

A man with a beard and sunglasses, wearing a red t-shirt and black shorts, is running on a gravel path. The path is surrounded by green grass and wildflowers. In the background, there are large, rugged mountains under a blue sky with white clouds. A power line tower is visible on the left side of the image.

# Ultra

## Training Plan 100km

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**MACMILLAN**  
CANCER SUPPORT



Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	30 min aerobic cross training + strength & conditioning	<b>Run</b> 30 min progression run of 10 mins easy effort, 10 mins steady effort, 10 mins threshold effort	Recovery run, 30 mins or 30 mins aerobic cross training	45 mins easy conversational pace	<b>Rest</b>	Continuous hills, 4x (6 mins effort/2 mins jog)	90 mins – 1 hr 45 mins easy conversational pace (Off-road if possible)
2	30 min aerobic cross training + strength & conditioning	<b>Run</b> 30 min progression run of 10 mins easy effort, 10 mins steady effort, 10 mins threshold effort	Recovery run, 30 mins or 30 mins aerobic cross training	60 mins easy conversational pace	<b>Rest</b>	Continuous hills, 45 min including 3x (8 mins effort/2 mins jog)	2 hrs easy effort (Off-road if possible)
3	30 min aerobic cross training + strength & conditioning	<b>Run</b> 45 min progression run of 15 mins easy effort, 15 mins steady effort, 15 mins threshold effort	Recovery run, 30 mins or 30 mins aerobic cross training	60 mins easy conversational pace	<b>Rest</b>	Continuous hills, 45 min including 3x (10 mins effort/2 mins jog)	2 hrs 15 mins all easy conversational pace (Off-road if possible)
4	30 min aerobic cross training + strength & conditioning	<b>Threshold run</b> 45 min including 4x(5 mins threshold effort, 2 min jog)	Recovery run, 30 mins or 30 mins aerobic cross training	75 mins easy conversational pace	<b>Rest</b>	Continuous hills, 45 min including 4x (8 mins effort/2 mins jog)	2 hr 30 mins all easy conversational pace (Off-road if possible)
5	<b>Rest</b>	<b>Run</b> 30 mins easy effort	Recovery run, 30 mins or 30 mins aerobic cross training	<b>Run</b> 45 mins easy effort	<b>Rest</b>	Park run or 5 km time trial	<b>Run</b> 90 mins easy effort
6	30–40 min aerobic cross training + strength & conditioning	<b>Threshold run</b> 45 min including 5x(5 mins threshold effort, 90 sec jog recovery)	Easy effort run, 40 mins or 40 mins aerobic cross training	75 min including 3x6 mins at threshold effort (2 min jog recovery)	<b>Rest</b>	Continuous hills, 4x(6 mins effort, 90 sec jog) within a 50 min run	2 hr 30 mins including last 30 mins at marathon pace

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7	30–40 min aerobic cross training + strength & conditioning	<b>Threshold session</b> 5x(5 mins threshold effort, 75 sec jog recovery)	Easy effort run, 40 mins or 40 mins aerobic cross training	75 min including 3x6 mins at threshold effort (2 min jog recovery)	<b>Rest</b>	Continuous hills, 60 min including. 3x(10 mins effort, 90 sec jog)	2 hr 45 mins last 60 mins includes 3x15 mins at marathon pace (5 mins easy running between these blocks)
8	30–40 min aerobic cross training + strength & conditioning	<b>Threshold session</b> 5x(6 mins threshold effort, 90 sec jog) within a 60 min run	Easy effort run, 40 mins or 40 mins aerobic cross training	90 min easy effort run last 45 mins includes 3x(8 mins effort, 90 sec jog) within a 50 min run	<b>Rest</b>	Continuous hills, 45–60 min including. 3x (12 mins effort, 90 sec jog)	3 hrs all easy effort
9	30–40 min aerobic cross training + strength & conditioning	<b>Threshold session</b> 3x(10 mins threshold effort, 90–120 secs jog) within a 60 min run	Easy effort run, 40 mins or 40 mins aerobic cross training	90 min easy run last 45 mins includes 3x(10 mins effort, 90 sec jog)	<b>Rest</b>	<b>Recovery run</b> 45 mins	<b>AM</b> 2 hr 30 mins all easy <b>PM</b> 45 min progression run of 15 mins easy effort, 15 mins steady effort, 15 mins at threshold effort
10	<b>Rest</b>	<b>Recovery run</b> 40 mins total + conditioning work	<b>Recovery run</b> 30 mins	75 mins easy effort	<b>Rest</b>	<b>Run</b> 30 mins easy effort	<b>AM</b> 90 mins – 1 hr 45 min easy effort or half marathon at marathon pace <b>PM</b> 45 min easy effort run

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11	30–40 min aerobic cross training + strength & conditioning	<b>Threshold session</b> 3x(10 mins threshold effort, 90–120s sec jog) within a 60 min run	Easy effort run, 45 mins or 45 mins aerobic cross training	90 mins including continuous hills 3x(12 min effort, 2 min jog recovery)	<b>Rest</b>	60 mins easy effort	<b>AM</b> 2hr 45min all easy conversational pace (Off-road if possible) <b>PM</b> 45 min progression run of 15 min easy effort, 15 min steady effort, 15 min at threshold effort
12	30–40 min aerobic cross training + strength & conditioning	45 min last 20–25 mins at threshold effort	Easy effort run, 45 mins or 45 mins aerobic cross training	90 mins including continuous hills 2x(15 min effort, 3 min jog recovery)	<b>Rest</b>	<b>Run</b> 75 mins easy effort	<b>AM</b> 3 hrs all easy effort <b>PM</b> 60 min including 3x12 mins at marathon pace (3 min easy effort recovery)
13	30–40 min aerobic cross training + strength & conditioning	45 mins last 20–25 mins at threshold effort	Easy effort run, 45 mins or 45 mins aerobic cross training	75 mins including 3x10mins at threshold effort (2–3 min jog recovery)	<b>Rest</b>	<b>Run</b> 90 mins easy effort	<b>AM</b> 3 hrs all easy effort <b>PM</b> 60 mins including 3x15 mins at marathon pace (5 min jog recovery)
14	30 min aerobic cross training + strength & conditioning	20/20/20	Easy effort run, 40 mins or 40 mins aerobic cross training	75 min including 3x10mins at threshold effort (2–3 min jog recovery)	<b>Rest</b>	<b>Run</b> 75 mins easy effort	<b>AM</b> 90 mins easy effort <b>PM</b> 45 mins easy run

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
15	Rest	Recovery run 30 min	Recovery run 30 min	Progression run of 15/15/15 with middle 15 mins at marathon pace	Rest	5km park run or time trial	Long run 75 mins easy effort conversational pace
16	Rest	Walking 30-40 min run including 3x(5mins at marathon pace, 2 min jog recovery)	Recovery run 30 min	Recovery run 20 mins	Rest	Run 15 mins easy effort jog + stretch	100km Ultra. Good Luck!