

RESOLUTE RUNNING
www.resoluterunning.com

BUTS Bearly Ultra 13.5 miler
50% Single Track Trail 50% Rails to Trail
1500 ft of Elevation Gain

Week 1					Mileage:	17
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Easy Run	Easy Run	Easy Run	Easy Run	No Running	Long Run	Recovery
3	3	2	3		6	
					<i>Trail</i>	
					Foam Roller	Foam Roller

Week 2					Mileage:	19
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Easy Run	Easy Run	Easy Run	Easy Run	No Running	Long Run	Recovery
3	4	2	3		7	
					<i>Trail</i>	
					Foam Roller	Foam Roller

Week 3					Mileage:	22
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Easy Run	Easy Run	Easy Run	Easy Run	No Running	Long Run	Recovery
4	4	3	3		8	
					<i>Trail</i>	
					Foam Roller	Foam Roller

Week 4					Mileage:	17
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cut back week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Easy Run	Easy Run	Easy Run	Easy Run	No running	Long Run	Recovery
4	3	2	3		5	
					<i>Trail</i>	

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			Foam Roller		Foam Roller	Foam Roller
Week 5					Mileage:	25

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Easy Run	Hills	Easy Run	Easy Run	No Running	Long Run	Recovery
5	5	4	3		8	
	<i>Trail or Road</i>				<i>Trail</i>	
	try to find rolling hills	Foam Roller	Foam Roller		Try to find single track trail	Foam Roller
Week 6					Mileage:	29

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Easy Run	Hills	Easy Run	Easy Run	No Running	Long Run	Recovery
6	5	4	4		10	
	<i>Trail or Road</i>				<i>Trail</i>	
	try to find rolling hills	Foam Roller	Foam Roller		Any Trail you want	Foam Roller
Week 7					Mileage:	30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Easy Run	Hills	Easy Run	Easy Run	No running	Long Run	Recovery
6	6	5	4		9	
	<i>Trail</i>				<i>Trail</i>	
	try to find rolling hills on the trail	Foam Roller	Foam Roller		Single Track Trail if Poss	Foam Roller
Week 8					Mileage:	21

cut back week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
No Running	Easy Run	Easy Run	Easy Run	No Running	Easy Run	Recovery

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	5	4	5		7	
		Foam Roller	Foam Roller		Foam Roller	Foam Roller
Week 9					Mileage:	33

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Easy Run	Hills	Easy Run	Hill Repeats	No Running	Long Run	Recovery
5	6	5	6		11	
	<i>Trail</i>		<i>Trail</i>		<i>Trail</i>	
	Rolling hills	Foam Roller	2 mile warmup .5 mile hill repeat x2, 2 mile cool down		Single track trail	Foam Roller
Week 10					Mileage:	34

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Easy Run	Hills	Easy Run	Easy Run	No Running	Long Run	Recovery
6	5	5	5		13	
	<i>Trail</i>		<i>Trail</i>		<i>slow/easy</i>	
	Rolling hills Try to run most or all hills	Foam Roller		Foam Roller	Trail or Road	Foam Roller
Week 11					Mileage:	35

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Easy Run	Hills	Easy Run	Hills	No Running	Long Run	Recovery
5	7	5	7		11	
					<i>Trail</i>	
	Easy rolling Hills	Foam Roller	Easy Rolling Hills	Foam Roller	Easy Trails	Foam Roller
Week 12					Mileage:	17

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 taper Week

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Easy Run	Easy Run	Easy Run	No Running	No Running	Easy Run	Recovery
3	4	5			5	
	Foam Roller		Foam Roller		Foam Roller	Foam Roller
Race Week					Mileage:	22.5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Easy Run	Easy Run	No Running	No Running	No Running	Race Day	Recovery
4	5				13.5	
	Foam Roller		Foam Roller		Have Fun	Foam Roller