

**THRESHOLD/
TRAIL SERIES**

runna

TRAINING PLAN

100K – INTERMEDIATE (MILES)



**RACE TO THE
STONES** 

**RACE TO THE
KING** 

About this Plan

This sixteen-week **Runna** training plan is designed to help you prepare for your 100km run. As an intermediate runner, we recommend that you are used to running 4-5 times a week and have completed at least one marathon-distance run (42.2km / 26.2 miles) in the past.




The plan is broken down into four-week blocks, which are designed to help you build your strength, fitness, and endurance gradually towards race day. Every fourth week you will have an easier week where the intensity and time on your feet drops right down; this recovery time is important to help you build fitness.

If you miss a session or need to move things around due to life getting in the way, don't worry. This plan is just a guide to help you make informed decisions about how to approach your training.

When do I start training?

- If you are taking part in Race to the King, your first week of training begins on the 26th of February.
- If you are taking part in Race to the Stones, your first week of training begins on the 25th of March.

KEY TO TRAINING SESSIONS

Intensity	Low  Moderate  High 	
Easy	Easy running is as it sounds! A comfortable, relaxed pace where you're not pushing yourself too hard. It's often described as "conversational" because you should be able to speak in full sentences without gasping for air. Easy running is essential to build endurance and fitness – don't skimp on it!	
Rest	Rest is an essential part of training which lets your muscles repair and strengthen. Gentle exercise like a walk, stretching, or easy bike ride is fine, but try to avoid over-exerting yourself on rest days.	
Always warm up and cool down before any hard running!	Tempo	A tempo run is a workout where you run at a 'comfortably hard pace' – somewhere between your 10k race pace and half marathon, or the kind of pace you could maintain for around one hour.
	Intervals	In this workout, you mix fast running with slow jogging or walking. For example, if your session is described as "4x400m", you should warm up, run 400m at a relatively fast pace, then walk/jog 400m to recover. Repeat this four times in total, then cool down.
	Hill repeats	A hill repeat session is just like a standard interval session, except that the 'hard' running is done uphill. This will build strength and explosive power and help you on those hills during the race. At the end of each interval, jog or walk back downhill to recover before the next one.
	Progressive	During a progressive run, aim to gradually increase your pace throughout the run. Start at a slow and easy pace, and then incrementally speed up to a moderate or fast pace towards the end. The idea is to begin comfortably and finish fast, but not so fast that you can't maintain good form.
Long run	Your weekly long run is a key session when it comes to building endurance for your ultra. Try to get out onto trails if you can and run at an easy pace - don't be afraid to walk up hills! Long runs are a great time to practice using the kit and nutrition you plan on using during the race itself.	

BLOCK 1




**THRESHOLD/
MORE IS IN YOU™**

LAYING THE FOUNDATIONS

It's important to build gradually towards your 100km run - don't be tempted to immediately head out the door and run a marathon in the hills! Start conservatively and you'll find your fitness will follow.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
1	4.3 MILES EASY	5 MILES EASY	5.6 MILES HALF EASY HALF TEMPO	REST	6.8 MILES EASY	9.3 MILES LONG RUN	REST	31.1 MILES
2	4.3 MILES INTERVALS 3 X 1KM	5 MILES EASY	5.6 MILES LAST MILE TEMPO	REST	7.5 MILES EASY	11.2 MILES LONG RUN	REST	34.8 MILES
3	5 MILES PROGRESSIVE	6.2 MILES EASY	4.3 MILES INTERVALS 3 X 800M	REST	7.5 MILES EASY	13 MILES LONG RUN	REST	36 MILES
4	4.3 MILES EASY	REST	4.3 MILES HALF EASY HALF TEMPO	REST	5 MILES EASY	9.3 MILES LONG RUN	REST	23 MILES

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BLOCK 2

**THRESHOLD/
MORE IS IN YOU™**

BUILDING OUT YOUR BASE

With foundations laid you can now start to get some serious mileage under your feet. Don't get too caught up on getting everything right. Staying consistent is more important than any single training run.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
1	4.3 MILES EASY	6.2 MILES EASY	5.6 MILES INTERVALS 2 X 1 MILE	REST	6.2 MILES EASY	15 MILES LONG RUN	REST	37.3 MILES
2	6.2 MILES HILL REPEATS 3 X 200M	5 MILES EASY	6.8 MILES PROGRESSIVE	REST	6.2 MILES EASY	16.2 MILES LONG RUN	REST	40.4 MILES
3	5.6 MILES EASY	6.2 MILES EASY	6.8 MILES INTERVALS 3 X 1 MILE	REST	7.5 MILES EASY	17.4 MILES LONG RUN	REST	43.5 MILES
4	4.3 MILES EASY	REST	5 MILES TEMPO 5KM	REST	5.6 MILES EASY	10 MILES LONG RUN	REST	24.9 MILES

