

# 100 Km Ultramarathon Training Plan - Relentless Forward Commotion/Hart Strength & Endurance Coaching

The following training plan is designed for educational purposes, and is not a prescribed training plan for any particular individual. Consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total	Cycle
1	REST	6	4 (speed)	6	REST	10-12	60 minutes	34	BUILD
2	REST	6	4 (hills)	6	REST	12-14	1 hour 10 minutes	37	BUILD
3	REST	6	5 (speed)	7	REST	14-16	1 hour 10 minutes	41	BUILD
4	REST	4	3	5	REST	10	Active Recovery	22 +AR	CUTBACK
5	REST	7	5 (hills)	7	REST	16-18	1 hour 20 minutes	45	BUILD
6	REST	7	6 (speed)	7	REST	16-18	1 hour 20 minutes	46	BUILD
7	REST	7	6 (hills)	7	REST	18-20	1 hour 30 minutes	49	BUILD
8	REST	5	3	5	REST	12	Active Recovery	25 +AR	CUTBACK
9	REST	8	6 (speed)	8	REST	22	1 hour 45 minutes	54	BUILD
10	REST	10	6 (hills)	8	REST	12	2 hours	58	BUILD
11	REST	8	6 (speed)	8	REST	24	1 hour 45 minutes	56	BUILD
12	REST	6	4	6	REST	14	Active Recovery	28 + AR	CUTBACK
13	REST	10	6 (hills)	8	REST	24	2 hours	60	BUILD
14	REST	12	6 (speed)	10	REST	14	2.5 hours	57	BUILD
15	REST	10	7 (hills)	8	REST	26	2.5 hours	66	BUILD
16	REST	7	4	7	REST	14	Active Recovery	32 + AR	CUTBACK
17	REST	10	5	8	REST	22	3 hours	63	BUILD
18	REST	12	8	10	REST	26	1 hour 45 minutes	66	BUILD
19	REST	8	4	8	REST	14	Active Recovery	34 + AR	CUTBACK
20	REST	12	4	6	REST	31 (50K)	60 minutes	59	BUILD
21	REST	14	8	10	REST	18	2.5 hours	65	BUILD
22	REST	10	6	8	REST	16	60 minutes	46	TAPER
23	REST	8	4	8	REST	10	60 minutes	36	TAPER
24	REST	4	REST	30 minutes	REST	100 Km	CELEBRATE!	57	RACE WEEK