CAMINO ULTRA

50 KM TRAINING PLAN

16 WEEK PLAN

4 BLOCKS

ANYONE CAN ACHIEVE AN ULTRAMARATHON

MORE INFORMATION YOU CAN VISIT OUR WEBSITE AND FOLLOW OUR SOCIAL MEDIA:

@camino_ultra

www.caminoultra.com

50 KM TRAINING PLAN
PHASE ONE

M	T	W	T	F	S	S
Mindful Mondays Let your mind guide a pace that makes you feel good	**Rest, Cross Train or Curiosity**	**Tempo** Easy 15 Mins Steady 15 Mins Hard 15 Mins	**Rest, Cross Train or Curiosity**	**Super Easy** 30 MINS	**Long Run** 90 MINS	**Rest, Cross Train or Curiosity**
Mindful Mondays	**Rest, Cross Train or Curiosity**	**Tempo** 25 Mins 5*1 Min Easy 1 Min Hard	**Rest, Cross Train or Curiosity**	**Super Easy** 30 MINS	**Long Run** 120 MINS	**Rest, Cross Train or Curiosity**
Mindful Mondays	**Rest, Cross Train or Curiosity**	**Tempo** Easy 15 Mins Steady 15 Mins Hard 15 Mins	**Rest, Cross Train or Curiosity**	**Super Easy** 45 MINS	**Long Run** 120 MINS	**Rest, Cross Train or Curiosity**
Mindful Mondays Let your mind guide a pace that makes you feel good	**Rest, Cross Train or Curiosity**	**Tempo** 25 Mins 5*1 Min Easy 1 Min Hard	**Rest, Cross Train or Curiosity**	**Super Easy** 45 MINS	**Long Run** 90 MINS	**Rest, Cross Train or Curiosity**

Helpful Aims Phase One

- Between 90-120 Mins Long Run
- 3-4 runs per week feeling do-able
- Test Nutrition in all Long Runs
- Start training your Mind(full runs)

Camino ToolBox Ideas

Practice Nose Breathing

If this is new to you then explore how breathing exclusively through your nose on a walk feels.
Then introduce it into the middle of one of your Super Easy runs

NEW IDEAS

What is the Curiosity?

For first time Ultrarunners there should be plenty of questions regarding running, energy levels, life balance - so explore how this journey can help you in every part of your life

50 KM TRAINING PLAN
PHASE TWO

M	T	W	T	F	S	S
Mindful Mondays Let your mind guide a pace that makes you feel good	**Rest, Cross Train or Curiosity**	**Tempo** 45 Mins with 1 min Hard End of each KM	**Rest, Cross Train or Curiosity**	**Super Easy** 45 MINS	**Long Run** 120 MINS	**Rest, Cross Train or Curiosity**
Mindful Mondays	**Rest, Cross Train or Curiosity**	**Tempo** 60 Mins with 3 x 10 Mins @ 7 RPE 5 Easy in between	**Rest, Cross Train or Curiosity**	**Super Easy** 60 MINS	**Long Run** 120 MINS	**Rest, Cross Train or Curiosity**
Mindful Mondays	**Rest, Cross Train or Curiosity**	**Tempo** 45 Mins with 1 min Hard End of each KM	**Rest, Cross Train or Curiosity**	**Super Easy** 45 MINS	**Long Run** 150 MINS	**Rest, Cross Train or Curiosity**
Mindful Mondays Let your mind guide a pace that makes you feel good	**Rest, Cross Train or Curiosity**	**Tempo** 60 Mins with 3 x 10 Mins @ 7 RPE 5 Easy in between	**Rest, Cross Train or Curiosity**	**Super Easy** 45 MINS	**Long Run** 90 MINS	**Rest, Cross Train or Curiosity**

Helpful Aims Phase Two

- Between 90-150 Mins Long Run
- 4 runs per week feeling great
- Ensure you are getting quicker in your speed sessions

Camino ToolBox Ideas

Practice Walking

This is often seen as a weird thing to ask ultra runners to do but the reality is that almost everyone will walk at some point in a long race. So get good at it. Do Brisk Walks - Hill Walks - Uncomfortable Walks

NEW IDEAS

Where is my Super-Power ?

There is such a wide variety of things that sit inside the sport of ultrarunning that you might find that what makes you strong is that you can eat well and move or you can stop and stop at Aid Stations efficiently.

