



# 16-WEEK 100KM ULTRAMARATHON TRAINING PLAN



Week	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
1	Rest	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	10K – easy run on hilly trail	8K – easy, with 6 x 20s strides. This run should be done on the flat	Tempo run: 25 min steady @ 3h race pace (65% effort)	10K – easy run on hilly trail	25K long run with 25% of the climb you will do in your race
2	Rest	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	10K – easy run on hilly trail	8K – easy. This run should be done on the flat	Tempo run: 30 min steady @ 3h race pace (60% effort)	12K – easy run on hilly trail	20K long run with 15% of the climb you will do in your race. In the last 20 mins of this run, include 10 minutes running at 2h race pace (a moderately hard 80 % effort)
3	Rest	Fartlek: 6 x 3 minutes hard, with 90s easy jog recovery between efforts	10K – easy run on hilly trail	8K – easy. This run should be done on the flat	Progression run: 20 mins @ 3h race pace (65% effort), followed immediately by 10 mins @ 2h race pace (80% effort)	8K – easy run on hilly trail	30K long run with 30% of the climb you will do in your race
4	Rest	Hill reps: 5 x 4 minutes hard uphill with easy jog recovery back to your starting point.	10K – easy run on hilly trail	8K – easy, with 6 x 20s strides. This run should be	<b>*2 x 20 min steady @ 3h race pace (60% effort), with 5 minutes</b>	12K – easy run on hilly trail	20K long run with 20% of the climb you will do in your race

		Aim for fastest sustainable pace & consistent pacing between reps		done on the flat	<b>easy running in between</b>		
5	Rest	Fartlek: 6 x 4 minutes hard, with 2 minutes easy jog recovery between efforts	10K – easy run on hilly trail	8K – easy. This run should be done on the flat	Alternation run: 5 x 1 min @ 1h race pace (90% effort)/5 min @ 3h race pace (65% effort)	8K – easy run on hilly trail	35K long run with 40% of the climb you will do in your race
6	Rest	Hill fartlek: 30 min session in which you run hard on all climbs and easy on all flats and descents	10K – easy run on hilly trail	10K – easy. This run should be done on the flat	8K – easy, with 6 x 20s strides	12K – easy run on hilly trail	<b>*20K long run with 15% of the climb you will do in your race. In this run incorporate 45 mins @ 3h race pace (65% effort)</b>
7	Rest	10K - easy	Fartlek: 8-6-6-4 minutes hard, with 2 minutes easy jog recovery between efforts	8K – easy. This run should be done on the flat	6K - easy	<b>*Progression run: 20 mins @ 3h race pace (65% effort), followed immediately by 20 mins @ 2h race pace (80% effort)</b>	40K long run with 40% of the climb you will do in your race
8	Rest	Hill fartlek: 40 min session in which you run hard on all climbs and easy on all flats and descents	10K – easy run on hilly trail	8K – easy. This run should be done on the flat	10K – easy, with 6 x 20s strides	8K – easy run on hilly trail	<b>*20K long run with 15% of the climb you will do in your race. In this run incorporate 60 mins @ 3h race pace (65% effort)</b>

9	Rest	10K - easy	Fartlek: 4 x 7.5 minutes hard, with 2.5 minutes easy jog recovery between efforts	8K – easy. This run should be done on the flat	6K - easy	<b>*Progression run: 20 mins @ 3h race pace (65% effort), followed immediately by 15 mins @ 2h race pace (80% effort), then 5 mins @ 1h race pace (90% effort)</b>	45K long run or trail marathon race with 50% of the climb you will do in your race
10	Rest	Hill fartlek: 40 minutes session. Run hard on all climbs (1h race pace, or 90% effort). On all flats and descents run at 3-4h race pace	10K – easy run on hilly trail	10K – easy. This run should be done on the flat	10K – easy, with 6 x 20s strides	12K – easy run on hilly trail	<b>*25K long run with 25% of the climb you will do in your race. In this run incorporate 75 mins @ 4h race pace</b>
11	Rest	10K - easy	Hill reps: 4 x 2 minutes hard uphill with easy jog recovery back to your starting point. Then follow with 25 minute tempo @ 2h race pace (80-85% effort)	8K – easy. This run should be done on the flat	8K - easy	5K – easy run on hilly trail	50K long run with 50% of the climb you will do in your race
12	Rest	8K - easy	10K – easy run on hilly trail	14K – easy. This run should be done on the flat	10K – easy, with 6 x 20s strides	8K – easy run on hilly trail	<b>*30K long run with 25% of the climb you will do in your race. In this run incorporate 90 mins @ 4h race pace</b>

13	Rest	10K - easy	Fartlek: 3 x 8 minutes hard, with 3 minutes easy jog recovery between efforts	8K – easy. This run should be done on the flat	6K - easy	Alternation run: 3 x 5 mins @ 1h race pace (90% effort)/15 min steady @ 4h race pace	45K long run with 35% of the climb you will do in your race
14	Rest	8K - easy	8K – easy run on hilly trail	Hill fartlek: 40 minutes session. Run hard on all climbs (1h race pace, or 90% effort). On all flats and descents run at 3-4h race pace	10K - easy	12K – easy run on hilly trail	<b>*25K long run with 25% of the climb you will do in your race. In this run incorporate 60 mins @ 4h race pace</b>
15	Rest	8K - easy	Progression run: 40 mins @ 4h race pace, followed immediately by 10 mins @ 2h race pace (80% effort)	8K – easy. This run should be done on the flat	6K - easy	Tempo run: 30 min steady @ 3h race pace (60% effort)	15K long run with 10% of the climb you will do in your race
16	Rest	8K – easy. In the last 20 minutes of this run, include 10 minutes running at 3h race pace (65-70% effort)	8K – easy run on hilly trail	6K – easy, with relaxed 4 x 20s strides. This run should be done on the flat	Rest	3K – easy run on hilly trail	Race