

# 5 VALLEYS ULTRA

DISTANCE - 60KM

## TRAINING PLAN 16 WEEKS

THIS STEP BY STEP 16 WEEK TRAINING PLAN WILL HELP YOU BE READY FOR  
YOUR FIRST ULTRA DISTANCE.

TRAINING PLAN WRITTEN BY PAUL WILSON, A UESCA ULTRARUNNING COACH

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# 5 VALLEYS ULTRA

## WEEK 1

MON	TUE	WED	THURS	FRI	SAT	SUN
REST	Easy run 60 min	Trail run 45 min	Easy run 30 - 60 min	REST	Trail run 1 hour - 1 hour 30 min	Easy run 30 - 60 min

## WEEK 2

MON	TUE	WED	THURS	FRI	SAT	SUN
REST	Easy run 60 min	Intervals 20 min warm up  30s fast   30s easy x 6  20 min cool down	Easy run 30 - 60 min	REST	Trail run 1 hour - 1 hour 30 min	Easy run 30 - 60 min

## WEEK 3

MON	TUE	WED	THURS	FRI	SAT	SUN
REST	Easy run 60 min	Intervals 20 min warm up  20s fast   40s easy x4  5 min steady  20s fast   40s easy x4  20 min cool down	Easy run 30 - 60 min	REST	Trail run 1 hour 30 min - 2 hour	Easy run 30 - 60 min

## WEEK 4

MON	TUE	WED	THURS	FRI	SAT	SUN
REST	Easy run 60 min	Intervals 20 min warm up  30s fast   30s easy x 6  20 min cool down	Easy run 30 - 60 min	REST	Trail run 1 hour - 1 hour 30 min	Easy run 30 - 60 min

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## WEEK 5

MON	TUE	WED	THURS	FRI	SAT	SUN
REST	<b>Easy run</b> 60 min	<b>Tempo run</b> 20 min warm up  2 mins steady effort  2 mins easy x 5  20 min cool down	<b>Easy run</b> 30 - 60 min	REST	<b>Trail run</b> 1 hour - 1 hour 30 min	<b>Easy run</b> 30 - 60 min

## WEEK 6

MON	TUE	WED	THURS	FRI	SAT	SUN
REST	<b>Easy run</b> 60 min	<b>Hill pyramid</b> 20 min warm up  15s fast   15s easy 30s fast   30s easy 45s fast   45s easy 1min fast   1min easy 1 min fast   1min easy 45s fast   45s easy 30s fast   30s easy 15s fast   15s easy  20 min cool down	<b>Easy run</b> 30 - 60 min	REST	<b>Trail run</b> 2 hour - 2 hour 30 min	<b>Easy run</b> 30 - 60 min

## WEEK 7

MON	TUE	WED	THURS	FRI	SAT	SUN
REST	<b>Easy run</b> 60 min	<b>Hill reps</b> 20 min warm up  1 min uphill  1 min easy x 10  20 min cool down	<b>Easy run</b> 30 - 60 min	REST	<b>Trail run</b> 2 hour 30 min - 3 hour	<b>Easy run</b> 30 - 60 min

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## WEEK 8

MON	TUE	WED	THURS	FRI	SAT	SUN
REST	<b>Easy run</b> 60 min	<b>Intervals</b> 20mins warm up  20s fast   40s easy x4  5 min steady  20s fast   40s Easy x4  20 min cool down.	<b>Easy run</b> 30 - 60 min	REST	<b>Trail run</b> 2 hour 30 min - 3 hour	<b>Easy run</b> 30 - 60 min

## WEEK 9

MON	TUE	WED	THURS	FRI	SAT	SUN
REST	<b>Easy run</b> 60 min	<b>Tempo run</b> 20 min warm up  2 mins steady effort  2 mins easy x 5,  20 min cool down	<b>Easy run</b> 30 - 60 min	REST	<b>Trail run</b> 2 hour 30 min - 3 hour	<b>Easy run</b> 30 - 60 min

## WEEK 10

MON	TUE	WED	THURS	FRI	SAT	SUN
REST	<b>Easy run</b> 60 min	<b>Tempo run</b> 20 min warm up  2 mins steady effort  2 mins easy x 5,  20 min cool down	<b>Easy run</b> 30 - 60 min	REST	<b>Trail run</b> 3 hour - 3 hour 30 min	<b>Easy run</b> 30 - 60 min

## WEEK 11

MON	TUE	WED	THURS	FRI	SAT	SUN
REST	<b>Easy run</b> 60 min	<b>Tempo run</b> 20 min warm up  5 mins steady effort  5 mins easy x 3,  10 min cool down	<b>Easy run</b> 30 - 60 min	REST	<b>Trail run</b> 4 hour	<b>Easy run</b> 30 - 60 min

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## WEEK 12

MON	TUE	WED	THURS	FRI	SAT	SUN
REST	<b>Easy run</b> 60 min	<b>Hill pyramid</b> 20 min warm up  15s fast   15s easy 30s fast   30s easy 45s fast   45s easy 1min fast   1min easy 1 min fast   1min easy 45s fast   45s easy 30s fast   30s easy 15s fast   15s easy  20 min cool down	<b>Easy run</b> 30 - 60 min	REST	<b>Trail run</b> 3 hour - 3 hour 30 min	<b>Easy run</b> 30 - 60 min

## WEEK 13

MON	TUE	WED	THURS	FRI	SAT	SUN
REST	<b>Easy run</b> 60 min	<b>Hill reps</b> 20 min warm up  1 min 30s uphill  2 min easy x 8,  20 min cool down	<b>Easy run</b> 30 - 60 min	REST	<b>Trail run</b> 4 hour	<b>Easy run</b> 30 - 60 min

## WEEK 14

MON	TUE	WED	THURS	FRI	SAT	SUN
REST	<b>Easy run</b> 60 min	<b>Steady state</b> 20 mins warm up  20 mins steady  5 mins easy  20 mins steady  20 mins cool down	<b>Easy run</b> 30 - 60 min	REST	<b>Trail run</b> 1 hour 30 min - 2 hour	<b>Easy run</b> 30 - 60 min

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## WEEK 15

MON	TUE	WED	THURS	FRI	SAT	SUN
REST	<b>Easy run</b> 60 min	<b>Intervals</b> 20mins warm up  20s fast   40s easy x4  5 mins steady  20s fast   40s easy x4  20 min cool down	<b>Easy run</b> 30 - 60 min	REST	<b>Trail run</b> 1 hour	<b>Easy run</b> 30 - 60 min

## WEEK 16

MON	TUE	WED	THURS	FRI	SAT	SUN
REST	<b>Easy run</b> 60 min	REST	REST	<b>Shakeout</b> 20 mins easy run  Wear your race kit and bag, make sure you're comfortable	<b>5 VALLEYS ULTRA</b>  EVENT DAY	