



16-week Ultrabug beginners training programme

Get ready for Ultrabug with our 16-week training programme which is suitable for any one who can run a half marathon or marathon and want to train for Ultrabug.

Different sessions explained

Rest and relax: It's very important not to skip rest days. If you don't give your body time to recover it is more likely to break down later down in the programme.

Time on Feet: Just being busy during the day and not sitting down will help you to get use to time on feet. The more you get used to spend twelve to fifteen hours on your feet the better your body will cope with your ultra marathon. For example after a long run go shopping, sightseeing or take the kids to the park. It all adds up to time on feet.

Stretching: The more running and strength training you do the the shorter your muscles become, which can lead to injuries. Ensure that you do a full body stretch with a lot of emphasis on your back, hip flexors, thighs and calf muscles.

Running and jogging: All your running should be done off road and where possible simulate the race terrain.

The hilly routes should incorporate a minimum of two hills.

Sprint training should be at 80% to 90% of your maximum speed. You need to be out of breathe and unable to speak

The steady pace should be at your 10km race pace.

Long runs should be similar or slightly slower than your marathon pace.

Walking should be walking. Don't try to run because you have to get used to the fact that in most ultras there will be walking. While you walk is when you refuel so try to eat while walking.

Cross-training: This can be any cardiovascular exercise as long as it raises your heart rate. For example cycling, swimming or rowing. Strength training is also very important. Have a look at our Facebook page @Ultrabug to find different training videos which you can do at home to improve your strength, agility and flexibility.

Training plan

Day/ Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Baseline Fitness Phase : Think of your fitness as a pyramid. The longer your baseline fitness level is the higher your peaking point will be during your competition phase.							
1	Rest and relax	Run: 60min hilly route Stretching	Strength training Stretching Walking 30min Time on feet	Run: 60min steady pace Stretching	Rest and relax	Walk: 1h30min Stretching	Long run: 60min undulated Route Stretching
2	Rest and relax	Run: 1h10min hilly route Stretching	Strength training Stretching Walking 30min Time on feet	Run: 60min steady pace Stretching	Rest and relax	Walk: 1h45min Stretching	Long run: 1h15min undulated Route Stretching
3	Rest and relax	Run: 1h20min hilly route Stretching	Strength training Stretching Walking 30min Time on feet	Run: 1h10min steady pace Stretching	Strength training Stretching Cross training: 30min	Rest and relax	Long run: 2h undulated Route Stretching
4	Rest and relax	Run: 1h20min hilly route Stretching	Strength training Stretching Walking 30min Time on feet	Run: 1h10min steady pace Stretching	Strength training Stretching Cross training: 30min	Walk: 1h45min Stretching	Long run: 2h15min undulated Route Stretching
5	Rest and relax	Run: 1h20min hilly route Stretching	Strength training Stretching Walking 30min Time on feet	Run: 1h10min steady pace Stretching	Strength training Stretching Cross training: 30min	Walk: 2h Stretching	Long run: 2h30 undulated Route Stretching

Development Phase:

During this phase you will increase your baseline fitness by adding more back to back training sessions. If you start to feel tired take an extra rest day to prevent over training. Try out different types of foods to see what works for you and what doesn't work.

6	Rest and relax	Run: 1h30min hilly route Stretching	Strength training Stretching Sprints: 30sec fast, 1- min slow. Repeat: 10x	Run: 1h30min steady pace Stretching	Strength training Stretching Walking 30min	Rest	Long run: 2h30 undulated Route Stretching
7	Rest and relax	Run: 1h30min hilly route Stretching	Strength training Stretching Sprints: 30sec fast, 30sec slow. Repeat: 10x	Run: 1h30min steady pace Stretching	Strength training Stretching Walking 30min Time on feet	Jog: 1h	Long run: 3h undulated Route Stretching
8	Rest and relax	Run: 1h30min hilly route Stretching	Strength training Stretching Sprints: 1min fast, 1- min slow. Repeat: 10x	Run: 1h40min steady pace Stretching	Strength training Stretching Jogging 30-min Time on feet	Jog: 1h15	Long run: 2h30 undulated Route Stretching
9	Rest and relax	Run: 1h30min hilly route Stretching	Strength training Stretching Sprints: 1min fast, 30sec slow. Repeat: 10x	Run: 1h40min steady pace Stretching	Strength training Stretching Jogging 30min Time on feet	Jog: 1h15	Long run: 4h30 undulated Route Stretching
10	Rest and relax	Run: 1h30min hilly route Stretching	Strength training Stretching Sprints: 2min fast, 1- min slow. Repeat: 10x	Run: 1h40min steady pace Stretching	Strength training Stretching Jogging 30min Time on feet	Jog: 1h30	Long run: 3h undulated Route Stretching

