

# 100KM ULTRA TRAINING PLAN

This 100km ultra training plan is designed for runners who have previously completed a marathon or 50km ultra and are now ready to take the next big step to 100km. If your current fitness level is strong and you're comfortable training consistently at an ultra-distance level, this plan will help you safely and progressively build toward your 100km goal.

Performance training and improving fitness can often seem complicated, with plenty of conflicting advice out there. But it doesn't have to be. The key lies in the 'training triangle'. Many runners focus mainly on the workouts needed to become stronger, fitter, or faster, but real progress happens when all three sides of the triangle are in balance: training, nutrition, and rest/recovery.

As your training volume and long runs increase, aim to keep this triangle balanced. Fuel your body well, listen to its signals, and prioritise recovery, that's where lasting endurance and true improvement are built



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Week number	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b>	30 mins aerobic cross training + strength & conditioning	Progression run, 30 mins. 10mins easy, 10 mins steady, 10 mins threshold	Recovery run, 30 mins or 30 mins aerobic cross training	45 MINS EASY conversational pace	REST	Continuous hills, 4 x (6mins effort/2mins jog)	90mins -1hr45 easy conversational pace off road if possible
<b>2</b>	30 mins aerobic cross training + strength & conditioning	Progression run, 30 mins. 10mins easy, 10 mins steady, 10 mins threshold	Recovery run, 30 mins or 30 mins aerobic cross training	60 MINS EASY conversational pace	REST	Continuous hills, 45 mins total. 3 x (8mins effort/2mins jog)	2hrs easy off road if possible
<b>3</b>	30 mins aerobic cross training + strength & conditioning	Progression run, 45 mins. 15 mins easy, 15 mins steady, 15 mins threshold	Recovery run, 30 mins or 30 mins aerobic cross training	60 MINS EASY conversational pace	REST	Continuous hills, 45 mins total. 3 x (10mins effort/2mins jog)	2hrs 15 all easy conversational pace off road if possible
<b>4</b>	30 mins aerobic cross training + strength & conditioning	Threshold run, 45mins total. 4 x (5 mins threshold/2min jog)	Recovery run, 30 mins or 30 mins aerobic cross training	75mins EASY conversational pace	REST	Continuous hills, 45 mins total. 4 x (8 mins effort/2mins jog)	2.30 all easy conversational pace off road if possible
<b>5</b>	REST	Easy run, 30mins	Recovery run, 30 mins or 30 mins aerobic cross training	Easy run, 45mins	REST	Parkrun or 5km TT	90 mins all easy
<b>6</b>	30-40 mins aerobic cross training + strength & conditioning	Threshold run, 45 mins including 5 x (5mins threshold/90s jog rec)	Easy run, 40 mins or 40 mins aerobic cross training	75mins including 3 x 6 mins @threshold (2mins jog rec)	REST	Continuous hills, 4 x (6mins effort/90s jog) within a 50 min run	2hrs 30 including last 30 @ Marathon pace

