

# 100 Mile Training Plan

100 MILE ULTRAMARATHON

JUST FINISH TRAINING PLAN

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest Day	Training Run 3 miles	Pace Run 3 miles	Strength Training	Rest Day	Long Run 7 miles	Recovery Run 3 miles
2	Rest Day	Training Run 3 miles	Pace Run 3 miles	Strength Training	Rest Day	Long Run 7 miles	Recovery Run 3 miles
3	Rest Day	Training Run 3 miles	Pace Run 3 miles	Strength Training	Rest Day	Long Run 8 miles	Recovery Run 3 miles
4	Rest Day	Training Run 3 miles	Pace Run 3 miles	Strength Training	Rest Day	Long Run 8 miles	Recovery Run 3 miles
5	Rest Day	Training Run 4 miles	Pace Run 4 miles	Strength Training	Rest Day	Long Run 10 miles	Recovery Run 4 miles
6	Rest Day	Training Run 4 miles	Pace Run 4 miles	Strength Training	Rest Day	Long Run 10 miles	Recovery Run 4 miles
7	Rest Day	Training Run 4 miles	Pace Run 4 miles	Strength Training	Rest Day	Long Run 12 miles	Recovery Run 4 miles
8	Rest Day	Training Run 5 miles	Pace Run 5 miles	Strength Training	Rest Day	Long Run 14 miles	Recovery Run 4 miles
9	Rest Day	Training Run 5 miles	Pace Run 5 miles	Strength Training	Rest Day	Long Run 8 miles	Recovery Run 5 miles
10	Rest Day	Training Run 5 miles	Pace Run 5 miles	Strength Training	Rest Day	Long Run 16 miles	Recovery Run 5 miles
11	Rest Day	Training Run 6 miles	Pace Run 6 miles	Strength Training	Rest Day	Long Run 16 miles	Recovery Run 5 miles
12	Rest Day	Training Run 6 miles	Pace Run 6 miles	Strength Training	Rest Day	Long Run 18 miles	Recovery Run 6 miles
13	Rest Day	Training Run 6 miles	Pace Run 5 miles	Strength Training	Rest Day	Long Run 10 miles	Recovery Run 6 miles
14	Rest Day	Training Run 7 miles	Pace Run 5 miles	Strength Training	Rest Day	Long Run 20 miles	Recovery Run 8 miles
15	Rest Day	Training Run 7 miles	Pace Run 6 miles	Strength Training	Rest Day	Long Run 22 miles	Recovery Run 8 miles
16	Rest Day	Training Run 7 miles	Pace Run 6 miles	Strength Training	Rest Day	Long Run 24 miles	Recovery Run 10 miles
17	Rest Day	Training Run 7 miles	Pace Run 5 miles	Strength Training	Rest Day	Long Run 18 miles	Recovery Run 10 miles
18	Rest Day	Training Run 7 miles	Pace Run 5 miles	Strength Training	Rest Day	Long Run 12 miles	Recovery Run 12 miles
19	Rest Day	Training Run 7 miles	Pace Run 6 miles	Strength Training	Rest Day	Long Run 25 miles	Recovery Run 10 miles
20	Rest Day	Training Run 8 miles	Pace Run 6 miles	Strength Training	Rest Day	Long Run 27 miles	Recovery Run 12 miles
21	Rest Day	Training Run 8 miles	Pace Run 8 miles	Strength Training	Rest Day	Long Run 20 miles	Recovery Run 12 miles
22	Rest Day	Training Run 8 miles	Pace Run 5 miles	Strength Training	Rest Day	Long Run 33 miles	Recovery Run 12 miles
23	Rest Day	Training Run 7 miles	Pace Run 5 miles	Strength Training	Rest Day	Long Run 26 miles	Recovery Run 10 miles
24	Rest Day	Training Run 4 miles	Pace Run 4 miles	Strength Training	Rest Day	Long Run 20 miles	Recovery Run 4 miles
25	Rest Day	Training Run 3 miles	Pace Run 3 miles	Strength Training	Rest Day	Long Run 10 miles	Recovery Run 3 miles
26	Rest Day	Easy Run 3 miles	Rest Day	Strength Training	Easy Run 3 miles	Easy Run 2 miles	Ultramarathon 100 miles

Training Runs should be done at a comfortable, sustainable pace: 3-4 out of 10 in terms of Rate of Perceived Exertion (RPE).

