

## Hal Higdon: On The Run

# Ultramarathon Training

## Month 6: January

Spend the first six weeks building your base mileage. Don't run too far at first, and don't run too fast, particularly if you live in the North and have to fight cold weather and icy roads. To achieve success in an ultra, you need to learn to run much more slowly than you're used to running in 10-K races, or even in marathons. The first six weeks are borrowed from the Intermediate-I schedule in the [Marathon Training Guide](#) available on this web site. This same schedule is also presented on page 59 of [Hal Higdon's How To Train](#). During this base-building period, your long runs during the four weekends in January would be: 14, 15, 11 and 17. Northerners should feel free to modify this schedule by converting to hours and minutes rather than miles, using the approximate time it would take you to cover the required distances if you lived in Arizona. Northerners should also consider the possibility of doing long "runs" on snowshoes or cross-country skis. See Barney Klecker's Winter Training Program in *How To Train* (pp. 136-145) for tips on how to do so.

In the following chart, where only the mileage is given, run those miles at a comfortable pace. The term "pace," as used below on Saturdays, suggests that you run at the pace you will run in the Comrades Marathon. See the [Prelude](#) for more detailed information on the terms used.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Miles
24	cross	4	7	4	rest	7 pace	14	36
23	cross	4	7	4	rest	7 pace	15	37
22	cross	4	5	4	rest	7 pace	11	31
21	cross	4	8	4	rest	8 pace	17	41

[Prelude](#)

[Month 6: January](#)

[Month 5: February](#)

[Month 4: March](#)

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Month 1: June

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Miles
24	cross	4	7	4	rest	7 pace	14	36
23	cross	4	7	4	rest	7 pace	15	37
22	cross	4	5	4	rest	7 pace	11	31
21	cross	4	8	4	rest	8 pace	17	41
Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Miles
20	cross	5	8	5	rest	8 pace	18	44
19	cross	5	5	5	rest	8 pace	13	36
18	rest	6	3 x mile	6	rest	6 pace	20	50
17	rest	7	3 x mile	6	rest	7 pace	23	50
Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Miles
16	rest	7	3 x mile	6	rest	7 pace	24	51
15	rest	7	4 x mile	6	rest	7 pace	25	53
14	rest	7	4 x mile	6	rest	7 pace	26	54

24 Week Schedule[Ultramarathon Home Page](#)

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