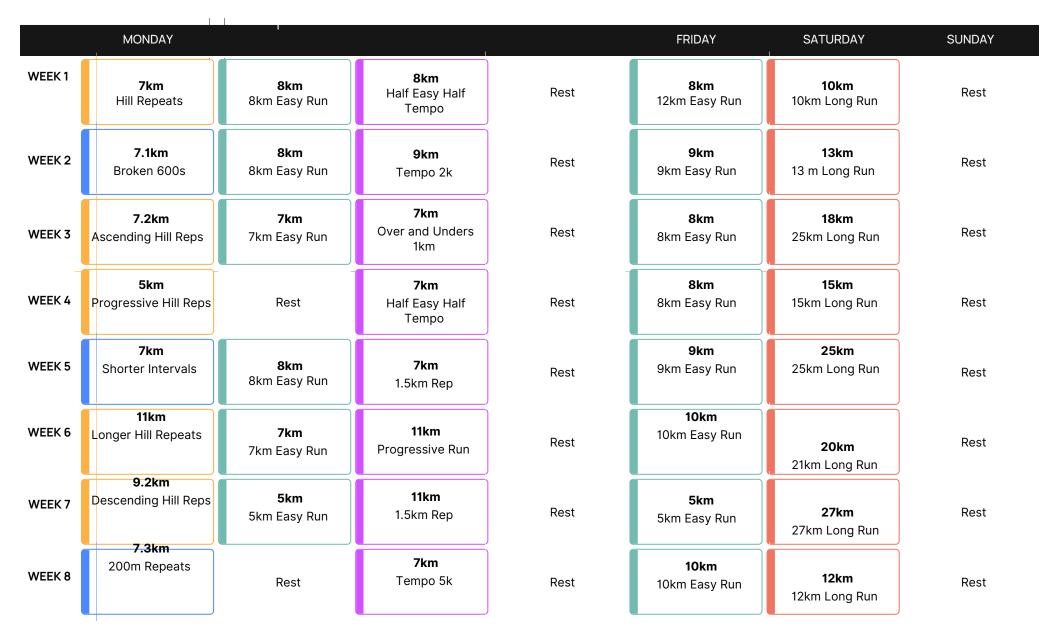
## **SAMPLE ULTRA X 16 WEEK 100KM PLAN** for an Beginner runner, training 5 times per week

Easy Run Intervals Tempo Hills Long Run





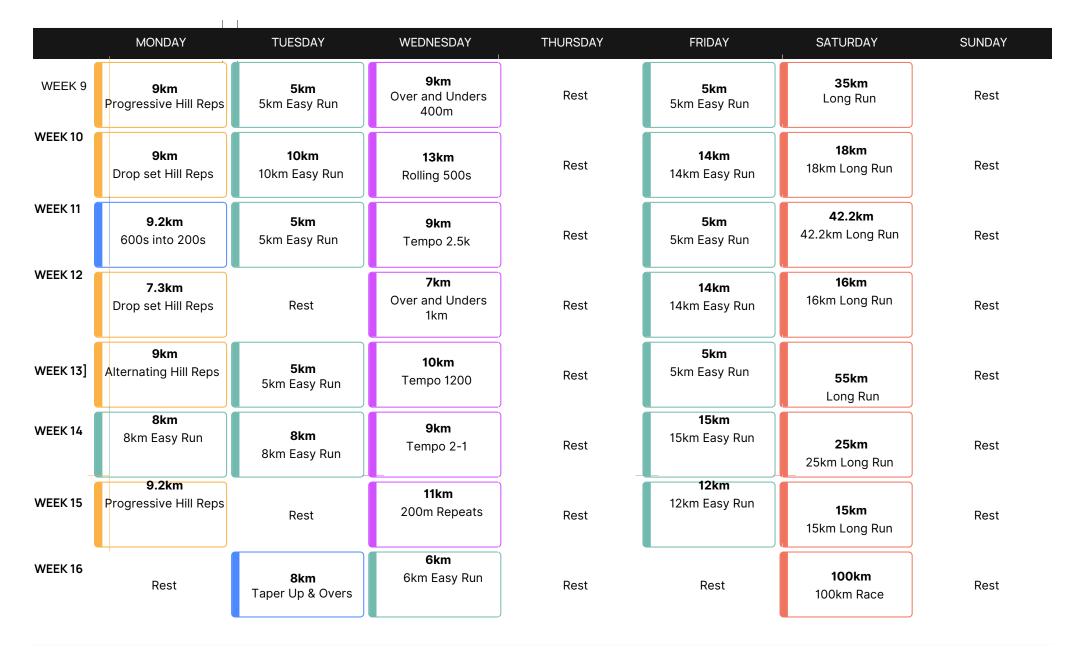
Download Runna to personalise your own training plan with exciting workouts and specific pace targets. All of our plans sync with your favourite fitness devices and come with holistic advice, from strength training to injury management. Get the support that you need from our global in-app community and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

Use code THRESHOLD for free trial



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

Easy Run Intervals Tempo Hills Long Run





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

Google Play

App Store