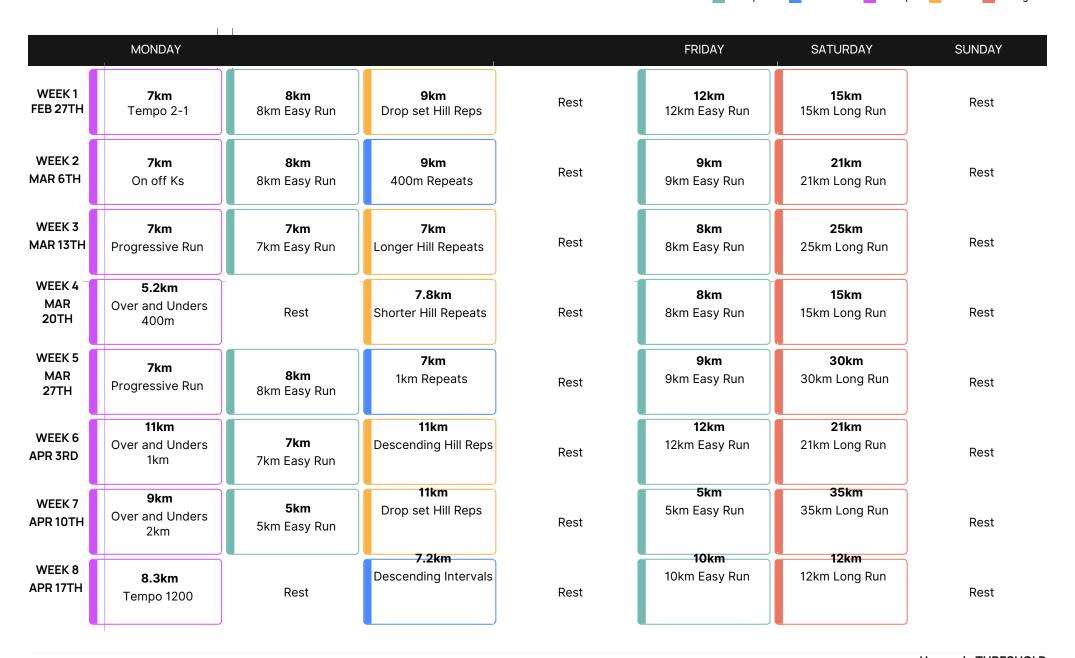
SAMPLE ULTRA X 16 WEEK 100KM PLAN for an intermediate runner, training 5 times per week





Use code THRESHOLD for free trial

Intervals Tempo Hills Long Run



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



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