Pace Runs should be done at your target race pace if you have one, or slightly harder than your regular training runs. 5 out of 10 RPE.

Long Runs should be done at an easy and conversational pace: 2-3 out of 10 RPE. Recovery runs at 2-3 out of 10 RPE.

Strength Training: we recommend compound exercises using weights, like deadlifts, squats, lunges.

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MARATHON HANDBOOK

100 mile training plan: Preparing for a 100-mile race is a monumental challenge that requires dedication, discipline, and a well-structured training plan. With the right preparation, you can build the endurance necessary to tackle the grueling distance and ensure that you are ready both physically and mentally for the race day. This article explores various aspects of a comprehensive training plan, including the importance of gradual buildup, nutrition, mental strategies, and recovery.

# Understanding the 100-Mile Challenge

## The Nature of Ultra-Running

Ultra-running is defined as any race that exceeds the traditional marathon distance of 26.2 miles. A 100-mile race is not just a test of physical endurance; it also demands mental resilience. Runners must navigate variable terrains, unpredictable weather, and the psychological challenges that arise during extended periods of exertion.

## Why a Training Plan is Essential

A well-structured 100 mile training plan serves several key purposes:

1. **Gradual Progression:** To avoid injury, it's crucial to incrementally increase your mileage over time.
2. **Specificity:** Training should mimic the conditions and demands of the race.
3. **Strength and Endurance:** Focused workouts can improve both muscle strength and cardiovascular endurance.
4. **Mental Preparation:** Training helps build mental toughness, which is essential for enduring the race.

## Creating Your 100-Mile Training Plan

### Training Phases

A typical training plan can be divided into several distinct phases:

1. **Base Building Phase (8-12 weeks):**
  - **Goal:** Build a strong foundation of aerobic fitness.
  - **Weekly Mileage:** Start with 20-30 miles per week, gradually increasing by 10-15% each week.
  - **Key Workouts:**
    - Long runs: 1-2 per week, increasing distance gradually.
    - Recovery runs: Slow-paced, shorter distances to promote recovery.
2. **Specific Preparation Phase (8-12 weeks):**
  - **Goal:** Increase long run endurance and incorporate race-specific training.
  - **Weekly Mileage:** 40-60 miles per week, with peak weeks reaching 70-80 miles.
  - **Key Workouts:**
    - Back-to-back long runs: For example, a 20-mile run on Saturday followed by a 10-15 mile run on Sunday.

- Hill workouts: To build strength and improve climbing ability.
- Tempo runs: To build speed and efficiency.

### 3. Tapering Phase (2-4 weeks):

- Goal: Reduce mileage while maintaining intensity to allow for recovery before race day.
- Weekly Mileage: Gradually decrease from peak training volume to 30-40% of peak mileage.
- Key Workouts:
  - Shorter long runs: 10-15 miles to keep the legs fresh.
  - Race-day simulations: Practice nutrition and pacing strategies.

## Weekly Training Schedule Example

Here's a sample weekly schedule for the Specific Preparation Phase:

- Monday: Rest or easy recovery run (4-6 miles)
- Tuesday: Intervals (e.g., 5x800 meters at race pace with recovery)
- Wednesday: Medium-long run (8-10 miles at a comfortable pace)
- Thursday: Hill repeats (e.g., 6-8 x 1-minute uphill sprint with walk/jog down)
- Friday: Rest or cross-training (e.g., cycling or swimming)
- Saturday: Long run (starting with 15-20 miles, increasing weekly)
- Sunday: Back-to-back long run (10-15 miles at an easy pace)

## Nutrition and Hydration Strategies

### Fueling Your Training

Nutrition is a critical component of any 100 mile training plan. Proper fueling can enhance performance, speed recovery, and prevent fatigue.

#### 1. Daily Nutrition:

- Focus on a balanced diet rich in carbohydrates, proteins, and healthy fats.
- Consider macronutrient ratios: Aim for 60-70% carbohydrates, 15-20% protein, and 20-25% fats.

#### 2. Pre-Run Meals:

- Consume easily digestible carbohydrates before long runs (e.g., oatmeal, bananas).
- Stay hydrated, aiming for at least 16 ounces of water 1-2 hours before running.

