

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

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

	MONDAY		FRIDAY	SATURDAY	SUNDAY		
WEEK 1 FEB 27TH	7km Tempo 2-1	8km 8km Easy Run	9km Drop set Hill Reps	Rest	12km 12km Easy Run	15km 15km Long Run	Rest
WEEK 2 MAR 6TH	7km On off Ks	8km 8km Easy Run	9km 400m Repeats	Rest	9km 9km Easy Run	21km 21km Long Run	Rest
WEEK 3 MAR 13TH	7km Progressive Run	7km 7km Easy Run	7km Longer Hill Repeats	Rest	8km 8km Easy Run	25km 25km Long Run	Rest
WEEK 4 MAR 20TH	5.2km Over and Unders 400m	Rest	7.8km Shorter Hill Repeats	Rest	8km 8km Easy Run	15km 15km Long Run	Rest
WEEK 5 MAR 27TH	7km Progressive Run	8km 8km Easy Run	7km 1km Repeats	Rest	9km 9km Easy Run	30km 30km Long Run	Rest
WEEK 6 APR 3RD	11km Over and Unders 1km	7km 7km Easy Run	11km Descending Hill Reps	Rest	12km 12km Easy Run	21km 21km Long Run	Rest
WEEK 7 APR 10TH	9km Over and Unders 2km	5km 5km Easy Run	11km Drop set Hill Reps	Rest	5km 5km Easy Run	35km 35km Long Run	Rest
WEEK 8 APR 17TH	8.3km Tempo 1200	Rest	7.2km Descending Intervals	Rest	10km 10km Easy Run	12km 12km Long Run	Rest



Download Runna to personalise your own training plan with exciting workouts and specific pace targets. All of our plans sync with your favourite fitness devices and come with holistic advice, from strength training to injury management. Get the support that you need from our global in-app community and world-class coaching team.

Use code **THRESHOLD** for free trial



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 9 APR 24TH	<b>11km</b> Over and Unders 2km	<b>10km</b> 10km Easy Run	<b>13km</b> Hill Repeats	Rest	<b>16km</b> 16km Easy Run	<b>35km</b> 35km Long Run	Rest
WEEK 10 MAY 1ST	<b>8km</b> 8km Easy Run	<b>11km</b> Progressive Hill Reps	<b>7km</b> 7km Easy Run	Rest	<b>5km</b> 5km Easy Run	<b>60km</b> 60km Long Run	Rest
WEEK 11 MAY 8TH	<b>16km</b> Tempo 1200	<b>9km</b> 9km Easy Run	<b>15km</b> Broken 600s	Rest	<b>14km</b> 14km Easy Run	<b>25km</b> 25km Long Run	Rest
WEEK 12 MAY 15TH	<b>9km</b> Half Easy Half Tempo	Rest	<b>9.2km</b> Ascending Hill Reps	Rest	<b>10km</b> 10km Easy Run	<b>18km</b> 18km Long Run	Rest
WEEK 13 MAY 22ND	<b>11km</b> Progressive Hill Reps	<b>8km</b> 8km Easy Run	<b>7km</b> Progressive Run	Rest	<b>5km</b> 5km Easy Run	<b>70km</b> 70km Long Run	Rest
WEEK 14 MAY 29TH	<b>5km</b> 5km Easy Run	<b>8km</b> 8km Easy Run	<b>13km</b> Broken Miles	Rest	<b>12km</b> 12km Easy Run	<b>25km</b> 25km Long Run	Rest
WEEK 15 JUN 5TH	<b>11km</b> Tempo 2k	Rest	<b>14km</b> Drop set Hill Reps	Rest	<b>10km</b> 10km Easy Run	<b>15km</b> 15km Long Run	Rest
WEEK 16 JUN 12TH	Rest	<b>9km</b> Taper Intervals	<b>7km</b> 7km Easy Run	Rest	Rest	<b>100km</b> 100km Race	Rest



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