



# Connemarathon Training Plans

## ULTRA Marathon Plan

All figures are in miles unless otherwise stated

Date	Wks	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
<b>Base Building</b>									
06-Dec	17	Rest or 6R	6--10 Hilly Run	6--8	10 T (2E, 6 @ HM pace, 2E)	Rest or 6R	10 L	14 L	
13-Dec	16	Rest or 6R	6--10 Hilly Run	6--8	10 T (2E, 6 @ HM pace, 2E)	Rest or 6R	10 L	14 L	
20-Dec	15	Rest or 6R	6--10 Hilly Run	<b>8--10</b>	10 T (2E, 6 @ HM pace, 2E)	Rest or 6R	Christmas	16 L	
27-Dec	14	Rest or 6R	6--10 Hilly Run	8--10	10 T (2E, 6 @ HM pace, 2E)	Rest or 6R New Years Eve	14 L New Years Day	18	
03-Jan	13	Rest or 6R	6--10 Hilly Run	8--10	10 T (2E, 6 @ HM pace, 2E)	Rest or 6R	Time Trial	20 L	
<b>Strength</b>									
10-Jan	12	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)	
17-Jan	11	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	
24-Jan	10	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)	
31-Jan	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	
<b>Strength / Event Specific</b>									
07-Feb	8	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	

14-Feb	7	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	
21-Feb	6	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	
28-Feb	5	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	
<b>Fine Tuning</b>									
07-Mar	4	6R	6--10 Include 8* 600M Hill Repeats	8--10	12 T (2E, 8 @ HM pace, 2E)	Rest or 6R	12 L	28 L	
14-Mar	3	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	
<b>Taper</b>									
21-Mar	2	Rest or 6R	6--10 Hilly Run	8--10	10 T (2E, 6 @ HM pace, 2E)	Rest or 6R	26 L	12 L	
28-Mar	1	Rest or 6R	6--10 Hilly Run	8--10	10 T (2E, 6 @ HM pace, 2E)	Rest or 6R	16 L	8 L	
04-Apr	RW	Rest or 6R	8--10	6R	Rest or 6R	Travel	Rest	Race Day	
<b>Recovery</b>									
11-Apr	RW	Walk	Walk	Walk					
<b>Legend</b>									
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**

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