



# TRAINING PLAN

TWENTY LAPS (160 KM)

# ENDURE24

# runna

## About this Plan

100 miles (160km) is widely regarded as the ‘gold standard’ for solo runners at Endure24.




For all but the most experienced athletes, it’s going to take more than 10 weeks of training to pull this off. We recommend you start this ten-week [Runna](#) training plan with a solid base and at least four weeks of structured training already under your belt, and at least some experience of ultra-distance running.

Best of luck!

## When do I start training?




- If you are taking part in Endure24 Reading, your first week begins on April 1st.
- If you are taking part in Endure24 Leeds, your first week begins on April 22nd.

## KEY TO TRAINING SESSIONS

<b>Intensity</b>	Low  Moderate  High 	
<b>Easy</b>	Easy running is as it sounds! A comfortable, relaxed pace where you're not pushing yourself too hard. It's often described as "conversational" because you should be able to speak in full sentences without gasping for air. Easy running is essential to build endurance and fitness – don't skimp on it!	
<b>Rest</b>	Rest is an essential part of training which lets your muscles repair and strengthen. Gentle exercise like a walk, stretching, or easy bike ride is fine, but try to avoid over-exerting yourself on rest days.	
<b>Always warm up and cool down before any hard running!</b>	<b>Tempo</b>	A tempo run is a workout where you run at a ‘comfortably hard pace’ – somewhere between your 10k race pace and half marathon, or the kind of pace you could maintain for around one hour.
	<b>Intervals</b>	In this workout, you mix fast running with slow jogging or walking. For example, if your session is described as “4x400m”, you should warm up, run 400m at a relatively fast pace, then walk/jog 400m to recover. Repeat this four times in total, then cool down.
	<b>Hill repeats</b>	A hill repeat session is just like a standard interval session, except that the ‘hard’ running is done uphill. This will build strength and explosive power and help you on those hills during the race. At the end of each interval, jog or walk back downhill to recover before the next one.
	<b>Progressive</b>	During a progressive run, aim to gradually increase your pace throughout the run. Start at a slow and easy pace, and then incrementally speed up to a moderate or fast pace towards the end. The idea is to begin comfortably and finish fast, but not so fast that you can't maintain good form.
<b>Long run</b>	Your weekly long run is a key session when it comes to building endurance. Try to get out onto trails if you can and run at an easy pace - don't be afraid to walk up hills! Long runs are a great time to practice using the kit and nutrition you plan on using during the race itself.	




Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total KM
1	<b>10KM</b> EASY	REST	<b>9KM</b> TEMPO 5KM	REST	<b>10KM</b> EASY	<b>21KM</b> LONG RUN	REST	<b>50KM</b>
2	<b>11KM</b> HILL REPEATS 6 X 200M	<b>5KM</b> EASY	<b>10KM</b> INTERVALS 3 X 1.5KM	REST	<b>10KM</b> EASY	<b>24KM</b> LONG RUN	REST	<b>60KM</b>
3	<b>10KM</b> HILL REPEATS 5 X 400M	<b>7KM</b> EASY	<b>12KM</b> HALF EASY HALF TEMPO	<b>5KM</b> EASY	<b>10KM</b> EASY	<b>26KM</b> LONG RUN	REST	<b>70KM</b>
4	<b>10KM</b> EASY	REST	<b>13KM</b> INTERVALS 3 X 2KM	REST	<b>10KM</b> EASY	<b>20KM</b> LONG RUN	REST	<b>53KM</b>

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2	<b>7KM</b> EASY	<b>9KM</b> EASY	<b>10KM</b> EASY	REST	<b>6KM</b> EASY	<b>32KM</b> LONG RUN	<b>16KM</b> EASY	<b>80KM</b>
3	REST	<b>10KM</b> EASY	<b>11KM</b> HALF EASY HALF TEMPO	<b>9KM</b> EASY	<b>12KM</b> EASY	<b>32KM</b> LONG RUN	<b>16KM</b> EASY	<b>90KM</b>