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<b>7</b>	30-40 mins aerobic cross training + strength & conditioning	Threshold session, 5 x (5mins threshold/75s jog rec)	Easy run, 40 mins or 40 mins aerobic cross training	75mins including 3 x 6 mins @threshold (2mins jog rec)	REST	Continuous hills, 60 mins total. 3 x (10mins effort/90s jog)	2hrs45 last 60 includes 3 x 15mins@ MP (5mins easy running between these blocks)
<b>8</b>	30-40 mins aerobic cross training + strength & conditioning	Threshold session 5 x (6 mins threshold/90s jog) within a 60 min run	Easy run, 40 mins or 40 mins aerobic cross training	90 mins easy run last 45 includes 3 x (8mins effort/90s jog) within a 50 min run	REST	Continuous hills, 45-60 mins total. 3 x (12 mins effort/90s jog)	3hrs all easy
<b>9</b>	30-40 mins aerobic cross training + strength & conditioning	Threshold session 3 x (10 mins threshold/90-120s jog) within a 60 min run	Easy run, 40 mins or 40 mins aerobic cross training	90 mins easy run last 45 includes 3 x (10mins effort/90s jog)	REST	Recovery run, 45mins	<b>AM -Morning</b> – 2.30 ALL EASY  <b>PM -Afternoon/Evening</b> – 45 MINS progression run 15mins easy/15minssteady/15@ threshold
<b>10</b>	REST	Recovery run, 40 mins total + conditioning work	Recovery run, 30 minutes	75 mins easy	REST	Easy run, 30mins total.	<b>AM</b> – 90 – 1HR45 MINS EASY or Half Marathon @MP  <b>PM</b> – 45 MINS EASY run
<b>11</b>	30-40 mins aerobic cross training or run + strength & conditioning	Threshold session 3 x (10 mins threshold/90-120s jog) within a 60 min run	Easy run, 45 mins or 45 mins aerobic cross training	90 mins including continuous hills 3 x (12mins effort/2 mins jog recovery)	REST	60mins easy	<b>AM</b> – 2.45 all easy conversational pace off road if possible  <b>PM</b> – 45 MINS progression run of 15mins easy/15minssteady/15@ threshold

Week number	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>12</b>	30-40 mins aerobic cross training or run + strength & conditioning	45 mins last 20-25mins @ threshold	Easy run, 45 mins or 45 mins aerobic cross training	90 mins including continuous hills 2 x (15mins effort/3 mins jog recovery)	REST	75 mins easy run	<b>AM</b> – 3hrs all easy <b>PM</b> – 60 mins including 3 x 12mins@ MP (3MINS EASY REC)
<b>13</b>	30-40 mins aerobic cross training or run + strength & conditioning	45 mins last 20-25mins @ threshold	Easy run, 45 mins or 45 mins aerobic cross training	75 mins including 3 x 10mins @ threshold effort(2-3mins jog rec)	REST	90 mins easy run	<b>AM</b> – 3hrs all easy <b>PM</b> – 60 mins INCLUDING 3 x 15mins @ MP (5MINS JOG REC)
<b>14</b>	30 mins aerobic cross training or run + strength & conditioning	20/20/20	Easy run, 40 mins or 40 mins aerobic cross training	75 mins including 3 x 10mins @ threshold effort(2-3mins jog rec)	REST	75mins easy run	<b>AM</b> – 90 mins easy <b>PM</b> – 45 MINS EASY
<b>15</b>	REST	Recovery run, 30 mins	Recovery run, 30 minutes	Progression run of 15/15/15 with middle 15 @ MP	REST	5km parkrun or TT	Long run, 75 mins easy conversational pace
<b>16</b>	REST	30-40 mins run including 3x(5mins @marathon pace/2mins jog recovery)	Recovery run, 30 minutes	Recovery run, 20mins	REST	Easy run, 15mins easy jog + stretch	<b>100km ULTRA!! Good Luck!</b>

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- Choose smart recovery:** If you're injured, excessively sore, or conditions are unsafe, replace any run with a low-impact cross-training session such as cycling, swimming, or elliptical work. It's better to maintain fitness safely than risk losing weeks to injury.
- Build all-round strength:** Incorporate core conditioning, Pilates, or yoga once or twice a week to improve stability, mobility, and running efficiency, these are essential for maintaining good form over ultra distances.
- Stay mobile:** Aim to stretch or use mobility drills daily for at least 10 minutes, especially focusing on the hips, hamstrings, calves, and lower back. Consistent flexibility work reduces fatigue and prevents overuse injuries.
- Fuel your recovery:** Eat or drink something containing both carbohydrates and protein within 20–30 minutes of finishing a run to kick-start recovery and replenish energy stores.
- Train with control:** Always stick to the prescribed effort levels, running harder than planned will only increase fatigue and delay progress. Remember, in ultra training, discipline beats intensity. If you're feeling unusually tired, take an extra rest day, recovery is part of the plan, not a deviation from it



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