

Training Ultra Marathon Month 1 and 2

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Date	(personal) milestone	Running	Bike	Hiking/equivalent mountain sports	Workout	Yoga	Easy walking	Bike to work	Rest
01.11.	Sign up for your ultramarathon!								
02.11.	get used to the idea, make a plan.								x
03.11.				16km, 4:15 h					
04.11.			2x 5km	9,9km, 2:25 h					
05.11.		3,63km, 18min			3x Set 1	10min, Stretching		2x3km	
06.11.								2x 3km	x
07.11.		6km, 38min						2x 3km	
08.11.								2x3km	
09.11.		7,41km, 45min	9,41km		3x Set 5		6km/45min		
10.11.	start changing your running style	17,5km, 2h	14km						
11.11.			8km				2h		x
12.11.					3x Set 1	25min, Stretching		2x 3km	
13.11.		7,85km, 52min						2x 3km	
14.11.								2x 3km	x

15.11.								2x3km	x
16.11.	switching from glasses to contacts	4km, 23min					1,5h		
17.11.		8,41km, 1,25h,							
18.11.				8,9km, 2h					
19.11.								2x3km	x
20.11.	no more pain with forefoot running	7,44km, 46min			2x Set 2			2x3km	
21.11.									x
22.11.		6,42km, 40min							
23.11.		3,86km, 21min	11,27km		3x Set 5				
24.11.				14,97km, 6h					
25.11.			9,9km				2 h		
26.11.									x
27.11.		6,46 km, 40min						2x3km	
28.11.								2x3km	
29.11.									x
30.11.							1,5h		

01.12.	race	4,8 km, 21min							
02.12.							2 h		x
03.12.	Check-Up sports physician								x

23.12.		4,5km, 24min							
24.12.									x
25.12.		7,5km, 44min			3x Set 2				
26.12.									x
27.12.									x
28.12.				6,82km, 3h					
29.12.				17,28km, 5h					
30.12.		3,7km, 26min		13,26km, 4,5h					
31.12.				8,22km, 2h					

01.01.				11,06km, 5,5h					
02.01.									x
03.01.				6,24km, 3,25h					
04.01.							2x3km		x
05.01.									x
06.01.				7,9km, 3,5h					
07.01							2x3km		x

Please note: I am not a medical doctor and not a personal coach. You use this plan at your own risk!