12-Week 50K Ultra Training Plan

Printable week-by-week summary (not a day-by-day calendar).

Plan page: https://26weeks.ai/blog/training/ultra/12-week-50k-plan
Race date: (not set)

Week-by-week

Use this as a high-level map. Keep easy days easy, protect the long run, and avoid panic make-up workouts.

Week 1 — Base
Weekly load: 270–436 min
Focus: Build time-on-feet and durability; keep it easy.
Long: Long easy time-on-feet (trail/road) + hiking practice
Key: Hills (controlled) + hiking efficiency
Key: Back-to-back long sessions (scaled)

Week 2 — Base
Weekly load: 280–452 min
Focus: Build time-on-feet and durability; keep it easy.
Long: Long easy time-on-feet (trail/road) + hiking practice
Key: Hills (controlled) + hiking efficiency
Key: Back-to-back long sessions (scaled)

Week 3 — Base
Weekly load: 290–468 min
Focus: Build time-on-feet and durability; keep it easy.
Long: Long easy time-on-feet (trail/road) + hiking practice
Key: Hills (controlled) + hiking efficiency
Key: Back-to-back long sessions (scaled)

Week 4 — Build
Weekly load: 232–374.4 min
Focus: Reduce weekly load and absorb the previous block. Keep any faster work brief and controlled.
Long: Back-to-back long sessions (scaled) + fueling rehearsal
Key: Hills (controlled) + hiking efficiency
Key: Easy aerobic work and recovery
Cutback: yes (reduce load, keep rhythm).

Week 5 — Build
Weekly load: 310–500 min
Focus: Add terrain specificity and back-to-back durability.
Long: Back-to-back long sessions (scaled) + fueling rehearsal
Key: Hills (controlled) + hiking efficiency
Key: Back-to-back long sessions (scaled)

Week 6 — Build
Weekly load: 320–516 min
Focus: Add terrain specificity and back-to-back durability.
Long: Back-to-back long sessions (scaled) + fueling rehearsal
Key: Hills (controlled) + hiking efficiency
Key: Back-to-back long sessions (scaled)

Week 7 — Build
Weekly load: 330–532 min
Focus: Add terrain specificity and back-to-back durability.
Long: Back-to-back long sessions (scaled) + fueling rehearsal
Key: Hills (controlled) + hiking efficiency
Key: Back-to-back long sessions (scaled)

Week 8 — Peak
Weekly load: 264–425.6 min
Focus: Reduce weekly load and absorb the previous block. Keep any faster work brief and controlled.
Long: Key long session with terrain focus + cutoff pacing practice
Key: Hills (controlled) + hiking efficiency
Key: Easy aerobic work and recovery
Cutback: yes (reduce load, keep rhythm).

Week 9 — Peak
Weekly load: 350–564 min
Focus: Race-specific long sessions + cutoff-aware pacing.
Long: Key long session with terrain focus + cutoff pacing practice
Key: Hills (controlled) + hiking efficiency
Key: Back-to-back long sessions (scaled)

Week 10 — Peak
Weekly load: 360–580 min
Focus: Race-specific long sessions + cutoff-aware pacing.
Long: Key long session with terrain focus + cutoff pacing practice
Key: Hills (controlled) + hiking efficiency
Key: Back-to-back long sessions (scaled)

Week 11 — Taper
Weekly load: 270–435 min
Focus: Reduce load; keep a touch of specificity; arrive healthy.
Long: Shorter long session + mobility
Key: Brief controlled strides on familiar terrain
Key: Easy movement and recovery; no back-to-back long sessions

Week 12 — Taper

Weekly load: 180–290 min

Focus: Race week: arrive rested. Any load range covers pre-race training only, excluding the race.

Long: The race replaces the long trail session. Keep other outings short and easy on familiar terrain.

Key: Brief familiar strides only if recovered; no back-to-back long sessions

Key: Rest, kit checks and practiced fueling preparation

Generated by 26weeks.ai. Always adjust for health, sleep, and life constraints.