

SAMPLE ULTRA X 16 WEEK 100KM PLAN

for an Beginner runner, training 5 times per week

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

	MONDAY		FRIDAY	SATURDAY	SUNDAY
WEEK 1	7km Hill Repeats	8km 8km Easy Run	8km Half Easy Half Tempo	8km 12km Easy Run	10km 10km Long Run
WEEK 2	7.1km Broken 600s	8km 8km Easy Run	9km Tempo 2k	9km 9km Easy Run	13km 13 m Long Run
WEEK 3	7.2km Ascending Hill Reps	7km 7km Easy Run	7km Over and Unders 1km	8km 8km Easy Run	18km 25km Long Run
WEEK 4	5km Progressive Hill Reps	Rest	7km Half Easy Half Tempo	8km 8km Easy Run	15km 15km Long Run
WEEK 5	7km Shorter Intervals	8km 8km Easy Run	7km 1.5km Rep	9km 9km Easy Run	25km 25km Long Run
WEEK 6	11km Longer Hill Repeats	7km 7km Easy Run	11km Progressive Run	10km 10km Easy Run	20km 21km Long Run
WEEK 7	9.2km Descending Hill Reps	5km 5km Easy Run	11km 1.5km Rep	5km 5km Easy Run	27km 27km Long Run
WEEK 8	7.3km 200m Repeats	Rest	7km Tempo 5k	10km 10km Easy Run	12km 12km Long Run

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Easy Run Intervals Tempo Hills Long Run

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 9	9km Progressive Hill Reps	5km 5km Easy Run	9km Over and Unders 400m	Rest	5km 5km Easy Run	35km Long Run	Rest
WEEK 10	9km Drop set Hill Reps	10km 10km Easy Run	13km Rolling 500s	Rest	14km 14km Easy Run	18km 18km Long Run	Rest
WEEK 11	9.2km 600s into 200s	5km 5km Easy Run	9km Tempo 2.5k	Rest	5km 5km Easy Run	42.2km 42.2km Long Run	Rest
WEEK 12	7.3km Drop set Hill Reps	Rest	7km Over and Unders 1km	Rest	14km 14km Easy Run	16km 16km Long Run	Rest
WEEK 13]	9km Alternating Hill Reps	5km 5km Easy Run	10km Tempo 1200	Rest	5km 5km Easy Run	55km Long Run	Rest
WEEK 14	8km 8km Easy Run	8km 8km Easy Run	9km Tempo 2-1	Rest	15km 15km Easy Run	25km 25km Long Run	Rest
WEEK 15	9.2km Progressive Hill Reps	Rest	11km 200m Repeats	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