

The North Face® Malaysia Mountain Trail Festival 2023  
50KM Ultra Challenge Training Plan for Advance Level

<i>Week</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
<i>Add speed sessions tues</i>	<i>Rest</i>	<i>Speed – Tempo effort "RPE – 6/10"</i>	<i>Easy</i>	<i>HILL REPEATS 3 gradient types</i>	<i>Rest</i>	<i>Long Duration / vertical gain goal</i>	<i>BACK-TO-BACK run</i>
<b>20</b>	<b>EASY</b> 40 mins	<b>EASY</b> 40 mins	<b>EASY</b> 40 mins	<b>TYPE 3 steep12%+</b> - Hike easy up & down - 30 mins max	<b>REST</b>	<b>LONG RUN</b> - 90mins - 200m per 10km	<b>REST</b>
<b>19</b>	<b>EASY</b> 40 mins	<b>EASY</b> 40 mins	<b>EASY</b> 40 mins	<b>TYPE 3 steep12%+</b> - Hike easy up & down - 45 mins max	<b>REST</b>	<b>LONG RUN</b> - 1:45hrs - 200m per 10km	<b>REST</b>
<b>18</b>	<b>EASY</b> 45 mins	<b>EASY</b> 45 mins	<b>EASY</b> 45 mins	<b>TYPE 3 steep12%+</b> - Hike hard up - Recovery: Slow run down - 45 mins max	<b>REST</b>	<b>LONG RUN</b> - 2hrs - 200m per 10km	<b>REST</b>
<b>17</b>	<b>EASY</b> 45 mins easy	<b>EASY</b> 45 mins	<b>EASY</b> 45 mins	<b>TYPE 1 slight 3-6%+</b> - 8 x 90 secs (6/10 RPE) - Recovery: Slow run down	<b>REST</b>	<b>LONG RUN</b> - 2:30hrs - 300m per 10km	<b>REST</b>
<b>16</b>	<b>EASY</b> 45 mins	<b>EASY</b> 50 mins	<b>EASY</b> 50 mins	<b>TYPE 1 slight 3-6%+</b> - 6 x 2 mins (6/10 RPE) - Recovery: Slow run down	<b>REST</b>	<b>LONG RUN</b> - 3hrs - 300m per 10km - pack 3-4kg	<b>REST</b>

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15	<b>EASY</b> 50 mins	<b>SPEED/TEMPO</b> - 10 x 1 min - Recovery 1 min	<b>EASY</b> 50 mins	<b>TYPE 2 medium</b> <b>6 -12%</b> - 2 x 8mins Run 30sec Hike 30 sec - Recovery: Slow run down	<b>REST</b>	<b>LONG RUN</b> - 3hrs - 300m per 10km - pack 3-4kg	<b>REST</b>
14	<b>EASY</b> 50 mins	<b>SPEED/TEMPO</b> - (5 x 2 min) - (5 x 1 min) - Recovery 1 min	<b>EASY</b> 60 mins	<b>TYPE 2 medium</b> <b>6 -12%</b> - 2 x 8mins Run 30sec Hike 30sec - Recovery: Slow run down	<b>REST</b>	<b>LONG RUN</b> - 3:30hrs - 400m per 10km - pack 3-4kg	<b>REST</b>
13	<b>EASY</b> 50 mins	<b>SPEED/TEMPO</b> - 5,4,3,2,1 min - Recovery 3,2,2,1,1 min	<b>EASY</b> 60 mins	<b>TYPE 3 steep</b> <b>12%+</b> - Hike hard up - Recovery: Slow run down - 60mins max	<b>REST</b>	<b>LONG RUN</b> - 3:30hrs - 400m per 10km - pack 3-4kg	<b>REST</b>
12	<b>EASY</b> 60 mins	<b>SPEED/TEMPO</b> - (2 x 3 mins) - (2 x 2mins) - Recovery: 90 sec - (5 x 1min) - Recovery: 1 min	<b>EASY</b> 60 mins	<b>TYPE 2 medium</b> <b>6 -12%</b> - pack 2-3kg - 3 x 8mins Run 60 sec Hike 60sec - Recovery 2 mins at top - Recovery: Slow run down	<b>REST</b>	<b>LONG RUN</b> - 3:30hrs -400m per 10km - pack 3-4kg	<b>REST</b>