#### 3. During Run Nutrition:

- During long runs and races, aim for 30-60 grams of carbohydrates per hour.

This can come from:

- Energy gels
- Chews
- Sports drinks
- Stay hydrated: Monitor fluid intake and drink when thirsty, aiming for about 16-24 ounces of fluid per hour.

4. Post-Run Recovery:

- Replenish glycogen stores with carbohydrate-rich snacks.
- Include protein for muscle repair (e.g., chocolate milk, protein shake).

## **Hydration Tips**

- Know Your Sweat Rate: Determine how much you sweat during workouts to tailor your hydration needs.
- Use Electrolytes: In hot conditions or during long runs, consider electrolyte supplements to replace lost sodium and minerals.

# **Mental Strategies for Endurance Running**

## **Building Mental Resilience**

Mental preparation is as important as physical training when it comes to ultra-running. Here are some strategies to enhance your mental toughness:

1. Visualization: Spend time visualizing race day, including the start, mid-race challenges, and the finish line. This can create a mental blueprint to follow during the actual race.
2. Positive Self-Talk: Develop a repertoire of positive affirmations or mantras to use during difficult moments in training and on race day.
3. Mindfulness and Meditation: Incorporate mindfulness practices to help manage anxiety and stress. This can also help improve focus during long runs.
4. Break It Down: During long runs or races, focus on breaking the distance into manageable segments (e.g., focusing on reaching the next checkpoint).

## **Dealing with Adversity**

- Expect Challenges: Acknowledge that there will be difficult moments and plan for them. Having coping strategies in place can help you push through.
- Stay Flexible: Not every training run or race will go as planned.

Adaptability is key to overcoming obstacles.

## Recovery and Injury Prevention

### Importance of Recovery

Injuries can derail your training plan, so prioritizing recovery is essential. Here are several strategies to keep your body in peak condition:

1. **Rest Days:** Incorporate at least one full rest day into your weekly schedule to allow your body to recover.
2. **Active Recovery:** Engage in low-impact activities like swimming or cycling on recovery days to promote blood flow without stressing the joints.
3. **Stretching and Foam Rolling:** Incorporate dynamic stretching before runs and static stretching after. Foam rolling can help alleviate muscle tightness.
4. **Sleep:** Aim for 7-9 hours of quality sleep each night to promote recovery and overall well-being.

### Injury Prevention Strategies

- **Listen to Your Body:** Pay attention to pain signals. Don't ignore persistent aches and consider modifying your training if necessary.
- **Cross-Training:** Incorporate other forms of exercise to improve overall fitness while reducing the risk of overuse injuries.

### Final Thoughts

A 100 mile training plan is a comprehensive approach that balances physical training, nutrition, mental toughness, and recovery. While the road to completing a 100-mile race is challenging, the rewards—both in terms of personal achievement and the experiences gained along the way—are profound. Remember that every runner's journey is unique, and it's crucial to tailor your plan to fit your individual needs, strengths, and weaknesses. With the right preparation and mindset, you can conquer the 100-mile distance and celebrate your accomplishment on race day.

# Frequently Asked Questions

## What is a 100 mile training plan?

A 100 mile training plan is a structured program designed to prepare runners for completing a 100-mile race, focusing on building endurance, strength, and proper pacing over a designated training period, usually spanning several months.

## How many miles should I run each week in a 100 mile training plan?

Most 100 mile training plans recommend gradually increasing your weekly mileage, often peaking between 60 to 100 miles per week, depending on your experience level and the specific plan you are following.

## What type of cross-training is beneficial for a 100 mile training plan?

Cross-training activities such as cycling, swimming, and strength training are beneficial for a 100 mile training plan as they help improve overall fitness, reduce the risk of injury, and enhance muscle balance.

## How do I prevent injuries during my 100 mile training?

To prevent injuries during 100 mile training, incorporate rest days, listen to your body, utilize proper footwear, focus on strength training, and consider incorporating flexibility exercises such as yoga.

## What should I eat during a 100 mile race?

During a 100 mile race, aim to consume easily digestible carbohydrates, electrolytes, and protein. Options include energy gels, sports drinks, bananas, nut butter, and trail mix, consumed at regular intervals to maintain energy levels.

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