

100K Ultra 20 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	4 miles easy	Strength or cross train	2 mile warmup, 3 mile tempo, 1 mile cooldown	Rest	8 miles easy	3 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	5 miles easy	Strength or cross train	2 mile warmup, 3 x 1 mile with 3 min jog/walk recovery, 1 mile cooldown	Rest	10 miles easy	4 miles easy, 4 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, 10 x 1 min uphill, jog down recovery, 1 mile cooldown	4 miles easy	12 miles easy	6 miles easy, 4 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	5 miles easy, 6 x 100 meter strides	Rest	6 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	4 miles easy	2 mile warmup, 4 mile tempo, 1 mile cooldown	Strength or cross train	4 miles easy, 6 x 100 meter strides	12 miles easy	6 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	5 miles easy	1 mile warmup, 2 x 2 mile with 1 mile jog recovery, 1 mile cooldown	Strength or cross train	3 miles easy	14 miles easy	6 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	6 miles easy	2 miles warmup, 5 x 3 min with 2 min jog/walk recovery, 1 mile cooldown	Strength or cross train	4 miles easy, 6 x 100 meter strides	16 miles easy	8 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	5 miles easy	Rest	8 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, 6 mile tempo, 1 mile cooldown	Strength or cross train	3 miles easy, 6 x 100 meter strides	16 miles easy	8 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, 4 x 1 mile with 3 min jog/walk recovery, 1 mile cooldown	Strength or cross train	3 miles easy, 6 x 100 meter strides	18 miles easy	8 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, 5 mile tempo, 1 mile cooldown	Strength or cross train	3 miles easy, 4 x 100 meter strides	20 miles easy	10 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	3 miles easy	Strength or cross train	4 miles easy, 6 x 100 meter strides	Rest	7 miles easy	3 miles easy

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Week 13

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	5 miles easy	2 mile warmup, 6 x 3 min intervals, 3 min jog/walk recovery, 1 mile cooldown	4 miles easy	4 miles easy, 6 x 100 meter strides	20 miles easy	12 miles easy

Week 14

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	4 miles easy	2 miles warmup, 6 mile tempo, 1 mile cooldown	5 miles easy	3 miles easy, 6 x 100 meter strides	22 miles easy	14 miles easy

Week 15

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	3 miles easy	2 mile warmup, 3 x 2 mile, one mile jog recovery, 1 mile cooldown	4 miles easy	3 miles easy, 6 x 100 meter strides	24 miles easy	16 miles easy

Week 16

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	5 miles easy	Rest	Strength or cross train	4 miles, 6 x 100 meter strides	Rest	10 miles easy

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Week 17

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	2 mile warmup, 16 x 1 min uphill, jog down recovery, 2 mile cooldown	4 miles easy	5 miles easy	6 miles easy, 4 x 100 meter strides	18 miles easy	12 miles easy

Week 18

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	5 miles easy	2 mile warmup, 5 mile tempo, 2 mile cooldown	6 miles easy	4 miles, 6 x 100 meter strides	16 miles easy	10 miles easy

Week 19

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	2 mile warmup, 8 x 2 min, 2 min jog/walk recovery, 2 mile cooldown	4 miles easy	Strength or cross train	6 miles easy, 4 x 100 meter strides	9 miles easy (night run)	4 miles easy

Week 20

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