

■ Ultrarunner Cross-Training Weekly Schedule

Balance your run training with strength, cardio, mobility, and rest.

Day	AM Session	PM Session
Monday	■ Rest or Easy Spin (45 min)	■ 15-min Yoga + Foam Roll
Tuesday	■ Tempo Run (6–10 mi)	■ Strength – Lower Body
Wednesday	■ Cross-Train: Bike (60 min)	■ Yoga Flow or Mobility
Thursday	■ Hill Repeats / Fartlek	Core Stability Circuit
Friday	■ Rest or Easy Elliptical	■ Strength – Upper + Core
Saturday	■ Long Trail Run (16–24 mi)	■ Stretch or Contrast Shower
Sunday	■ Recovery Run (4–6 mi)	■ Foam Rolling + Supine Twist