



## Lower-Volume 50 to 100 Mile Training Plan

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1 18 to 32 miles	rest	<p>4-6 miles easy with 5 x 20 sec hills fast. On easy running, think smooth, with quick strides, and no tension in the body. On days you feel great, <a href="#">easy runs</a> can be quicker as long as it feels easy and doesn't impact recovery. On <a href="#">hill strides</a>, find a moderate grade around 6-8% and run up as fast as you can go without sprinting, jogging down and around for 1-2 min before the next one</p> <p>Optional 20-45 min easy x-train double. On x-train days, we want aerobic strain without impact. <a href="#">Elliptical</a> or bike are ideal, but you can also do uphill hiking on the treadmill. While doubles are ideally at least a few hours after the run, you can also do it right after or before the run. These can be up to 60-75 minutes if feeling great!</p>	<p>2 miles easy warm-up, 6 x 2 min hills around 5k effort, 5 x 40 sec hills around 3k effort, 2-3 miles easy cool-down. These hills are a major power and VO2 max stimulus with limited impact</p> <p>Optional 20-30 min <a href="#">treadmill uphill</a> (20-30 min at 15% grade hiking and/or running) or easy x-train. Uphill treadmills are great ways to supercharge climbing with low impact. If you feel great and have time, you can lengthen these doubles all the way to 1 hour any week.</p> <p>Strength: <a href="#">Ultra Legs</a></p>	<p>60-90 min easy/mod x-train with 12 x 1 min fast/2 min easy. On x-train days, aim for high cadence around your running cadence. On "fast," increase the resistance and elevate the cadence just a bit, just using this one to get used to it. You will likely be sore from strength the day before!</p> <p>Strength: <a href="#">Mountain Legs</a></p>	<p>3-5 miles very easy or rest/x-train. The day before the weekly long run, take it extra chill! You can even <a href="#">shuffle</a> at your slowest paces if tired</p>	<p>8-10 miles easy/mod. On <a href="#">easy/mod long runs</a>, you can go on feel, letting your body dictate effort, with the option to push a bit more on uphills. Fuel all long runs well! Long runs ideally on trails like the race when possible, but roads or other terrain works until specific efforts later</p> <p>On all Saturdays with runs under 14 miles, advanced athletes could add cross training.</p> <p>Strength: Mountain Legs</p>	<p>60-90 min easy/mod x-train with with 15 x 1 min fast/1 min easy. On these "fasts," think an effort you could sustain for around 20 minutes</p> <p>Optional hike. You can layer in hikes on the weekend too, which are specific training for most long ultras.</p> <p>Any x-train day can be a longer activity than noted (like a bike or ski), as long as no impact.</p> <p>Strength: Ultra Legs</p>
Week 2 18 to 32 miles	rest	<p>4-6 miles easy with 6 x 30 sec hills fast. 30-second hill strides are major power at VO2 stimuli, and usually a good bit tougher than 20-second strides</p> <p>Optional 20-45 min easy x-train</p>	<p>2 miles easy warm-up, 5 x 3 min hills around 5k effort, 2 miles easy. 3-min hills are a bread-and-butter session for adaptations!</p> <p>Optional 20-30 treadhill or easy x-train</p> <p>Strength: Ultra Legs</p>	<p>60-90 min easy x-train. Lower intensity day, but can mix it up with some relaxed intervals</p> <p>Strength: Mountain Legs</p>	<p>3-5 miles very easy or rest/xtrain</p>	<p>8-10 miles easy/mod (20 min mod/hard around threshold effort on net uphill). After the warm-up, do the <a href="#">tempo</a> around an effort you could sustain for 1 hour, a sweet spot for aerobic and power development.</p> <p>Strength: Mountain Legs</p>	<p>60-90 min easy x-train</p> <p>Optional hike</p> <p>Strength: Ultra Legs</p>

