

SAMPLE!



Thirty-Three Week 100-Mile Training Plan

2018-2019



Craig Kolesky Photo

www.RidgelineAthletics.com

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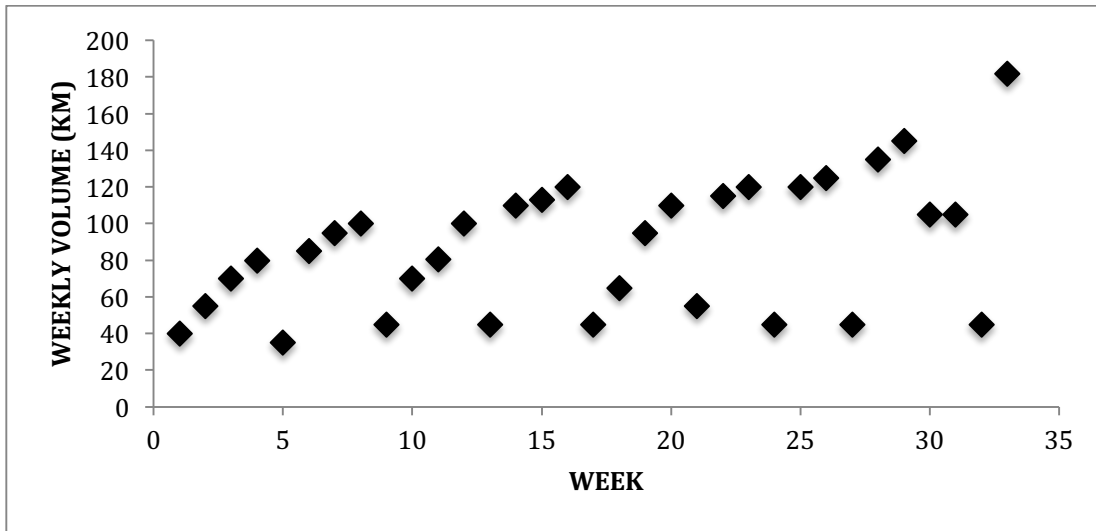
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Overview

This plan is designed to help you prepare for a one-hundred-mile ultra-marathon. The lead-up to race day is detailed over 33 pages, each with one week of daily workout plans.



Weekly Overview

Week	Week Start	Goal	Early Workout	LR Vol	Weekly Vol (km)
1	04-Jan	Intro		15	40
2	11-Jan	Vol Build 1	2x10min Tempo Flat	15+20	55
3	18-Jan	Vol Build 2	1 Tempo	20+15*	70
4	25-Jan	Vol Build 3	LR	30	80
5	01-Feb	Recovery		18	35
6	08-Feb	Vol Build 1	1 Tempo	25+30	85
7	15-Feb	Vol Build 2	1 Tempo	30+30*	95
8	22-Feb	Vol Build 3	LR	40+45	100
9	Feb-29	Recovery		25	45
10	07-Mar	Vol/Intensity 1	1 Temp/1 Thresh	40	70
11	14-Mar	Vol/Intensity 2	1 Temp/1 Thresh	45	80
12	21-Mar	Vol/Intensity 3	1 Tempo	50	100
13	28-Mar	Recovery		25	45
14	04-Apr	Vol Build 1		30+40	110
15	11-Apr	Vol Build 2		30+35*	113

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16	18-Apr	Vol Build 3		35+40	120
17	25-Apr	Recovery		25	45
18	02-May	Vol/Intensity 1	1 Temp/1 Thresh	30	65
19	09-May	Vol/Intensity 2	1 Temp/1 Thresh	50	95
20	16-May	Vol/Intensity 3	1 Threshold	55	110
21	23-May	Recovery		25	55
22	30-May	Vol Build 1	1 Threshold	35+40	115
23	06-Jun	Vol Build 2	1 Tempo	30+40*	120
24	13-Jun	Recovery		20	45
25	20-Jun	Vol Build 1	LR	30+40	120
26	27-Jun	Vol Build 2	LR	55	125
27	04-Jul	Recovery		20	45
28	11-Jul	Vol Build 1		40+45	135
29	18-Jul	Vol Build 2		50+30*	145
30	25-Jul	Final Vol/Taper		45	105
31	01-Aug	Taper	LR	50	105
32	08-Aug	Taper		16	45
33	15-Aug	Taper/Race		160	182

* Denotes a single day B2B Long Run. Others are B2B Long Runs over two consecutive days.

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Introduction:

Eric and Gary are mountain runners in the Coast Range of British Columbia. We designed this training plan to help you prepare for a trail 100-mile ultra-marathon. It is also useful for those athletes running comparable distances (100k, etc...) or those wishing to push their personal boundaries in mountain adventures (e.g. running the Grand Canyon R2R2R or Mt. Rainier's Wonderland Trail).

At Ridgeline Athletics we believe in maintaining a healthy training schedule with an emphasis on recovery: physical and mental wellbeing. Balance, in all forms, must be achieved and life stresses will need to be taken into account on a week-to-week and month-to-month basis. Being adaptable and listening to your body are both critical components to an athlete's success and the ability to stay uninjured.

Please consider this program a training guide rather than something written in stone. Don't fret over missing a single workout here or there. Know that consistency is key and that dedicating yourself to a 33-week training plan will lead to the best chances of success come race weekend!



Chris Thorn Photo



My First Ultra Training Plan
100 Mile

Week Three

	Description		Km
Monday	1	OFF	
	2		
Tuesday	1	3x8min Tempo	12
	2	Core Routine	
Wednesday	1	Easy Run	10
	2		
Thursday	1	Easy Run	8
	2		
Friday	1	Cross-Train (30min)	
	2	Core Routine	
Saturday	1	B2B LR 1	20
	2	B2B LR 2	15
Sunday	1	Recovery Run	5
	2		
Total Kilometers:			70

Notes:

Tempo Run: Find a relatively easy trail or road. Warm up sufficiently (approx 20-30min). Complete 3x 8min Tempo repetitions with 4-5min rest in between. Cool down for 15-30min.

Saturday's B2B runs are consecutive and should be completed in the morning and afternoon. Make recovery in the hours between runs a priority! Sunday's run can be replaced with crosstraining if you are feeling overly fatigued.