



Connemarathon Training Plans

ULTRA Marathon Plan

All figures are in miles unless otherwise stated

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Base Building								
1	Rest or 6R	6--10 Hilly Run	6--8	10 T (2E, 6 @ HM pace, 2E)	Rest or 6R	10 L	14 L	
2	Rest or 6R	6--10 Hilly Run	6--8	10 T (2E, 6 @ HM pace, 2E)	Rest or 6R	10 L	14 L	
3	Rest or 6R	6--10 Hilly Run	8--10	10 T (2E, 6 @ HM pace, 2E)	Rest or 6R	11 L	16 L	
4	Rest or 6R	6--10 Hilly Run	8--10	10 T (2E, 6 @ HM pace, 2E)	Rest or 6R	11 L	18	
5	Rest or 6R	6--10 Hilly Run	8--10	10 T (2E, 6 @ HM pace, 2E)	Rest or 6R	Time Trial	20 L	
Strength								
6	Rest or 6R	5--10 Include 3* 600M Hill Repeats	8--10	10 T (2E, 6 @ HM pace, 2E)	Rest or 6R	14 L	14 (8MP)	
7	Rest or 6R	6--10 Include 3* 600M Hill Repeats	8--10	10 T (2E, 6 @ HM pace, 2E)	Rest or 6R	12 L	16 L	
8	Rest or 6R	6--10 Include 7* 600M Hill Repeats	8--10	10 T (2E, 6 @ HM pace, 2E)	Rest or 6R	12	18 (10 MP)	
9	Rest or 6R	6--10 Include 8* 600M Hill Repeats	8--10	10 T (2E, 6 @ HM pace, 2E)	Rest or 6R	10 L	20 L	
Strength / Event Specific								
10	Rest or 6R	6--10 Include 8* 600M Hill Repeats	8--10	12 T (2E, 8 @ HM pace, 2E)	Rest or 6R	12 (8MP)	24 L	

	11	Rest or 6R	6--10 Include 8* 600M Hill Repeats	8--10	12 T (2E, 8 @ HM pace, 2E)	Rest or 6R	12 (8MP)	26 L	
	12	Rest or 6R	6--10 Include 8* 600M Hill Repeats	8--10	12 T (2E, 8 @ HM pace, 2E)	Rest or 6R	28 L	12 L	
	13	Rest or 6R	6--10 Include 8* 600M Hill Repeats	8--10	12 T (2E, 8 @ HM pace, 2E)	Rest or 6R	14 (10MP)	30 L	
Fine Tuning									
	14	6R	6--10 Include 8* 600M Hill Repeats	8--10	12 T (2E, 8 @ HM pace, 2E)	Rest or 6R	12 L	28 L	
	15	Rest or 6R	6--10 Include 8* 600M Hill Repeats	8--10	12 T (2E, 8 @ HM pace, 2E)	Rest or 6R	10 L	30 L	
Taper									
	16	Rest or 6R	6--10 Hilly Run	8--10	10 T (2E, 6 @ HM pace, 2E)	Rest or 6R	26 L	12 L	
	17	Rest or 6R	6--10 Hilly Run	8--10	10 T (2E, 6 @ HM pace, 2E)	Rest or 6R	16 L	8 L	
	18	Rest or 6R	8--10	6R	Rest or 6R	Travel	Rest	Race Day	
Recovery									
		Walk	Walk	Walk					
Legend									
TT = Time Trial	E = Easy			MP = Marathon Pace			HM = Half Marathon Pace		
10k = 10k Pace	T = Tempo Run			H = Hilly Run / Undulating Run			L = Long		
R = Recovery									

Training Plans Developed by John O'Regan
@johnoregan777 johnoregan.blogspot.ie

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