50 KM TRAINING PLAN
PHASE THREE

M	T	W	T	F	S	S
Mindful Mondays	Rest, Cross Train or Curiosity	Tempo 12 mins @ 8 or 9 effort 6 mins easy Repeat 3 times	BONUS RUN Run that nourishes you at 7 RPE	Super Easy 45 MINS	Long Run 150 MINS	Rest, Cross Train or Curiosity
Mindful Mondays	Rest, Cross Train or Curiosity	Tempo 60 Mins with 3 x 10 Mins @ 7 RPE 5 Easy in between	BONUS RUN Run on New Terrain	Super Easy 60 MINS	Long Run 150 MINS	Rest, Cross Train or Curiosity
Mindful Mondays	Rest, Cross Train or Curiosity	Tempo 12 mins @ 8 or 9 effort 6 mins easy Repeat 3 times	BONUS RUN Run with Partner Friends Run Group	Super Easy 45 MINS	Long Run 180 MINS	Rest, Cross Train or Curiosity
Mindful Mondays	Rest, Cross Train or Curiosity	Tempo 60 Mins with 3 x 10 Mins @ 7 RPE 5 Easy in between	BONUS RUN Run with Bonus Hills Run the Ups	Super Easy 45 MINS	Long Run 120 MINS	Rest, Cross Train or Curiosity

Helpful Aims Phase Three

- Between 120-180 Mins Long Run
- 5 runs per week feeling great
- Race is getting closer - do you have everything you need re kit
- Have you reflected on Why you are doing this event

Camino ToolBox Ideas

Practice Chunking

Before your long run, think about your upcoming run and divide it into four equal segments
Visualise what is coming and be prepared
Set some simple intentions for each part

NEW IDEAS

What are my 50KM Race Goals?

Have you heard of DNF - a Did Not Finish when a runner doesnt complete a race. Often this happens not through injury but the desire isn't there. So think now what are the reasons why you might keep going - family / fundraising etc

50 KM TRAINING PLAN
PHASE FOUR

M	T	W	T	F	S	S
Mindful Mondays	Rest, Cross Train or Curiosity	Tempo 60 Mins with 3 x 10 Mins @ 7 RPE 5 Easy in between	Rest, Cross Train or Curiosity	Super Easy 45 MINS	Long Run 240 MINS	Rest, Cross Train or Curiosity
Mindful Mondays	Rest, Cross Train or Curiosity	Tempo 25 Mins 5*1 Min Easy 1 Min Hard	Rest, Cross Train or Curiosity	Super Easy 45 MINS	Long Run 120 MINS	Rest, Cross Train or Curiosity
TAPER TIME	Rest, Cross Train or Curiosity	Tempo 25 Mins 5*1 Min Easy 1 Min Hard	Rest, Cross Train or Curiosity	Super Easy 30 MINS	Long Run 60 MINS	Rest, Cross Train or Curiosity
Super Easy 30 MINS	Rest, Cross Train or Curiosity	Super Easy 30 MINS	Rest, Cross Train or Curiosity	Super Easy 30 MINS	RACE	RACE

Helpful Aims Phase FOUR

- Between 150-240 Mins Long Run
- 5-6 runs per week feeling great
- ACE Nutrition in all Long Runs
- Begin Your Taper Journey

Camino ToolBox Ideas

Practice Gratitude

It is common for anyone in the middle of tiring training to have 'many moments' . To deal with these proactively check out Gratitude practices like www.rungrateful.com and build them in

NEW IDEAS

What is the best way to Taper?

Throughout this journey you will have found that you are unique and that you needed to train in a way that served you best. For Tapering use that same degree of observation to feel how much you need to rest before race day

50 KM TRAINING PLAN
CAMINO HELP GUIDE

Rest - Rest means rest - think one hour nap
some easy 10 min yoga

Cross Train - If you already do other sports then see how they compliment your running

Cross Train - Swimming and Cycling are both proven as they are less impactful sports

Long Runs - Add Walks in - Use nutrition throughout
Vary your pacing - Be Race Specific

Tempo -+ Intervals - Ensure 5-10 mins WARM-UP (WU) and COOL DOWN (CD) in each one

Thank you for following Camino Ultra

GOOD LUCK IN YOUR ULTRA

PLEASE CONTACT US ANYTIME WITH ANY QUESTIONS ON THE PLAN
YOUR RACE
FUTURE NEEDS

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