

SAMPLE ULTRA X 16 WEEK 100KM PLAN for an advanced runner, training 5 times per week

■ Easy Run
 ■ Intervals
 ■ Tempo
 ■ Hills
 ■ Long Run

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	7km Hill Repeats	8km 8km Easy Run	8.8km 200m Tempo Repeats	Rest	12km 12km Easy Run	15km 15km Long Run	Rest
WEEK 2	7.3km Broken Miles	8km 8km Easy Run	9km Progressive Hot Spot Run	Rest	9km 9km Easy Run	21km 21km Long Run	Rest
WEEK 3	7.2km Ascending Hill Reps	7km 7km Easy Run	7km Tempo 1200	Rest	8km 8km Easy Run	25km 25km Long Run	Rest
WEEK 4	5km Progressive Hill Reps	Rest	7km Tempo 4k	Rest	8km 8km Easy Run	15km 15km Long Run	Rest
WEEK 5	7.2km Descending Intervals	8km 8km Easy Run	7km Progressive Run	Rest	9km 9km Easy Run	30km 30km Long Run	Rest
WEEK 6	11km Longer Hill Repeats	7km 7km Easy Run	11km Over and Unders 1km	Rest	12km 12km Easy Run	21km 21km Long Run	Rest
WEEK 7	9.2km Descending Hill Reps	5km 5km Easy Run	11km On off Ks	Rest	5km 5km Easy Run	35km 35km Long Run	Rest
WEEK 8	8km Extended Kms	Rest	7km Tempo 5k	Rest	10km 10km Easy Run	12km 12km Long Run	Rest

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WEEK 9	9km Progressive Hill Reps	5km 5km Easy Run	9km Tempo 2.5k	Rest	5km 5km Easy Run	42.2km Marathon Long Run	Rest
WEEK 10	10km 10km Easy Run	13km On and Offs	14km 14km Easy Run	Rest	9km Drop set Hill Reps	18km 18km Long Run	Rest
WEEK 11	9km 800m Repeats	5km 5km Easy Run	9km Tempo 6k	Rest	5km 5km Easy Run	50km 50km Long Run	Rest
WEEK 12	Rest	7.3km Drop set Hill Reps	14km 14km Easy Run	Rest	7km Over and Unders 400m	16km 16km Long Run	Rest
WEEK 13	9km Alternating Hill Reps	5km 5km Easy Run	9km Half Easy Half Tempo	Rest	5km 5km Easy Run	65km 65km Long Run	Rest
WEEK 14	8km 8km Easy Run	8km 8km Easy Run	9km Progressive Run	Rest	15km 15km Easy Run	25km 25km Long Run	Rest
WEEK 15	9.2km Progressive Hill Reps	Rest	11km Rolling 500s	Rest	12km 12km Easy Run	15km 15km Long Run	Rest
WEEK 16	Rest	8km Taper Up & Overs	6km 6km Easy Run	Rest	Rest	100km 100km Race	Rest