

ENDURE²⁴

TRAINING PLAN
TWENTY LAPS (160KM)



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Welcome aboard!

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

About this Plan

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 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 Monday 30th March.
- If you are taking part in Endure24 Leeds, your first week begins on Monday 27th April.



**THRESHOLD/
MORE IS IN YOU™**

Key to training sessions

INTENSITY		  
EASY		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!
REST		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.
ALWAYS warm up and cool down before any hard running!	TEMPO	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.
	INTERVALS	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.
	HILL REPEATS	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.
	PROGRESSIVE	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.
LONG RUN		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.

BLOCK 1

LAYING THE FOUNDATIONS



**THRESHOLD/
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Training Schedule

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL KM
1	10KM Easy	Rest	9KM Tempo 5KM	Rest	10KM Easy	21KM Long run	Rest	50KM
2	11KM Hill repeats 6 × 200M	5KM Easy	10KM Intervals 3 × 1.5KM	Rest	10KM Easy	24KM Long run	Rest	60KM
3	10KM Hill repeats 5 × 400M	7KM Easy	12KM Half easy Half tempo	5KM Easy	10KM Easy	26KM Long run	Rest	70KM
4	10KM Easy	Rest	13KM Intervals 3 × 2KM	Rest	10KM Easy	20KM Long run	Rest	53KM

INTENSITY: LOW

INTENSITY: MODERATE

INTENSITY: HIGH

REFER TO TRAINING SESSIONS KEY ON PAGE 3

BLOCK 2 SHARPENING YOUR FITNESS



**THRESHOLD/
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Training Schedule

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL KM
5	10KM Hill repeats 5 × 400M	7KM Easy	12KM Half easy Half tempo	5KM Easy	10KM Easy	26KM Long run	Rest	70KM
6	7KM Easy	9KM Easy	10KM Easy	Rest	6KM Easy	32KM Long run	16KM Easy	80KM
7	Rest	10KM Easy	11KM Half easy Half tempo	9KM Easy	12KM Easy	32KM Long run	16KM Easy	90KM

INTENSITY: LOW

INTENSITY: MODERATE

INTENSITY: HIGH

REFER TO TRAINING SESSIONS KEY ON PAGE 3

BLOCK 3 TAPERING FOR RACE DAY



**THRESHOLD/
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Training Schedule

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL KM
8	8KM Easy	8KM Easy	9KM Tempo 6KM	Rest	15KM Easy	25KM Long run	Rest	65KM
9	9KM Easy	Rest	11KM Hill repeats 3 × 200M	Rest	12KM Easy	15KM Long run	Rest	47KM
10	Rest	8KM Easy	6KM Easy	Rest	ENDURE24 RACE WEEKEND 160KM			174KM

INTENSITY: LOW

INTENSITY: MODERATE

INTENSITY: HIGH

REFER TO TRAINING SESSIONS KEY ON PAGE 3

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