

# 100km Ultra-Trail training program

HUT2HUT 100KM Training Plan

Week	Week of Date	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY - LONG RUN/RACE
		Rest/Stretch/Recover	Run Session	Light Run	Run Session	Rest Day + Strength	Run Session	Long Run / Vert Training / Time on Legs
1	Week One   CONDITIONING WEEK	REST DAY	10KM	LIGHT/EASY/SHORT RUN - 30-40mins	3 x 7mins @ working pace w/3min floats	Rest Day + Strength	MID KMS RUN - 12KMS	90MINS TRAIL RUNNING
2	Week Two   CONDITIONING WEEK	REST DAY	12KM	LIGHT/EASY/SHORT RUN - 30-40mins	3 x 2km @ Tempo w/1km easy	Rest Day + Strength	MID KMS RUN - 80MINS	90MINS TRAIL RUNNING
3	Week Three   CONDITIONING WEEK	REST DAY	12KM	LIGHT/EASY/SHORT RUN - 30-40mins	6 x 4mins effort w/2min floats	Rest Day + Strength	MID KMS RUN - 12KMS	90MINS TRAIL RUNNING
4	Week Four   CONDITIONING WEEK	REST DAY	14KM	LIGHT/EASY/SHORT RUN - 30-40mins	4 x 10mins @ Tempo w/2min easy	Rest Day + Strength	MID KMS RUN - 10KM ACCELERATION	1:45HRS TRAIL RUNNING
5	Week Five   LIGHT WEEK De-loading	REST DAY	60MINS	LIGHT/EASY/SHORT RUN - 20-40mins	6km @ Tempo pace	Rest Day + Strength	60MINS	TIME ON LEGS - 2HRS TRAIL RUN & HIKE
6	Week Six   BUILDING DISTANCE WEEK	REST DAY	80MINS	LIGHT/EASY RUN - 40-60mins	3 x 12mins @ Tempo w/3min walks	Rest Day + Strength	MID KMS RUN - 16KMS	2:20HRS TRAIL RUNNING
7	Week Seven   BUILDING DISTANCE WEEK	REST DAY	16KM	LIGHT/EASY RUN - 40-60mins	6 x 1km reps @ pace w/90sec static rests	Rest Day + Strength	MID KMS RUN - 20KMS (FLAT TERRAIN)	2:30HRS TRAIL RUNNING
8	Week Eight   BUILDING DISTANCE WEEK	REST DAY	90MINS	LIGHT/EASY RUN - 40-60mins	2 x 4km @ Tempo pace w/4min easy recoveries	Rest Day + Strength	2HRS TRAIL RUN & HIKE	2:30HRS TRAIL RUNNING
9	Week Nine   BUILDING DISTANCE WEEK	REST DAY	DOUBLE RUN DAY - 2 X 40MINS (AM & PM)	LIGHT/EASY RUN - 40-60mins	3 x 1600M building in pace each rep w/3min walks between	Rest Day + Strength	DOUBLE RUN DAY - 2 X 45MINS (AM & PM)	2:45HRS TRAIL RUNNING
10	Week Ten   LIGHT WEEK De-loading	REST DAY	60MINS	LIGHT/EASY/SHORT RUN - 20-40mins	8km @ Tempo pace	Rest Day + Strength	60MINS - Including 6 x 3min working uphill efforts	3HRS TRAIL - TIME ON LEGS
11	Week Eleven   VERTICAL WEEK	REST DAY	3 x long uphill (6-8mins of consistent climbing) w/downhill moving recoveries	LIGHT/EASY RUN - 60-80mins	10KM Time Trial	Rest Day + Strength	MID KMS RUN - 2HRS	VERT TRAINING - 2,000M
12	Week Twelve   VERTICAL WEEK	REST DAY	8 x 60sec uphill runs w/downhill recoveries + 8mins @ working pace on the flat - Repeat	LIGHT/EASY RUN - 60-80mins	3 x 2km @ Tempo w/1km easy	Rest Day + Strength	VERT TRAINING - 1,500M	TIME ON LEGS - 4HRS TRAIL RUN/HIKE
13	Week Thirteen   VERTICAL WEEK	REST DAY	Stair running! 40mins of undulating loops including stairs runs	LIGHT/EASY RUN - 60-80mins	10 x 90sec efforts @ w/60sec recoveries	Rest Day + Strength	MID KMS RUN - 2HRS	VERT TRAINING - 3,000M
14	Week Fourteen   VERTICAL WEEK	REST DAY	6 x 3min uphill runs w/downhill moving recoveries + 2km @ pace - Repeat	LIGHT/EASY RUN - 60-80mins	5KM Time Trial	Rest Day + Strength	VERT TRAINING - 2,500M	TIME ON LEGS - 5HRS TRAIL RUN/HIKE
15	Week Fifteen   LIGHT WEEK De-loading	REST DAY	60MINS	LIGHT/EASY/SHORT RUN - 20-40mins	6km @ Tempo pace	Rest Day + Strength	90MINS	TIME ON LEGS - 2HRS TRAIL RUN & HIKE
16	Week Sixteen   TAPER WEEK	REST DAY	15KM	LIGHT/EASY/SHORT RUN - 20-40mins	60mins @ Tempo pace	Rest Day + Strength	90MINS TRAIL RUNNING	2HRS TRAIL RUNNING
17	Week Seventeen   TAPER WEEK	REST DAY	80MINS	LIGHT/EASY/SHORT RUN - 20-40mins	45mins @ Tempo pace	Rest Day + Strength	1HR TRAIL RUNNING	90MINS on the FLAT
18	Week Eighteen   RACE WEEK	REST DAY	60MINS	LIGHT/EASY/SHORT RUN - 20-40mins	REST DAY	EVENT DAY	FEB HUT2HUT!	RECOVER AND CELEBRATE!