nutrition Strategies for Training

Fueling your body properly during training and on race day is vital. Here are some nutritional strategies to consider:

1. Daily Nutrition

Focus on a balanced diet that includes:

- Carbohydrates: Essential for energy (e.g., whole grains, fruits, vegetables).
- Proteins: Important for muscle recovery (e.g., lean meats, legumes, dairy).
- Fats: Necessary for long-term energy (e.g., avocados, nuts, olive oil).

2. Hydration

Staying hydrated is crucial, especially during long runs. Monitor your fluid intake and consider the following:

- Electrolytes: Incorporate electrolyte drinks during long runs.
- Pre-Hydration: Drink water before long runs to ensure proper hydration levels.

3. Race-Day Nutrition

During the race, practice your fueling strategy during training runs. Aim for:

- Caloric Intake: Consume 200-300 calories per hour during the race.
- Types of Fuel: Use a mix of gels, chews, and solid foods (e.g., bananas, peanut butter sandwiches) to find what works best for you.

Injury Prevention and Recovery

Injuries can derail your training plan, so it's essential to prioritize injury prevention and recovery strategies. Consider the following:

1. Strength Training

Incorporate strength training exercises to improve overall strength and stability. Focus on:

- Core Strength: Planks, bridges, and rotational exercises.
- Leg Strength: Squats, lunges, and calf raises.

2. Stretching and Mobility

Regular stretching and mobility work can help prevent injuries. Incorporate:

- Dynamic Stretching: Before runs to warm up muscles.
- Static Stretching: After runs to improve flexibility.

3. Rest and Recovery

Listen to your body and incorporate rest days into your training plan. Recovery strategies include:

- Sleep: Aim for 7-9 hours of quality sleep each night.
- Active Recovery: Engage in low-impact activities like swimming or cycling on rest days.

Mental Preparation

Mental strength is just as important as physical endurance in ultramarathon training. Here are techniques to enhance your mental resilience:

1. Visualization

Practice visualizing yourself on race day, including the start, the challenges you'll face, and crossing the finish line. Visualization can help reduce anxiety and boost confidence.

2. Positive Self-Talk

Develop a repertoire of positive affirmations to use during training and the race. Phrases like "I am strong" or "I can do this" can help sustain motivation.

3. Setting Goals

Set achievable and realistic goals for your 50-mile race. This could include:

- Finishing Time: Aim for a specific time goal based on your training.
- Experiential Goals: Focus on enjoying the experience and learning from the journey.

Conclusion

A well-structured 50-mile training plan is the backbone of your preparation for this challenging race. By building a solid base, incorporating key workouts, focusing on nutrition, preventing injuries, and preparing mentally, you can set yourself up for success. Remember to listen to your body, adapt your training as needed, and enjoy the journey towards your goal of completing a 50-mile ultramarathon. With dedication, persistence, and the right strategies, you'll be ready to conquer the distance and cross that finish line with pride.

Frequently Asked Questions

What is a 50 mile training plan?

A 50 mile training plan is a structured schedule designed to help runners prepare for a 50-mile race, focusing on building endurance, strength, and overall fitness through gradual mileage increases and specific workouts.

How long should a 50 mile training plan be?

Typically, a 50 mile training plan ranges from 12 to 24 weeks, depending on the runner's current fitness level and experience.

What is the ideal weekly mileage for a 50 mile training plan?

Weekly mileage can vary, but many plans suggest building up to 40-60 miles per week, with some peak weeks exceeding 70 miles, including long runs and recovery days.

How many long runs should I include in my 50 mile training plan?

Most training plans recommend incorporating one long run per week, gradually increasing the distance, with several runs reaching 20-30 miles in the weeks leading up to the race.

Should I incorporate strength training in my 50 mile training plan?

Yes, incorporating strength training 1-2 times per week can help improve overall performance, reduce injury risk, and enhance running efficiency.

What should my nutrition look like during 50 mile training?

Nutrition should focus on a balanced diet rich in carbohydrates, proteins, and healthy fats, with an emphasis on hydration and electrolyte replenishment during long runs.

How can I prevent injuries while training for a 50 mile race?

To prevent injuries, incorporate rest days, listen to your body, gradually increase mileage, and include cross-training and flexibility exercises in your routine.

What gear do I need for training for a 50-mile race?

Essential gear includes a good pair of trail or road running shoes, moisture-wicking clothing, a hydration pack or belt, and any nutrition products like gels or bars.

How do I taper before a 50 mile race?

Tapering usually involves reducing your mileage by 20-50% in the last 2-3 weeks before the race, allowing your body to recover and be fresh for race day.

What are some common mistakes to avoid in a 50 mile training plan?

Common mistakes include ramping up mileage too quickly, neglecting recovery, ignoring nutrition, and skipping long runs, all of which can lead to injury and fatigue.

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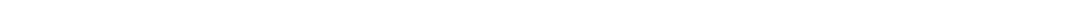


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