MAC MAC ULTRA

50 MILER 13 week program

You need to be coming off a decent base of training and running consistently before using this program for the final 12-13 weeks of preparation.

Be sure to keep your easy runs very easy and your hard runs hard.

You can incorporate strength and cross training days into this program.

You can incorporate walking into your long runs as you will be using this on race day and so it is important to practice this.

Guided training paces: (*note these are as a guide for finishers and will vary)

Recovery: 6:30-7:45

Easy: 6:20-7:12

Longrun: 6:00- 7:10

Hill repeats: 5:39-6:10

1min repeats: 4:50-5:45

Time Trial: 27:40-28:00

Remember that less is more and its better to arrive on race day a little undercooked but fresh as opposed to over trained!

Enjoy the training!!

Sport Science Unit

Sport Exercise Medicine Lifestyle Institute

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
25 Feb	REST	20 min easy 6 x 2 min hills (recover easy down hill) 15 min easy	REST	1hr30 easy	REST / Cross training	2hr30 Long run	1hr30 Long run
4 March	REST	20 min easy 6 x 2 min hills (recover easy down hill) 15 min easy	REST	1hr30 easy	REST / Cross training	3hr Long run	1hr45 Long run
11 March	REST	20 min easy 6 x 2 min hills (recover easy down hill) 15 min easy	REST	1hr30 easy	REST / Cross training	1hr Long run	Training race 35-45km (Practice nutrition & race strategy)
18 March	REST	45 mins easy	REST	Warm up Time trial 5km Cool down	REST / Cross training	2hr45 Long run	1hr easy
25 March	REST	20 min warm up 8 x 1min interval 2 min easy 15 min CD	REST	1hr30 easy	REST / Cross training	3hr15 Long run	2hr Long run
1 April	REST	20 min warm up 8 x 1min interval 2 min easy 15 min CD	REST	1hr30 easy	REST / Cross training	3hr 45 Long run	2hr Long run
8 April	REST	20 min warm up 8 x 1min interval	REST	1hr30 easy	REST / Cross training	REST	4hr Long run

		2 min easy 15 min CD					
15 April	REST	1hr easy	REST	Warm up Time trial 5km Cool down	REST / Cross training	2hr long run	1hr easy
22 April	REST	20 min easy 6 x 2 min hills (recover easy down hill) 15 min easy	REST	1hr30 easy	REST / Cross training	3hr15 long run	2hr long run
29 April	REST	20 min easy 6 x 2 min hills (recover easy down hill) 15 min easy	REST	1hr30 easy	REST / Cross training	4hr long run	2hr long run
6 May	REST	20 min easy 6 x 2 min hills (recover easy down hill) 15 min easy	REST	1hr30 easy	REST / Cross training	3hr long run	2hr long run
13 May	REST	45 min easy	REST	Warm up Time trial 5km Cool down	REST / Cross training	1hr long run	45min easy run
20 May	20 min easy	REST	20 min easy	REST	10 min Recovery	REST	RACE DAY Trust your training and enjoy the day out!!