

Your 16-week training planner

Companion to the backyard ultra training guide. Print this page for your build, and reuse page 2 for each controlled loop rehearsal.

Runner: _____ Race date: _____

Race / course: _____

Recent weekly training: _____ Units: _____

Choose hours, miles, or kilometers and use the same unit below. This framework assumes an established marathon or 50K base. Adapt the length and load to your training history and recovery; the empty cells are yours to plan.

Week	Focus	Planned total	Actual total	Recovery / changes for next week
1	Base			
2	Base			
3	Base			
4	Base			
5	Introduce format			
6	Introduce format			
7	Introduce format			
8	Introduce format			
9	Rehearse system			
10	Rehearse system			
11	Rehearse system			
12	Rehearse system			
13	Final rehearsal			
14	Final rehearsal			
15	Taper			
16	Taper			

Review before progressing. Repeat or reduce a phase when needed. Protect normal sleep and avoid using overnight sleep deprivation as a training session.

Loop rehearsal & review

Use a controlled session to test the hourly routine. Record what happened, then use it to adjust your next rehearsal and race-day setup.

Date / route: _____

Loop distance: _____ Conditions: _____

Planned session limit: _____ Support: _____

Set a session limit you can recover from. Compare moving effort with the time you need at base. The rows are a log, not a target number of loops.

Loop	Start time	Loop time	Time at base	Food / drink / tasks	Effort / observations

What worked, and what took too long at base?

Recovery afterward / changes before the next session

Use the guide for preparation and stop criteria. End the session if pain, illness, weather, sleepiness, or coordination makes continuing unsafe.

Loop pace and rest calculator: multidayrunning.com/tools/backyard-ultra-calculator