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total KM
1	8KM EASY	8KM EASY	9KM TEMPO 6KM	REST	15KM EASY	25KM LONG RUN	REST	65KM
2	9KM EASY	REST	11KM HILL REPEATS 3 X 200M	REST	12KM EASY	15KM LONG RUN	REST	47KM
3	REST	8KM EASY	6KM EASY	REST	ENDURE24 RACE WEEKEND 160KM			174KM

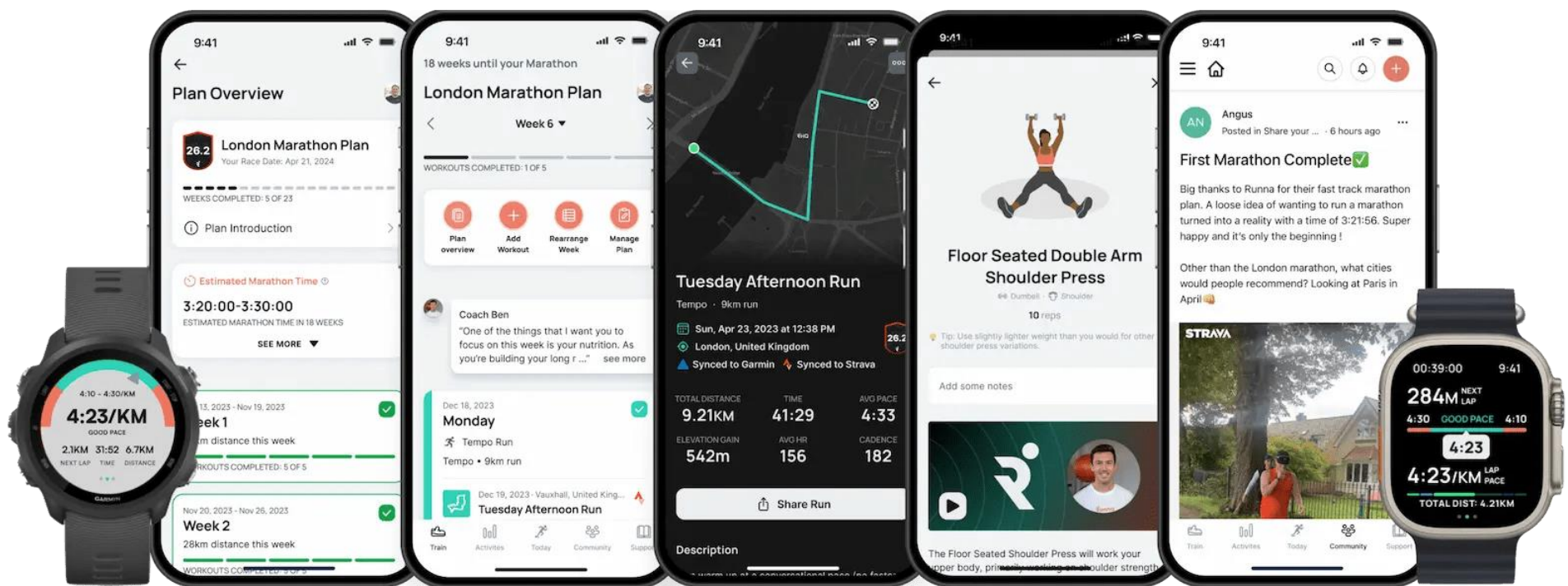
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<b>Intensity</b>	Low <span style="color: green;">●</span> Moderate <span style="color: yellow;">●</span> High <span style="color: orange;">●</span>	
<b>Easy</b>	Easy running is as it sounds! A comfortable, relaxed pace where you're not pushing yourself too hard. It's often described as "conversational" because you should be able to speak in full sentences without gasping for air. Easy running is essential to build endurance and fitness – don't skimp on it!	
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# Take your running to the next level with Runna Official Training Provider to Endure24

Get the support you need as a runner with tailored running plans to achieve your goals, from training for a faster 5k to completing your first ultramarathon.

Use code **E24** for a two-week free trial.



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**GOOD LUCK!**

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