



Ultra Plan - Block 1

Week	Run 1	Run 2	Run 3	Run 4
1	4 ST	4 ST	30 min E	7 LR
2	4 ST	15 min E - 15 min H - 15 min E	35 min E	9 LR
3	1 E - 1 ST - 1 THR - 1 E	15 min E - 20 min H - 15 min ST	40 min E	11 LR
4	1 E - 1 ST - 1 THR - 1 ST - 1 E	5 ST	40 min E	8 LR
5	1 E - 1 ST - 2 THR - 1 E	5 ST	30 min E	13 LR
6	3 PR - 2 E	6 ST	3 ST	15 LR
7	10 min E - 3 x (2 min INT/4 min E) - 10 min E	6 E	4 ST	17 LR
8	45 min E	5 ST	1 E - 2 THR - 1 E - 2 THR - 1 E	10 LR



Ultra Plan - Block 2

Week	Run 1	Run 2	Run 3	Run 4
9	5 ST	4 PR - 2 E	3 E	20 LR (5@ PMP)
10	10 min E - 2 x (15 min H/5 min E) - 10 min E	45 min ST	1 E - 5 x (2 min INT/5 min E) - 1 ST	13 LR
11	60 min ST	4 PR	5 E	18 LR
12	1 E - 1 ST - 2 THR - 1 E	7 ST	3 E	23 LR (6@ PMP)
13	60 min ST	1 E - 1 ST - 1 THR - 1 ST - 1 E	3 E	25 LR (8@ PMP)
14	4 E	1 E - 3 x (0.5 THR - 0.5 ST) - 1 E	60 min ST	10 LR (5@ PMP)
15	45 min E	5 PR (Easy)		7 LR
16	3 ST	2 E		50k