

# Sub-Ultra Marathon Training Plans

30K Road • 50K Trail • Built by Lost Pace x ChatGPT

## ■ 30K Road – Beginner Plan

- Duration: 8–10 Weeks
- Weekly Runs: 3–4 days/week
- Key Focus: Tempo control, long road runs
- Peak Week Volume: ~45–55 km
- Long Run Peak: 26–28 km (steady pace)
- Fuel Strategy: 1 gel every 30–40 min, 500 ml/hour water

## ■ 50K Trail – Intermediate Plan

- Duration: 14–16 Weeks
- Weekly Runs: 4–5 days/week
- Key Focus: Back-to-back runs, time-on-feet, elevation
- Peak Week Volume: ~60–75 km + 1500–2000m gain
- Long Run Peak: 4–4.5 hrs on terrain
- Fuel Strategy: Real food + gels, 200–250 kcal/hour, salt tabs if hot