



16 WEEK 100-MILE ULTRAMARATHON TRAINING PLAN



Week	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
1	Rest	Surges: 6 x 30s quick but relaxed/2 min easy jog in between	Rest or 3 miles easy	Hill reps: 5 x 2 minutes hard uphill with easy jog recovery back to your starting point. Aim for fastest sustainable pace & consistent pacing between reps	Rest	5 miles - easy	14 mile long run with 20% of the climb you will do in your race
2	Rest	4 miles - easy	Rest or 3 miles easy	Hill reps: 5 x 2.5 minutes hard uphill with easy jog recovery back to your starting point. Aim for fastest sustainable pace & consistent pacing between reps	Rest	5 miles - easy	*16 mile long run with 20% of the climb you will do in your race
3	Rest	15 mins steady tempo @ 3h race pace (65-70% effort)	Rest or 3 miles easy	Hill reps: 5 x 3 minutes hard uphill with easy jog recovery back to your starting point. Aim for fastest sustainable pace & consistent pacing between reps	Rest	4 miles - easy	10 mile long run with 10% of the climb you will do in your race
4	Rest	Surges: 6 x 30s quick but relaxed/2 min	Rest or 3 miles easy	Hill reps: 4 x 2 minutes hard uphill with easy	Rest	5 miles - easy	4-5h hilly hike

		easy jog in between		jog recovery back to your starting point. Aim for fastest sustainable pace & consistent pacing between reps			
5	Rest	20 mins steady trail tempo @ 3h race pace (65-70% effort)	Rest or 3 miles easy	20 min hill fartlek - all uphill a hard effort (1h race pace or 90% effort) and all flats & descents easy recovery pace	Rest	3 miles - easy	*18 mile long run with 20% of the climb you will do in your race
6	Rest	4 miles - easy	Rest or 3 miles easy	Trail fartlek: 3 x 8 min tempo @ 2h race pace (80% effort) with 2 minutes easy running in between	Rest	6 miles - easy	6-7h hilly hike
7	Rest	25 mins steady trail tempo @ 3h race pace (65-70% effort)	Rest or 3 miles easy	25 min hill fartlek - all uphill a hard effort (1h race pace or 90% effort) and all flats & descents easy recovery pace	Rest	4 miles - easy	*20 mile long run with 20% of the climb you will do in your race
8	Rest	4 miles - easy	Rest or 3 miles easy	Trail fartlek: 3 x 10 min tempo @ 2h race pace (80% effort) with 2	Rest	7 miles - easy	*6-7h hilly hike

				minutes easy running in between			
9	Rest	Hills: 1-2-3-3-2-1 min hard uphill/easy run back down to your starting point after each rep	Rest or 3 miles easy	Trail progression: 15 min @ 3h race pace (65% effort) followed by 10 min @ 2h race pace (80% effort)	Rest	5 miles - easy	10 mile long run with 15% of the climb you will do in your race
10	Rest	5 miles - easy	Rest or 3 miles easy	2 x 15 min steady tempo @ 3h race pace (65-70% effort) with 3 min easy run in between	Rest	6 miles - easy	*24 mile long run with 25% of the climb you will do in your race
11	Rest	4 miles - easy	Rest or 3 miles easy	Surges: 6 x 30s quick but relaxed/2 min easy jog in between	Rest	Trail fartlek: 2 x 10 min tempo@ 2h race pace (80% effort) with 2 minutes easy running in between	*8-9h hilly hike
12	Rest	5 miles - easy	Rest or 3 miles easy	Trail progression: 15 min @ 3h race pace (65% effort), followed by 10 min @ 2h race pace (80% effort), followed by 5 min @ 1h race pace (90% effort)	Rest	Hill reps: 4 x 2 minutes hard uphill with easy jog recovery back to your starting point. Aim for fastest sustainable pace & consistent pacing between reps	12 mile long run with 10% of the climb you will do in your race
13	Rest	Surges: 6 x 30s quick but relaxed/2 min easy jog in between	Rest or 3 miles easy	2 x 20 min steady tempo @ 3h race pace (65-70%	Rest	3 miles - easy	*28 mile long run with 30% of the climb you

				effort) with 3 min easy run in between			will do in your race
14	Rest	3 miles - easy	Rest or 3 miles easy	6 miles - easy	Rest	3 x 3 min hard uphill/easy run back to starting point, followed by 20 min tempo @ 3h race pace (65-70% effort)	12 mile long run with 15% of the climb you will do in your race
15	Rest	20 min hill fartlek - all uphills a hard effort (1h race pace or 90% effort) and all flats & descents easy recovery pace	Rest or 3 miles easy	40 mins steady tempo @ 3h race pace (65-70% effort)	Rest	4 miles - easy	*8-9h hilly hike
16	Rest	4 miles - easy	Rest or 3 miles easy	*Trail progression: 20 min @ 3h race pace (65% effort) followed by 20 min @ 2h race pace (80% effort)	Rest	6 miles - easy	*16 mile long run with 10% of the climb you will do in your race
17	Rest	4 miles - easy	Rest or 3 miles easy	Surges: 6 x 30s quick but relaxed/2 min	Rest	4 miles – easy	7 mile long run with 5% of the climb you will do in your race
18	Rest	4 miles - easy	Rest or 3 miles easy	3 miles - easy	Rest	2 miles - easy	Race