Week 3 25 to 39 miles	rest	4-8 miles easy with 8 x 30 sec hills fast. These hills are a sneaky workout!  Optional 20-45 min easy x-train	8 miles easy/mod to mod. Start relaxed, then settle into moderate effort! Getting the body used to higher-end aerobic paces  Optional 20-30 min treadmill or easy x-train. On this treadmill, you can do the 2nd half moderate to hard to get a 2nd stimulus of the day!  Strength: Mountain Legs	60-90 min easy/mod x-train with 4 x 3/2/1 min fast with 90 seconds between intervals and 3 min easy between sets. Think 30-min effort on intervals!  Strength: Ultra Legs	3-8 miles very easy or rest/xtrain	13 miles very easy. Run the downhills quickly and really be patient and caring with body!  Strength: Ultra Legs, ideally adding heavier weights now	60-90 min easy x-train  Optional hike  Strength: Mountain Legs
Week 4 26 to 44 miles	rest	4-8 miles easy with 4 x 20 second hills.  Optional 20-45 min easy x-train	2 miles easy, 3 x 3/2/1 min hills mod/hard with run down recovery after each (think 10k/5k/3k effort on each set), 2 miles easy. The legs may be a bit fried after this much hill volume on the workout!  Optional 20-30 min treadmill or easy x-train  Strength: Ultra Legs	60-90 min easy x-train  Strength: Mountain Legs	3-6 miles very easy or rest/xtrain	10 miles easy/mod on trails (start easy, then settle into moderate running, thinking 50k effort or more to finish)  Strength: Mountain Legs	6-10 miles easy on trails. Back-to-back weekend runs to set the tone for bigger back-to-backs to come! Ideally both with fun downhills  Optional hike or easy x-train  Strength: Ultra Legs
Week 5 27 to 43 miles	rest	4-8 miles easy with 8 x 30 second hills. Another one of those sneaky workouts, embrace these hills as an opportunity to get faster!  Optional 20-45 min easy x-train	2 miles easy, 6 x 90 second hills fast (think 5k), 15 min moderate (think 1-hour effort over rolling terrain), 2 miles easy. The moderate running after the hills will help the body clear lactate more efficiently and run quickly on tired legs  Optional 20-30 min treadmill (can progress to mod/hard in the 2nd half) or easy x-train  Strength: Mountain Legs	60-90 min easy/mod x-train with 4 x 6 min moderate/2 min easy (think 1-hour effort on intervals, nice and controlled)  Strength: Ultra Legs	3-8 miles very easy or rest/xtrain	16 miles very easy. Take your time, no rush on this one as we build up endurance, though aim for strong downhills, which are often a limiter in long events  Strength: Ultra Legs	60-90 min easy x-train with 4 x 2 min fast/90 seconds easy, 4 x 90 seconds fast/90 seconds easy, 4 x 1 min fast/90 seconds easy (think 30-min effort on intervals)  Optional hike  Strength: Mountain Legs

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Week 6 24 to 42 miles	rest	4-8 miles easy with 4 x 20 second hills. Extra chill before big workout on Wednesday!  Optional 20-45 min easy x-train	2 miles easy, 5 x 3 min hills fast (think 5k), 20 min moderate (think 1-hour effort over rolling terrain), 2 miles easy. The toughest workout of the cycle!  Optional 20-30 min treadmill or easy x-train  Strength: Ultra Legs	60-90 min easy x-train  Strength: Mountain Legs	3-8 miles very easy or rest/xtrain	12-14 miles easy/mod (30 min mod/hard around threshold effort). The tempo should feel challenging but manageable!  Strength: Mountain Legs	60-90 min easy x-train  Optional hike  Strength: Ultra Legs
Week 7 42 to 60 miles	rest	4-8 miles easy with 8 x 30 second hills  Optional 20-45 min easy x-train	8-10 miles very easy. We are in the 2 biggest running weeks now, take it easy!  Optional 20-30 min treadmill or easy x-train  Strength: Mountain Legs. Keeping it lower key this week	60-90 min easy/mod x-train with 7/6/5/4/3/2/1 min fast with 2 min easy recovery (think 1-hour effort)	Easy x-train, taking away running day before bigger weekend!	20 miles easy/mod with strong uphill. Focus on each uphill as a solid effort, fueling a ton and trying to finish this one feeling good	10 miles easy. The running weekend will supercharge endurance heading into final build  Strength: Ultra Legs
Week 8 45 to 63 miles	rest	4-8 miles easy  Optional 20-45 min easy x-train	2 miles easy, 10 x 45 second hills fast (think 5k, with a bit more pushing as you go), 2 miles easy. A power stimulus between all of the longer weekend runs!  Optional 20-30 min treadmill or easy x-train  Strength: Ultra Legs	60-90 min easy x-train  Strength: Mountain Legs	Easy x-train or rest, just like last week but with rest option	CAMP WEEKEND! 4 weeks out from the race, a lot of time on feet, all very easy ideally. Today: 25 miles easy. Take your time, fuel a ton, and get in that ultra mindset. Run the downhills well since that can be extra challenging in ultras. If doing a 100 miler, this can go up to a 50k long run.  No strength work	10-20 miles easy. This is the weekend that gets specific adaptations for the race! Strong downhills ideal! If any injury concerns, use this day to x-train. Only do the high end if health is 100%

