

ULTRA MARATHON PREP

PHASE: ENDURANCE BUILDING

TARGET DATE: ____ / ____ / ____

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
01	Rest	6mi Easy	8mi Hills	6mi Easy	Rest	15mi Long	10mi Back-to-Back
02	Rest	7mi Easy	10mi Tempo	7mi Easy	Rest	18mi Long	12mi Back-to-Back
03	Rest	8mi Easy	12mi Hills	8mi Easy	Rest	22mi Long	15mi Back-to-Back
04	Rest	5mi Recovery	6mi Easy	5mi Recovery	Rest	10mi Easy	5mi Walk/Mtn

NUTRITION & RECOVERY NOTES

GEAR & ELEVATION TRACKING