

**THRESHOLD/  
TRAIL SERIES**

**runna**

# TRAINING PLAN

100K – BEGINNER (KM)



**RACE TO THE  
STONES** 

**RACE TO THE  
KING** 

## About this Plan

This sixteen-week **Runna** training plan is designed to help you take on your first 100km run. We recommend that you are used to exercising 3-4 times a week and have completed at least one half-marathon-distance run (21.1km / 13.1 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 26<sup>th</sup> of February.
- If you are taking part in Race to the Stones, your first week of training begins on the 25<sup>th</sup> of March.

## KEY TO TRAINING SESSIONS

|  |   |   |
|--|---|---|
| <b>Intensity</b>   | Low  Moderate  High                               |   |
| <b>Easy</b>  | 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! |   |
| <b>Rest</b>  | 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.  |   |
| <b>Always warm up and cool down before any hard running!</b> | <b>Tempo</b>  | 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.   |
|  | <b>Intervals</b>  | 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.                                |
|  | <b>Hill repeats</b>   | 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.   |
|  | <b>Progressive</b>  | 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. |
| <b>Long run</b>  | 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 KM    |
|------|--------------------|--------------------|---------------------------------------|----------|--------------------|-------------------------|--------|-------------|
| 1    | <b>7KM</b><br>EASY | <b>8KM</b><br>EASY | <b>8KM</b><br>HALF EASY<br>HALF TEMPO | REST     | <b>8KM</b><br>EASY | <b>10KM</b><br>LONG RUN | REST   | <b>41KM</b> |
| 2    | <b>7KM</b><br>EASY | <b>8KM</b><br>EASY | <b>9KM</b><br>LAST 2KM<br>TEMPO       | REST     | <b>9KM</b><br>EASY | <b>13KM</b><br>LONG RUN | REST   | <b>46KM</b> |
| 3    | <b>7KM</b><br>EASY | <b>8KM</b><br>EASY | <b>7KM</b><br>INTERVALS<br>3 X 1KM    |          | <b>8KM</b><br>EASY | <b>18KM</b><br>LONG RUN | REST   | <b>48KM</b> |
| 4    | <b>5KM</b><br>EASY | REST               | <b>7KM</b><br>HALF EASY<br>HALF TEMPO | REST     | <b>8KM</b><br>EASY | <b>15KM</b><br>LONG RUN | REST   | <b>35KM</b> |

## KEY TO TRAINING SESSIONS

### Intensity

Low ● Moderate ● High ●

### Easy

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### 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 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 KM    |
|------|--------------------|--------------------|---------------------------------------|----------|---------------------|-------------------------|--------|-------------|
| 1    | <b>7KM</b><br>EASY | <b>8KM</b><br>EASY | <b>7KM</b><br>INTERVALS<br>2 X 1.5KM  | REST     | <b>9KM</b><br>EASY  | <b>21KM</b><br>LONG RUN | REST   | <b>52KM</b> |
| 2    | <b>9KM</b><br>EASY | <b>8KM</b><br>EASY | <b>10KM</b><br>PROGRESSIVE            | REST     | <b>8KM</b><br>EASY  | <b>22KM</b><br>LONG RUN | REST   | <b>57KM</b> |
| 3    | <b>9KM</b><br>EASY | <b>5KM</b><br>EASY | <b>11KM</b><br>INTERVALS<br>3 X 1.5KM | REST     | <b>10KM</b><br>EASY | <b>25KM</b><br>LONG RUN | REST   | <b>60KM</b> |
| 4    | <b>7KM</b><br>EASY | REST               | <b>7KM</b><br>TEMPO 5KM               | REST     | <b>10KM</b><br>EASY | <b>12KM</b><br>LONG RUN | REST   | <b>36KM</b> |

## KEY TO TRAINING SESSIONS

|  |   |   |
|--|---|---|
| <b>Intensity</b>   | Low <span style="color: green;">●</span> Moderate <span style="color: yellow;">●</span> High <span style="color: orange;">●</span>  |   |
| <b>Easy</b>  | 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! |   |
| <b>Rest</b>  | 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.  |   |
| <b>Always warm up and cool down before any hard running!</b> | <b>Tempo</b>  | 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.   |
|  | <b>Intervals</b>  | 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.                                |
|  | <b>Hill repeats</b>   | 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.   |
|  | <b>Progressive</b>  | 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. |
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## BLOCK 3

