



50 Mile Race Intermediate/Advanced/Pro Training Plan: Weeks 1-3

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1 (18 to 57 mi total)	rest	3-10 mi easy. Easy runs just mean relaxed, fun, mini adventures! Can be around the block or on trails or anything fun. High end of range is for very advanced athletes who are adapted to higher volume! Don't overdo it. Mtn legs	4-12 mi easy or cross train 60-90 min. Cross train can be bike, hike, ski, or anything else, with the time being flexible. Hiking in particular is an opportunity to improve ultra potential. Keep it mostly easy, but it's ok to push some climbs and have fun!	3-10 mi easy Mtn legs	Rest or x-train (up to 90 min) or 3-6 mi easy	8-15 miles easy on trails. Vert is helpful to prepare for ultras, but don't chase vert at the expense of all else. Later on, vert will be more important if you have access where you live. Hike with purpose when needed!	4-10 mi easy Can always add or substitute x-train on Sundays. Added hikes (even all-day hikes) great too! Mtn legs
2 (28 to 69 mi total)	rest	4-10 mi easy with 5 x 30 sec hills. All easy runs can be on any terrain you like, and as you get confident, you can even end them with steady running. On the hill strides, think powerful and fast on a 6-8% grade ideally--you'll be winded at the top. Embrace your athletic self! Can do strides anytime after halfway of the run.	2-3 mi easy, 6 x 90 sec hills mod/hard (think 5k effort) with run down recovery, 4 x 1 min hills mod/hard (push), 2-3 mi easy. VO2 hill workout! Optional easy double. On doubles, can be run, uphill treadmill, or x-train under an hour later in the day. 20-30 min is a sweet spot! Advanced training, only do if 100%. Mtn legs (bolded mountain legs means optional Speed Legs)	4-10 mi easy. Can add or sub easy x-train on Thurs too!	Rest or x-train or 3-6 mi easy. Can even go longer with x-train if fun and healthy!	10-16 mi easy/mod on trails. On easy/mod long runs, just run for fun without worrying about specific effort. Can push downhills a bit and find flow!	4-12 mi easy with 4 x 20 sec hills fast. All Sunday runs ideally hilly too, vert is your friend on weekend! Mtn legs
3 (33 to 80 mi total)	rest	4-10 mi easy with 6 x 20 sec hills No strength work these weekdays as body adapts!	2-3 mi easy, 5 x 2 min hills mod/hard (think 5k), 5 min easy, 10 x 1 min fast/1 min easy on flat/rolling (think 5k), 2-3 mi easy/mod. Can progress effort on easy/mod running at the end, ending faster! Optional easy double	4-12 mi easy Optional easy double	Rest or x-train or 3-6 mi easy	12-18 mi easy on trails (after a few-mile warm-up, do 20 min mod/hard around 1-hour effort). Tempos within long runs make them play longer! In a perfect world, make the tempo net uphill. Mtn legs	5-14 mi easy with 5 x 20 sec hills fast or long hike. Mtn legs



50 Mile Race Intermediate/Advanced Training Plan: Weeks 4-6

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
4 (34 to 78 mi total)	rest	5-10 mi easy with 4 x 30 sec hills	2-3 miles easy, 8 x 2 min fast/1 min easy, 3 min easy, 6 x 1 min fast/1 min easy, 3 min easy, 4 x 90 sec hills hard, 2-3 miles easy. Think 10k effort to start, progressing as you go, ending with HARD hills! Supercompensation intensity workout at week 4! Optional easy double Mtn legs	5-12 mi easy Optional easy double	Rest or x-train or 3-6 mi easy	10-16 mi easy/mod on trails. You should start feeling some fitness adaptations around this point! Mtn legs	6-12 mi easy with 4 x 20 sec hills. Flow on downhills! Long hikes great on Sunday. Mtn legs
5 (38 to 71 mi total)	rest	5-10 mi easy. Aerobic build week!	6-12 mi easy/mod over hills Optional easy double	5-10 mi easy with 6 x 20 sec hills	Rest or x-train or 3-6 mi easy	14-20 mi easy on trails (in the middle, do 30 min mod/hard around 1-hour effort)	8-13 mi easy on trails with 6 x 20 second hills Mtn legs
6 (43 to 94 mi total)	rest	5-12 mi easy with 6 x 20 sec fast/2 min easy. On flatter strides, think as fast as you can go without straining. Usually 800m to mile effort	2-3 miles easy, 15 min mod/hard, thinking 10k effort, 5 min easy, 6 x 2 min slight hills around 5k effort with run down recovery, 2-3 miles easy Optional easy double Mtn legs	5-12 mi easy Optional easy double	Rest or x-train or 3-6 mi easy	18-26 mi easy on trails with strong downs. Aiming for adaptations to tougher terrain! Finish feeling good if possible, strong fueling especially, taking your time and having fun! Mtn legs	10-14 mi easy on trails plus 8 x 30 sec steep hills at the end. These hills will be tough! Mtn legs



