

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			
5	Rest	20 mins steady trail tempo @ 3h race pace (65- 70% effort)	Rest or 3 miles easy	reps 20 min hill fartlek - all uphills 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 uphills 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

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