Week 9 20 to 36 miles	rest	4-8 miles easy with 6 x 20 second hills  Optional 20-45 min easy x-train	2 miles easy, 20 min mod/hard over hilly terrain (think 10k effort with harder finish), 5 min easy, 5 x 1 min hills fast (think 5k effort), 2 miles easy. The hard tempo into hills combo will really work on output on tired legs, bringing all the adaptations together!  Optional 20-30 min treadmill with mod/hard 2nd half or easy x-train  Strength: Mountain Legs	60-90 min easy/mod x-train with 3 x 4/3/2/1 min fast with 1 min easy between intervals and 3 min easy between sets (think 1-hour effort on intervals)  Strength: Ultra Legs	3-8 miles very easy or rest/xtrain	8 mile easy run PLUS longer hike! Ideally this is a longer day of time on feet with the hike, but with just a bit of impact via run at the start of the day. Something like 6-8 hours on feet with full fueling ideal for 100 milers!  Strength: Ultra Legs	60-90 min easy x-train  Optional hike  Strength: Ultra Legs. Doubling up!
Week 10 26 to 44 miles	rest	4-8 miles easy with 8 x 30 second hills  Optional 20-45 min easy x-train	8-10 miles very easy. Nice and low intensity.  Optional 20-30 min treadmill or easy x-train  Strength: Mountain Legs. No more ultra legs through race day!	60-90 min easy x-train	3-8 miles very easy or rest/xtrain	14-16 miles easy/mod on trails (1 hour moderate around marathon effort to start, faster to finish). The extended tempo will prepare the muscular system for the demands of race day  Strength: Mountain Legs	60-90 min easy/mod x-train with 10/8/6/4/2 min fast with 2 min easy after each (think 1-hour effort)  Optional hike
Week 11 23 to 32 miles	rest	4-8 miles easy with 4 x 20 second hills  Optional 20-45 min easy x-train	2 miles easy, 2 x 10 min moderate (think 10k effort) with 3 min easy recovery, 2 miles easy. Final intensity stimulus to tune things up!  Optional 20-30 min treadmill or easy x-train	40 min easy x-train  Strength: Mountain legs	Rest and recovery. Really leaning into the taper now!	10-12 miles easy on trails. A nice aerobic long run a week before the race activates the nervous and aerobic systems for peak performance	60-75 min easy x-train with 15 minutes moderate
Week 12 Race week!!!	Rest	6 miles easy on trails	40 min easy x-train	Rest and recovery	2-4 miles easy plus 4 x 20 second hills mod (not hard) in AM	ULTRA!!!!!! Celebration time! Start relaxed, focus on fueling, own the downhills, and make sure to smile a ton. You are READY!	PIZZA! That's also implied in the whole training plan. No matter what, you are incredible! Celebrate yourself so hard.