

BACKYARD ULTRA TRAINING PLAN



WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1	Easy run – 1 hour RPE 5	Hill Repeats – warm up, 4 x 20 seconds uphill RPE 9, 90 seconds rest, cool down – 50 mins	Rest day	Easy run – 4 x 20 seconds strides RPE 8-9, 2 mins walk between – 50 mins	Easy run – 1-hour RPE 5	Rest day	Long easy trail run – flat/rolling hills – 2 hours
2	Rest day	Hill Repeats – 6x20 seconds uphill RPE 9, 90 seconds rest, cool down – 50 mins	Easy run – 1 hour	Rest day	Easy run – strides 6x20 seconds RPE 8-9, 2 mins walk between – 54 mins	Easy run – 50 mins	Long easy trail run – flat/rolling hills – 2hrs30
3	Rest day	Hill Repeats – 6 x 30 seconds with 90 seconds rest, warm up and cool down – 1 hour	Easy run – 1 hour	Rest day	Easy run – strides 8x20 seconds, warm up and cool down – 1 hour	Easy run – 1 hour	Long easy trail run – include some running in the dark – 3 hours
4	RECOVERY WEEK – to absorb previous training. Rest day	Easy run – 1 hour	Steady run – RPE 6 – – 1 hour	Rest day	Easy run – 1 hour	Easy run – 50mins	Long easy trail run – flat/rolling hills – 2 hours
5	Easy run – 1 hour	Farklels – 10-15 min easy effort RPE 5 11 * 1 min fast (5km effort) alternated with 2 mins steady RPE 6 Finish the run at easy effort RPE 5. – 50 mins	Rest day	Hill Repeats – 6x30 seconds, 60 seconds rest/ recovery, warm up and cool down – 1 hour	Easy run – 1 hour	Rest day	Long easy trail run – hilly – 3 hours
6	Rest day	Farklels – 10-15 min easy effort RPE 5 10 * 1 min fast (5km effort) alternated with 2 mins steady RPE 6. – 50 mins	Easy run – 50 mins	Hill repeats – 4x30 seconds, 60 seconds rest/ recovery, warm up and cool down – 1 hour	Rest day	Long easy trail run loops – find a 4-5mile loop, repeat. 3.30hrs. Pace, strategy? How much time do you want between loops?	Long easy trail run – hilly – 2 hours
7	Rest day	Farklek session – 10-15 min easy effort RPE 5 12 * 1 min fast(5km effort) alternated with 1 mins steady RPE 6. Finish the run at easy effort RPE 5 – 50 mins	Easy run – 50 mins	Hill repeats – 4 x 30 seconds, 60 seconds rest/ recovery – 1 hour	Rest day	Long easy trail run – to include some running in the dark – 4 hours	Long easy trail run – flat/rolling hills – 2 hours

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8	RECOVERY WEEK – to absorb the previous weeks training Rest day	Easy run – 1 hour	Easy run – 1 hour	Steady run – RPE 6 - 45mins	Rest day	Long easy trail run – hilly – 2 hours	Easy run – 1 hour
9	Rest day	Fast Finish – 60 mins – Keep the first 50 mins at a consistent steady effort (RPE 6) before pushing the last 10 mins into a moderate tempo (RPE 7) for a faster finish.	Easy run – 1 hour	Steady run – RPE 6 – 50 mins	Rest day	Long easy trail run – loops of 4-5miles – 3 hours – strategy for backyard pacing – how much rest between loops & practice this pace.	Long easy trail run – hilly – 2 hours
10	Rest day	Fast Finish – 70 mins – Keep the first 50 mins at a consistent steady effort (RPE 6) before pushing the last 20 mins into a moderate tempo (RPE 7) for a faster finish.	Easy run – 1 hour	Steady run – RPE 6 – 1 hour	Rest day	Long easy trail run –flat/rolling hills –3.30hours	Long easy trail run –flat/rolling hills – 1.30hours
11	Rest day	Fast finish – 80 mins – Keep the first 50 mins at a consistent steady effort (RPE 6) before pushing the last 30 mins into a moderate tempo (RPE 7) for a faster finish.	Easy run – 1 hour	Steady run – RPE 6 – 70 mins	Rest day	Long easy trail run – incorporate some night running – 5-6 hours.	Rest day
12	TAPER TIME – Rest day	Fast finish –45 mins – Keep the first 30 mins at a consistent steady effort (RPE 6) before pushing the last 15 mins into a moderate tempo (RPE 7) for a faster finish.	Easy run – 1 hour	Steady run – RPE 6 – 35 mins	Rest day	Long easy trail run – flat/rolling hills – 2hours	Rest day
13	Easy run – 1 hour	Rest day	Easy run – strides 4 x 20 seconds with 2 mins walk recover	Rest day	Rest day	BYU EVENT	