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<b>11</b> <i>(Hills: Quad conditioning: faster descents)</i>	<b>EASY</b> 60 mins	<b>SPEED/TEMPO</b> - (5 x 3 min) - Recovery 2 mins - (5 x 1min) - Recovery 1 mins	<b>EASY</b> 60 mins	<b>TYPE 2 medium</b> <b>6 -12%</b> - pack 2-3kg - Up 3 x 8mins Run 90 sec Hike 60sec - Recovery 2 mins - <b>Down: Run harder</b> but controlled	<b>REST</b>	<b>LONG RUN</b> - 4hrs -550m per 10km gain -pack 3-4kg	- 80 mins easy - All running
<b>10</b>	<b>EASY</b> 60 mins	<b>SPEED/TEMPO</b> - 2,3,4,5,4,3,2 mins - Recovery 2 mins	<b>EASY</b> 60 mins	<b>TYPE 2 medium</b> <b>6 -12%</b> - pack 2-3kg - Up 3 x 8mins Run 60 secs Hike 90 secs - repeat to top - Recovery 2 mins - <b>Down: Run harder</b> but controlled	<b>REST</b>	<b>LONG RUN</b> - 4hrs -550m per 10km gain - pack 3-4kg	- 80 mins easy - All running
<b>9</b>	<b>EASY</b> 60 mins	<b>SPEED/TEMPO</b> - (5 x 4 mins) - Recovery 2 mins - (4 x 1 min) - Recovery 1 mins	<b>EASY</b> 70 mins	<b>TYPE 2 medium</b> <b>6 -12%</b> - pack 2-3kg - Up 3 x 8mins Run 60 secs Hike 60 sec - repeat to top - Recovery 2 mins	<b>REST</b>	<b>LONG RUN</b> - 4:30hrs -550m per 10km gain - pack 3-4kg	- 90 mins easy - All running

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				- Down- Run harder but controlled			
<b>8</b>	<b>EASY</b> 60 mins	<b>SPEED/TEMPO</b> - 6 x 4 mins - Recovery 2 mins	<b>EASY</b> 70 mins	<b>TYPE 3 steep</b> <b>12%+</b> - pack 2-3kg - Hike hard up - Recovery: Slow run down - 75 mins max	<b>REST</b>	<b>LONG RUN</b> - 4:30hrs -550m per 10km gain - pack 3-5kg	- 90 mins easy - All running
<b>7</b>	<b>EASY</b> 60 mins	<b>SPEED/TEMPO</b> - (2 x 6 mins) - Recovery 3 mins - (6 x 2 mins) - Recovery 1 mins	<b>EASY</b> 60 mins	<b>TYPE 2 medium</b> <b>6 -12%</b> - pack 2-3kg - Up 4 x 8mins Run 60 secs Hike 60sec - repeat to top - Recovery 2 mins at top - <b>Down: Run</b> <b>harder</b> but controlled	<b>REST</b>	<b>LONG RUN</b> - 5hrs - 550m per 10km gain - pack 3-5kg	- 90 mins easy - All running
<b>6</b>	<b>EASY</b> 60 mins	<b>SPEED/TEMPO</b> - (3 x 6 mins) - Recovery 3 mins - (1 x 4mins) - Recovery 2 mins - (1 x 2 mins)	<b>EASY</b> 60 mins	<b>TYPE 3 steep</b> <b>12%+</b> - pack 2-3kg - Hike hard up - <b>Down: Run</b> <b>harder</b> but controlled	<b>REST</b>	<b>LONG RUN</b> - 5hrs - 550m per 10km gain - pack 3-5kg	- 2hrs easy - All running

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				- 75 mins max total			
<b>5</b>	<b>EASY</b> 60 mins	<b>SPEED/TEMPO</b> - (4 x 6 mins) - Recovery 3 mins - (1 x 4 mins)	<b>EASY</b> 60 mins	<b>TYPE 2 medium</b> <b>6 -12%</b> - pack 2-3kg - Run 8 x 4mins up - Recovery 1 mins at top - <b>Down: Run hard</b> but controlled	<b>REST</b>	<b>LONG RUN</b> - 4hrs -550m per 10km gain - pack 3-5kg	- 80mins easy - All running
<b>4</b> Easy on quads from here	<b>EASY</b> 50 mins <b>No quads from here</b>	<b>SPEED/TEMPO</b> - (2 x 8 mins) - (2 x 6 min) - Recovery 4 mins	<b>EASY</b> 60 mins	<b>TYPE 2 medium</b> <b>6 -12%</b> - pack 2-3kg - Run 3 x 8mins up - Recovery 2 mins at top - <b>Down: Easy recovery</b>	<b>REST</b>	<b>LONG RUN</b> -3hrs - 550m per 10km gain - pack 3-5kg	- 70mins easy - All running
<b>3</b>	<b>EASY</b> 50 mins	<b>SPEED/TEMPO</b> - 3 x 10 mins - Recovery 5 mins	<b>EASY</b> 60 mins	<b>TYPE 2 medium</b> <b>6 -12%</b> - pack 2-3kg - Run 2 x 8mins up - <b>Down: Easy recovery</b>	<b>REST</b>	<b>LONG RUN</b> -2:30hrs - 400m per 10km gain - pack 3-4kg	- 60 mins easy - All running
<b>2</b>	<b>EASY</b> 40 mins	<b>SPEED/TEMPO</b> - 5 x 2 mins - Recovery 1 min	<b>EASY</b> 40 mins	<b>TYPE 2 medium</b> <b>6 -12%</b> - pack 2-3kg - Run 1 x 8mins up - <b>Down: Easy recovery</b>	<b>REST</b>	<b>LONG RUN</b> 90mins	Rest

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<b>1 Race week</b>	30mins taper shake-out run	Rest	25mins taper shake-out run	Rest	20mins taper Shake-out run	RACE DAY	<b>Race finish /rest</b>
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