



Training Plan

Ultra 55km

This step by step 16 week training plan will help you be ready for your first ultra distance.

Training plan written by Paul Wilson, a UESCA ultrarunning coach
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WEEK 1

MON	TUE	WED	THURS	FRI	SAT	SUN
REST	Easy run 60 min	Trail run 45 min	Easy run 30 - 60 min	REST	Trail run 1 hour - 1 hour 30 min	Easy run 30 - 60 min

WEEK 2

MON	TUE	WED	THURS	FRI	SAT	SUN
REST	Easy run 60 min	Intervals 20 min warm up 30s fast 30s easy x 6 20 min cool down	Easy run 30 - 60 min	REST	Trail run 1 hour - 1 hour 30 min	Easy run 30 - 60 min

WEEK 3

MON	TUE	WED	THURS	FRI	SAT	SUN
REST	Easy run 60 min	Intervals 20 min warm up 20s fast 40s easy x4 5 min steady 20s fast 40s easy x4 20 min cool down	Easy run 30 - 60 min	REST	Trail run 1 hour 30 min - 2 hour	Easy run 30 - 60 min

WEEK 4

MON	TUE	WED	THURS	FRI	SAT	SUN
REST	Easy run 60 min	Intervals 20 min warm up 30s fast 30s easy x 6 20 min cool down	Easy run 30 - 60 min	REST	Trail run 1 hour - 1 hour 30 min	Easy run 30 - 60 min

WEEK 5

MON	TUE	WED	THURS	FRI	SAT	SUN
REST	Easy run 60 min	Tempo run 20 min warm up 2 mins steady effort 2 mins easy x 5 20 min cool down	Easy run 30 - 60 min	REST	Trail run 1 hour - 1 hour 30 min	Easy run 30 - 60 min

WEEK 6

MON	TUE	WED	THURS	FRI	SAT	SUN
REST	Easy run 60 min	Hill pyramid 20 min warm up 15s fast 15s easy 30s fast 30s easy 45s fast 45s easy 1min fast 1min easy 1 min fast 1min easy 45s fast 45s easy 30s fast 30s easy 15s fast 15s easy 20 min cool down	Easy run 30 - 60 min	REST	Trail run 2 hour - 2 hour 30 min	Easy run 30 - 60 min

WEEK 7

MON	TUE	WED	THURS	FRI	SAT	SUN
REST	Easy run 60 min	Hill reps 20 min warm up 1 min uphill 1 min easy x 10 20 min cool down	Easy run 30 - 60 min	REST	Trail run 2 hour 30 min - 3 hour	Easy run 30 - 60 min

WEEK 8

MON	TUE	WED	THURS	FRI	SAT	SUN
REST	Easy run 60 min	Intervals 20mins warm up 20s fast 40s easy x4 5 min steady 20s fast 40s Easy x4 20 min cool down.	Easy run 30 - 60 min	REST	Trail run 2 hour 30 min - 3 hour	Easy run 30 - 60 min

WEEK 9

MON	TUE	WED	THURS	FRI	SAT	SUN
REST	Easy run 60 min	Tempo run 20 min warm up 2 mins steady effort 2 mins easy x 5, 20 min cool down	Easy run 30 - 60 min	REST	Trail run 2 hour 30 min - 3 hour	Easy run 30 - 60 min

WEEK 10

MON	TUE	WED	THURS	FRI	SAT	SUN
REST	Easy run 60 min	Tempo run 20 min warm up 2 mins steady effort 2 mins easy x 5, 20 min cool down	Easy run 30 - 60 min	REST	Trail run 3 hour - 3 hour 30 min	Easy run 30 - 60 min

WEEK 11

MON	TUE	WED	THURS	FRI	SAT	SUN
REST	Easy run 60 min	Tempo run 20 min warm up 5 mins steady effort 5 mins easy x 3, 10 min cool down	Easy run 30 - 60 min	REST	Trail run 4 hour	Easy run 30 - 60 min

WEEK 12

MON	TUE	WED	THURS	FRI	SAT	SUN
REST	Easy run 60 min	Hill pyramid 20 min warm up 15s fast 15s easy 30s fast 30s easy 45s fast 45s easy 1min fast 1min easy 1 min fast 1min easy 45s fast 45s easy 30s fast 30s easy 15s fast 15s easy 20 min cool down	Easy run 30 - 60 min	REST	Trail run 3 hour - 3 hour 30 min	Easy run 30 - 60 min

WEEK 13

MON	TUE	WED	THURS	FRI	SAT	SUN
REST	Easy run 60 min	Hill reps 20 min warm up 1 min 30s uphill 2 min easy x 8, 20 min cool down	Easy run 30 - 60 min	REST	Trail run 4 hour	Easy run 30 - 60 min

WEEK 14

MON	TUE	WED	THURS	FRI	SAT	SUN
REST	Easy run 60 min	Steady state 20 mins warm up 20 mins steady 5 mins easy 20 mins steady 20 mins cool down	Easy run 30 - 60 min	REST	Trail run 1 hour 30 min - 2 hour	Easy run 30 - 60 min

WEEK 15

MON	TUE	WED	THURS	FRI	SAT	SUN
REST	Easy run 60 min	Intervals 20mins warm up 20s fast 40s easy x4 5 mins steady 20s fast 40s easy x4 20 min cool down	Easy run 30 - 60 min	REST	Trail run 1 hour	Easy run 30 - 60 min

WEEK 16

MON	TUE	WED	THURS	FRI	SAT	SUN
REST	Easy run 60 min	REST	REST	Shakeout 20 mins easy run Wear your race kit and bag, make sure you're comfortable	ULTRA55 EVENT DAY	