

Plus Ultra 50K Base Plan

Your path to your first ultra

Training for a 50K builds on the foundation you developed through half and full marathons. The miles grow longer, the effort shifts and the trail introduces lessons that reward patience and consistency. This plan provides structure while leaving space for your own experience and intuition to shape how the journey unfolds.

Every runner handles climbs, weather and fatigue differently. Your job is to listen to your body, adapt when needed and stay consistent. Some days will feel strong and others will humble you. Both are part of the process. Over time you will develop long run rhythm, practice fueling and learn how your body responds to sustained effort.

If you ever decide you want more support, my coach offers one on one guidance and can help you build a plan that fits your specific goals. Reach out at hello@goplusultra.run if you want a program that looks at your training, your fitness level and the demands of your race so you can train with more clarity and confidence. You are also welcome to join the Plus Ultra community on Reddit at r/PlusUltraLife where runners share questions, wins and lessons from the trail.



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- **Effort scale:** Easy = conversational pace, you could speak in full sentences. Steady = focused but sustainable; breathing is heavier but controlled.
- **Terrain:** Use trails when possible, focusing on soft surfaces and natural terrain.
- **Hill sessions:** If your race includes elevation gain, complete the hill workouts as written. If your race is flat, replace these sessions with steady effort or light speed work. If you live in a flat area, you can also substitute with box step ups, a stair machine or an incline treadmill.
- **Rest:** Take at least two full rest days each week.
- **Fuel and hydration:** Begin testing your race day nutrition and fluids in the later stages of training.
- **Deload weeks:** Every fourth week reduces volume. This helps your body absorb training and stay healthy.

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Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Cycle
1.	Hill repeats: 4-6 x :60	Cross Train	Rest	Run 3 mi	Cross Train	Run 10 mi	Rest	Foundation
2.	Tempo Run: 2 mi	Cross Train	Rest	Run 4 mi	Cross Train	Run 11 mi	Rest	Foundation
3.	Intervals: 4-6 x 400m	Cross Train	Rest	Run 5 mi	Cross Train	Run 12 mi	Rest	Foundation
4.	Easy Run 2 - 3 mi	Cross Train	Rest	Run 3 mi	Cross Train	Run 8 mi	Rest	Foundation
5.	Hill Repeats: 5 -6 x :90	Cross Train	Rest	Run 6 mi	Cross Train	Run 14 mi	Rest	Endurance
6.	Tempo Run: 3 mi	Cross Train	Rest	Run 7 mi	Cross Train	Run 16 mi	Rest	Endurance
7.	Intervals: 4-5 x 800m	Cross Train	Rest	Run 8 mi	Cross Train	Run 16-18 mi	Rest	Endurance
8.	Easy Run 3 mi	Cross Train	Rest	Run 4 mi	Cross Train	Run 10 mi	Rest	Endurance
9.	Hill Repeats: 7-8 x 2:00	Cross Train	Rest	Run 7 mi	Cross Train	Run 18 mi	Rest	Strength
10.	Tempo Run: 5 mi	Cross Train	Rest	Run 8 mi	Cross Train	Run 20 mi	Rest	Strength
11.	Intervals: 5 x 1 mi	Cross Train	Rest	Run 9 mi	Cross Train	Run 22 mi	Rest	Strength
12.	Easy Run 4 mi	Cross Train	Rest	Run 5 mi	Cross Train	Run 12-14 mi	Rest	Strength
13.	Hill Repeats: 10 x 2:30	Cross Train	Rest	Run 9 mi	Cross Train	Run 22 mi	Rest	Build
14.	Tempo Run: 7 mi	Cross Train	Rest	Run 10 mi	Cross Train	Run 24 mi	Rest	Build
15.	Intervals: 7 x 1 mi	Cross Train	Rest	Run 11 mi	Cross Train	Run 26 mi	Rest	Build
16.	Easy Run 4 mi	Cross Train	Rest	Run 5 mi	Cross Train	Run 14-16 mi	Rest	Build
17.	Hill Repeats: 10 x :60	Cross Train	Rest	Run 10 mi	Cross Train	Run 26 mi	Rest	Peak
18.	Tempo Run: 9 mi	Cross Train	Rest	Run 12 mi	Cross Train	Run 26 mi	Rest	Peak
19.	Intervals: 6 x 1 mi	Cross Train	Rest	Run 14 mi	Cross Train	Run 28 mi	Rest	Peak
20.	Easy Run 4 mi	Cross Train	Rest	Run 6 mi	Cross Train	Run 16 mi	Rest	Peak
21.	Hill Repeats: 12 x :30	Cross Train	Rest	Run 13 mi	Cross Train	Run 28 mi	Rest	Taper
22.	Intervals: 6 x 2 mins	Cross Train	Rest	Run 9 mi	Cross Train	Run 20 mi	Rest	Taper
23.	Tempo Run: 3 mi	Cross Train	Rest	Run 5 mi	Cross Train	Run 12 mi	Rest	Taper
24.	Easy 45 mins	Cross Train	Rest	Rest	Cross Train	Race Day 50K	Rest	Race Week

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Experienced Trail Gear Essentials

If you're reading this, you already know the trail teaches you what matters. You've spent enough time out there to know what works and what doesn't. You've already built a base, learned a few hard lessons and dialed in your approach. The gear in this guide reflects what helped me once my training shifted into long distance efforts.

Every item here is something I have personally tested. If you choose to buy through the affiliate links, it supports Plus Ultra at no extra cost to you.

Since brands release new models often, some links may take you to the latest version that differs from what I originally used. The heart of the recommendation remains steady, a tool meant to keep your progress simple and clear.

The Core Three

Hydration vest with soft flasks

Once my runs got longer, a vest became one of my most reliable pieces of gear. I use a USWE vest with two 500 ml soft flasks. It stays secure, carries enough water and remains comfortable on long days. It has become my go to setup. It has storage for personal items and nutrition and it can hold a hydration bladder, which makes it very future proof.

Match your vest size to your distance. A 2L to 5L vest is enough for a 10K to 50K, but if you know you are going to go further, get a 7L to 10L vest. I wish I knew this when I started. I had to buy two different vests so I could have saved some money.

USWE hydration vest

USWE hydration bladder

Long Distance Socks

Feet take a beating when your hours on trail increase. Injinji liners paired with Mudgear compression socks remain my preferred setup. This combo helps prevent blisters, reduce friction and dry quickly in wet conditions.

Injinji toe socks

Mudgear compression socks

Advanced Anti Chafe Protection

Longer miles create new friction points. Squirrel's Nut Butter has been my best long distance option because it lasts handles sweat well and stays gentle on skin during humid days or long climbs.

Squirrel's Nut Butter

Helpful Extras for Longer Efforts

Reliable Headlamp

A headlamp isn't required for every 50K, but it can help if your race has a very early start time. I began with a cheap one for training and used that until I had to upgrade for my 100M. It worked well and offered good battery life and a consistent beam pattern.

Biat Headlamp

Protective Sun Gear

I love this running shirt for its versatility. I used to wear arm sleeves and a neck gaiter, but this shirt covers everything and includes a built in face mask for extra sun protection.

baleaf Sun Protection Hoodie Shirt

Take the Trail With You

Sometimes the miles leave you with more than tired legs.

The Plus Ultra Trail Companion is a quiet place to talk through what challenged you, what surprised you and what you want to carry forward.

Start Reflecting →