# DEVELOPING YOUR FITNESS

**THRESHOLD/  
MORE IS IN YOU™**

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 KM    |
|------|--------------------|--------------------|--|----------|---------------------|-------------------------|--------|-------------|
| 1    | <b>9KM</b><br>EASY | <b>7KM</b><br>EASY | <b>9KM</b><br>HILL REPEATS<br>5 X 200M | REST     | <b>7KM</b><br>EASY  | <b>30KM</b><br>LONG RUN | REST   | <b>62KM</b> |
| 2    | <b>9KM</b><br>EASY | <b>8KM</b><br>EASY | <b>10KM</b><br>PROGRESSIVE             | REST     | <b>8KM</b><br>EASY  | <b>30KM</b><br>LONG RUN | REST   | <b>65KM</b> |
| 3    | <b>9KM</b><br>EASY | <b>8KM</b><br>EASY | <b>11KM</b><br>INTERVALS<br>2 X 2.5KM  | REST     | <b>10KM</b><br>EASY | <b>32KM</b><br>LONG RUN | REST   | <b>70KM</b> |
| 4    | <b>7KM</b><br>EASY | REST               | <b>7KM</b><br>INTERVALS<br>2 X 1KM     | REST     | <b>10KM</b><br>EASY | <b>16KM</b><br>LONG RUN | REST   | <b>40KM</b> |

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## BLOCK 4

**THRESHOLD/  
MORE IS IN YOU™**

# PEAKING AND TAPERING

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

| Week | Monday             | Tuesday            | Wednesday                               | Thursday | Friday              | Saturday                            | Sunday | Total KM     |
|------|--------------------|--------------------|---|----------|---------------------|-------------------------------------|--------|--------------|
| 1    | <b>8KM</b><br>EASY | <b>7KM</b><br>EASY | <b>10KM</b><br>TEMPO 5KM                | REST     | REST                | <b>50KM</b><br>LONG RUN             | REST   | <b>75KM</b>  |
| 2    | <b>8KM</b><br>EASY | <b>8KM</b><br>EASY | <b>9KM</b><br>TEMPO 3KM                 | REST     | <b>10KM</b><br>EASY | <b>25KM</b><br>LONG RUN             | REST   | <b>60KM</b>  |
| 3    | <b>9KM</b><br>EASY | REST               | <b>11KM</b><br>HILL REPEATS<br>3 X 200M | REST     | <b>10KM</b><br>EASY | <b>15KM</b><br>LONG RUN             | REST   | <b>45KM</b>  |
| 4    | REST               | <b>8KM</b><br>EASY | <b>6KM</b><br>EASY                      | REST     | <b>3KM</b><br>EASY  | <b>100KM</b><br><b>RACE WEEKEND</b> |        | <b>117KM</b> |

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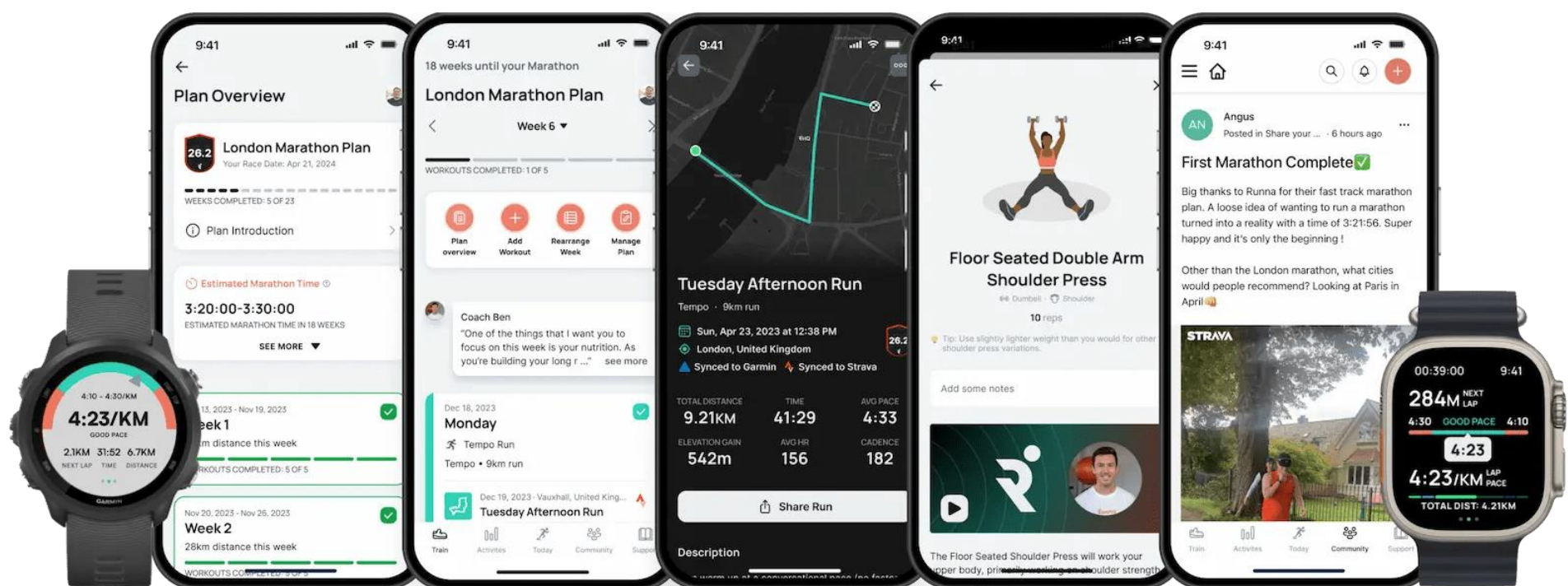
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