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BLOCK 3

**THRESHOLD/
MORE IS IN YOU™**

DEVELOPING YOUR FITNESS

This four-week block is where you will really start to sharpen up your fitness in preparation for your 100km run. Expect to feel fatigued, and make sure you are eating well and getting as much sleep as you can.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
1	5.6 MILES PROGRESSIVE	6.2 MILES EASY	5.6 MILES HILL REPEATS 5 X 200M	3.1 MILES EASY	5.6 MILES EASY	18.6 MILES LONG RUN	REST	44.7 MILES
2	5.6 MILES INTERVALS 5 X 800M	6.2 MILES EASY	8 MILES PROGRESSIVE	REST	8.7 MILES EASY	20 MILES LONG RUN	REST	48.5 MILES
3	5.6 MILES INTERVALS 2 X 1.5 MILES	3.1 MILES EASY	6.8 MILES INTERVALS 3 X 1 MILE	3.1 MILES EASY	REST	20 MILES LONG RUN	13 MILES LONG RUN	51.6 MILES
4	4.3 MILES EASY	REST	4.3 MILES INTERVALS 2 X 800M	REST	6.2 MILES EASY	11.2 MILES LONG RUN	REST	26 MILES

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BLOCK 4

**THRESHOLD/
MORE IS IN YOU™**

PEAKING AND TAPERING

This final block starts with one last big week, culminating a 50km 'dress rehearsal'. You'll then begin a three week 'taper', reducing your mileage to help your body recover ahead of your 100km run.

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1	4.3 MILES EASY	5 MILES EASY	6.2 MILES HALF EASY HALF TEMPO	3.1 MILES EASY	REST	31.1 MILES LONG RUN	3.1 MILES EASY	52.8 MILES
2	REST	5 MILES EASY	5.6 MILES TEMPO 2 MILES	REST	9.3 MILES EASY	14.3 MILES LONG RUN	REST	40.4 MILES
3	5.6 MILES PROGRESSIV E	REST	6.8 MILES HILL REPEATS 5 X 400M	REST	7.5 MILES EASY	9.3 MILES LONG RUN	REST	29.2 MILES
4	REST	5 MILES EASY	3.7 MILES EASY	REST	REST	62.2 MILES (100KM) RACE WEEKEND		70.9 MILES

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Intensity

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Rest

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Always warm up and cool down before any hard running!

Tempo

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Intervals

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Hill repeats

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Progressive

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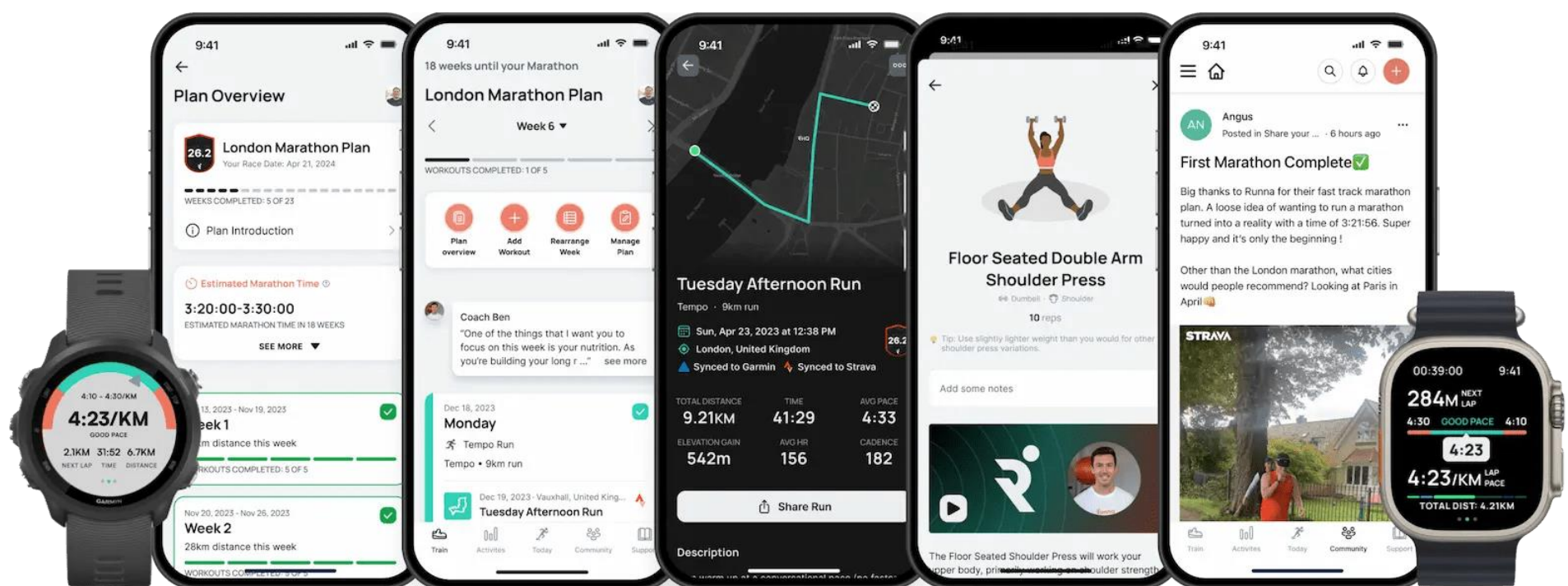
Long run

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Take your running to the next level with Runna Official Training Provider to the Threshold Trail Series

Get the support you need as a runner with tailored running plans to achieve your goals, from training for a faster 5k to completing your first ultramarathon.

Use code **THRESHOLD** for a two-week free trial.



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TRAILS POWER!

GOOD LUCK!