50 Mile Race Intermediate/Advanced Training Plan: Weeks 7-9

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
7 (38 to 80 mi total)	rest	5-10 mi easy with 4 x 20 sec fast/1 min easy	2-3 mi easy, 6/5/4/3/2/1 min fast with 1 min easy recovery (think 10k effort), 5 min easy, 5 x 45 sec hills hard, 2-3 mi easy Optional easy double Mtn legs	6-10 mi easy Optional easy double	Rest or x-train or 4-8 mi easy	12-16 mi easy/mod on trails (40 min mod/hard in middle around 1-hour effort). This tempo will feel very tough by the end!	8-14 mi easy on trails with strong downs. Can be long and fast hike! Mtn legs
8 (44 to 53 mi total)	rest	5-10 mi easy with 4 x 20 sec hills. Slight reduction in volume with focus on workouts this week!	2-3 mi easy, 5 x 3 min hills mod/hard with run down recovery, 15 min mod to mod/hard on tired legs, 2-3 mi easy. Think smooth, a very tough workout overall! No doubles this week as body adapts Mtn legs	5-8 mi easy	Rest or x-train or 3-6 mi easy	Race or race simulation! 1-2 mi easy warm-up, 20 mi moderate (thinking 50-mile effort, with option to progress effort as you go), 1-2 mi easy cool-down. Can also do a marathon or 50k!	Hike or rest. The main goal is recovery after race sim!
9 (52 to 101 mi total)	rest	6-10 mi easy with 4 x 20 sec fast/1 min easy. Big aerobic emphasis week!	10-15 mi easy/mod on trails. Can progress this effort if feeling good! Optional double with permission to go a bit faster on trails. Big day, similar to Canova block but with aerobic focus No leg strength this week with big aerobic focus	6-12 mi easy Optional easy double	Rest or x-train or 4-8 mi easy	20-25 mi easy on trails, ideally with vert. Really relax into this effort, aiming to finish feeling great!	Long hike or very easy run up to 16-20 miles on trails. Aim for lots of time on feet, with fast hiking too!



50 Mile Race Intermediate/Advanced Training Plan: Weeks 10-12

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
10 (44 to 84 mi total)	rest	6-12 mi easy plus 4 x 20 sec hills. This week, if feeling tired, start the taper and back off the volume slightly	2-3 mi easy, 10 x 3 min fast/90 seconds easy (think 1-hour effort), 2-3 mi moderate on tired legs. Cruise intervals for final big threshold stimulus! Mtn legs Optional easy double, can go a bit faster on trails	6-10 mi easy Optional easy double	Rest or x-train or 3-8 mi easy	14-20 miles easy/moderate on trails with steep downs with 1 hour moderate in the middle, thinking 50k effort, with option to progress. Steady effort for final specific adaptations! Mtn legs	10-14 mi easy on trails with steep downs with 4 x 30 sec hills Mtn legs
11 (28 to 59 mi total)	rest	4-8 mi easy with 4 x 30 sec fast/30 sec easy. Final strides before race to focus on aerobic system and ST-muscle fibers	2-3 mi easy, 20-30 min moderate around half marathon effort on trails, 5 min easy, 4 x 1 min hills around 5k effort, 2-3 mi easy. Final controlled tempo effort for neuromuscular and aerobic stimulus! Mtn legs. Final leg strength work!	4-8 mi easy	Rest or x-train or 3-6 mi easy	8-15 miles easy to easy/mod on trails. For advanced athletes, the solidly long run can be a good final aerobic stimulus	4-10 miles easy on trails or rest if any fatigue built up
12 BOSS RACE!	rest	2-3 mi easy, 15 min moderate around marathon effort, 2-3 mi easy	3-6 mi easy	rest	2-4 mi easy in AM. Run the day before to keep rhythm	50 Mile Race! YOU ARE AMAZING!	50 Mile Race! PROUD OF YOU!

YOU ARE AMAZING!!!!!!

Designed by David Roche & Megan Roche, MD
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