

# 100K Ultra 12 Week

## Training Plan

### Week 1

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Rest	6 miles easy	strength or cross-train	2 mile warmup, 4 mile tempo, 2 mile cooldown	Rest	10 miles easy	4 miles easy, 4 x 100 meter strides

### Week 2

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Rest	6 miles easy	strength or cross-train	2 mile warmup, 4 x 1 mile with 3 min jog /walk recovery, 1 mile cooldown	Rest	12 miles easy	6 miles easy, 5 x 100 meters strides

### Week 3

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Rest	6 miles easy	strength or cross-train	2 mile warmup, 16 x 1 min uphill, jog down recovery, 2 mile cooldown	5 miles easy	14 miles easy	8 miles easy, 6 x 100 meter strides

### Week 4

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Rest	4 miles easy	strength or cross-train	6 miles easy, 6 x 100 meter strides	Rest	8 miles easy	Rest

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### Week 5

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Rest	5 miles easy	2 mile warmup, 6 mile tempo, 2 mile cooldown	strength or cross-train	4 miles easy, 6 x 100 meter strides	16 miles easy	8 miles easy

### Week 6

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Rest	6 miles easy	1 mile warmup, 3 x 2 mile with 1 mile jog recovery, 1 mile cooldown	strength or cross-train	4 miles easy, 6 x 100 meter strides	18 miles easy	10 miles easy

### Week 7

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Rest	8 miles easy	2 mile warmup, 6 x 3 min with 2 min jog/walk recovery, 2 mile cooldown	strength or cross-train	5 miles easy, 6 x 100 meter strides	20 miles easy	12 miles easy

### Week 8

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Rest	4 miles easy	strength or cross-train	Rest	6 miles easy	Rest	10 miles easy, 6 x 100 meter strides

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### Week 9

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Rest	5 miles easy	2 mile warmup, 8 mile tempo, 2 mile cooldown	4 miles easy	3 miles easy, 6 x 100 meter strides	24 miles easy	16 miles easy

### Week 10

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Rest	4 miles easy	2 mile warmup, 5 x 1 mile with 3 min jog/walk recovery, 2 mile cooldown	5 miles easy	3 miles easy, 6 x 100 meter strides	22 miles easy	14 miles easy

### Week 11

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Rest	5 miles easy	2 mile warmup, 4 mile tempo, 2 mile cooldown	Strength or cross train	3 miles easy, 4 x 100 meter strides	8 miles easy (night run)	4 miles easy

### Week 12

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Rest	4 miles easy, 6 x 100 meter strides	Rest	3 miles easy	Rest	RACE DAY!	Rest & Reflect