Competition Phase:

this is the six weeks leading up to your race and might vary slightly depending on the type of race you are planning to run. In this block you will focus on long runs and time on feet. During the long runs you should practice with your race kit and your nutritional strategy.

11	Rest and relax	Run: 2h hilly route Stretching	Strength training Stretching Sprints: 1min fast, 1-min slow 2min fast 1min slow, Rest 1-min. Repeat: 3x	Run: 1h30min steady pace Stretching	Strength training Stretching Cross training: 30min	Rest	Long run: 5h undulated Route Stretching
12	Rest and relax	Run: 2h hilly route Stretching	Strength training Stretching Sprints: 1min fast, 1-min slow 2min fast 1min slow, Rest 1-min. Repeat: 3x	Run: 1h30min steady pace Stretching	Strength training Stretching Cross training: 30min	Jog: 1h30	Long run: 2h30 undulated Route Stretching
13	Rest and relax	Run: 1h45min hilly route Stretching	Strength training Stretching Sprints: 1min fast, 1-min slow 2min fast 1min slow, Rest 1-min. Repeat: 3x	Run: 1h30min steady pace Stretching	Strength training Stretching Cross training: 30min	Jog: 1h30	Long run: 4h undulated Route Stretching
14	Rest and relax	Run: 1h45min hilly route Stretching	Strength training Stretching Sprints: 1min fast, 1-min slow 2min fast 1min slow, Rest 1-min. Repeat: 4x	Run: 1h30min steady pace Stretching	Strength training Stretching Cross training: 30min	Rest	Long run: 6h undulated Route Stretching

15	Rest and relax	Run: 1h30min hilly route Stretching	Strength training Stretching Sprints: 1min fast, 1-min slow 2min fast 1min slow, Rest 1-min. Repeat: 4x	Run: 1h30min steady pace Stretching	Strength training Stretching Cross training: 30min	Rest	Long run: 3h undulated Route Stretching
16	Run: 60min steady pace Stretching	Rest and relax	Run: 60min steady pace Stretching	Rest and relax	Race weekend	Race weekend	Race weekend

Food and hydration

Food and hydration play a very big role in determining the success of your race. Good nutrition will not only help you physically but it will also help you mentally when you are struggling. Predicting where your low points will be and then eating around 30- minutes before that can help you cope with the race.

The environment

The environment in which you run in will influence your race clothing, nutrition, hydration and training strategies. Always keep an eye on the weather especially if you are racing away from home to ensure you pack the correct clothing. Always take something extra just in case the weather conditions change.

The importance for strength and conditioning workouts

Strength is a very important part of ultra running. The time on your feet is much longer which means that your muscles need to get used to prolonged periods of work. The stronger your muscles are the better they'll be able to cope. It is important to incorporate a full body routine to ensure that your body can cope with carrying a backpack or using hiking poles. Have a look at our Facebook page @Ultrabug to find different training videos which you can do at home to improve your strength, agility and flexibility.

How to fit training into a busy life

Let's face it, life happens and you can't always stick to the plan. Which means that sometimes you will have to be creative with your training. If you don't have time to stretch after your run add them to your daily routine by attaching a stretch to a certain activity i.e. stretch your hamstrings in the shower, your quads while making your tea and your inner thighs at night when you go to bed. If you are stuck for time why not split your running session in two where you do an early morning and an evening session. This works great especially if you are planning on doing 12-hour or 24-hour or multi day races.

If you need more information visit our website: www.ultrabug.co.uk

OR

Email us: info@ultrabug.co.uk