

Bright Ultra 100k Intermediate

Training Program



Date	Weeks	MON	km	TUE	km	WED	km	THU	km	FRI	km	SAT	km	SUN	km	total km	Notes
JANUARY																	
Build - General Base																	
1 Jan	11	Easy paced run - flat terrain	8	Rest		Easy paced run - flat + 6 x 15sec strides	12	Rest		5km Easy then push for 4km at ~80% effort, short cool down	10	Rest		Long Run, easy paced on hills with 200-400m+	26	56	It begins! Not too much intensity to start with, but this will build and training will become increasingly specific.
Build - General Base																	
8 Jan	10	Rest		Recovery Jog + 6 x 10sec strides	8	15min Warm up, 10 x 2mins @ 80-85%, 90sec jog between	14	Rest		Easy paced run - flat to mildy undulating	12	Rest		Long Run, easy paced on hills with 400m+	28	62	Shorter, faster reps like Wednesday, whilst hard, should always be under control and not all-out running. It is important that jogs between efforts are very easy.
Build - General Base																	
15 Jan	9	Rest		Recovery Jog	8	15min warm up. 4 x 6mins @ 80%, 2.5mins recovery jog between	14	Rest		Easy paced run - flat to mildy undulating	12	Rest		Long Run, easy paced on hills with 400m+	30	64	Wednesdays session is targeted at threshold paced running, which should be comfortably hard. If you're fading and struggling to maintain, then you're doing them too hard.
Build - General Base																	
22 Jan	8	Rest		Recovery Jog 6 x 10sec strides	10	Rest		2 x 12mins @ up tempo (70-75%) on undulating terrain, 4mins easy jog between, 1 x 5min @ 80%	14	Easy paced run - flat to mildy undulating	12	Rest		Long Run, easy paced on hills with 400-600m+	34	70	This weeks workout is longer but should be very controlled. Uptempo is a steady effort, not hard.

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JANUARY																	
Specific - Sessions will be more aimed towards the specific demands of the course from now until taper																	
29 Jan	7	Rest		Recovery jog on flat + 6 x 10sec hill strides	10	3 x 3mins, then 3 x 5mins hill reps, jog back recoveries between each try to do them on a moderate-steep gradient	16	Rest		Easy paced run - Include hills ~100-200m gain	12	Recovery jog - include 4 x 15sec strides (run throughs to 90% max pace) at the end. Full recovery between.	6	Long Run with some more hills, try to get 600-800m+ elevation gain.	34	78	Aim for your best hill reps to be the last few of the set! And try to find some nice sustained hills for Sunday's long run.
FEBRUARY																	
Specific block																	
5 Feb	6	Rest		Recovery jog on flat + 6 x 10sec strides	10	15mins warm up, 4 x 1mins hill reps @ 80%, easy jog back between, then 10mins @ 75% on flat, 2mins jog, then 4 x 1min hill reps	16	Rest		Easy paced run - Include hills ~100-200m gain	12	Recovery jog - include 4 x 15sec strides (run throughs to 90% max pace) at the end. Full recovery between.	8	Nice and easy paced long run with some more hills, try to get 800m+ elevation gain.	36	82	Sessions with starting with longer efforts and becoming shorter can be tricky to pace, Focus on the shorter reps being faster, but under control. Try to work the Sunday downhills a bit too.
Specific block (easy start to week)																	
12 Feb	5	Rest		Recovery jog on flat + 6 x 10sec hill strides	8	Light Cross train (easy bike, hike or swim, keeping it short)		15mins warm up, 5 x 2mins (hard), 4 x 5mins steep uphill hiking, (moderate-hard) easy jog back to start recovery.	16	Recovery paced run, light hills	10	Rest or light cross train (bike, swim, gym)		Easy pace, Over Hills, aim for 800m+ elevation gain. Hiking is good practise!	40	74	Easy start to week - really focus on rest and recovery
Specific block - Biggest week of training																	
19 Feb	4	Rest		Recovery jog on flat + 6 x 10sec strides	10	15mins warm up, 10mins @ 70-75% on flat, 2mins jog, 2 x 10mins @ 75-80% uphill, jog back between, 10mins @ 70-75% on flat.	16	Rest		Easy paced run undulating	12	Hike with hills. Aimed to increase time on feet and backing up to the long run - but all relatively low intensity	15	Nice and easy paced long run with some more hills, try to get 1000m+ elevation gain.	40	93	Wednesday is a solid session! The aim is to get everything working hard, before hitting some solid climbing. Then on fatigued legs, needing to run faster again. This is the biggest week of training, so sleep, nutrition and rest are vital. If you're unable to use a 10min climb for Wednesday - substitute it for 4 x 5mins with jog back between.

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FEBRUARY																	
Specific block - Winding down																	
26 Feb	3	Rest		Recovery jog on flat + 6 x 10sec hill strides	8	50mins @ 70-75% on hilly terrain. Aim to keep effort consistent. Don't overwork the climbs and make sure you run the descents with gusto.	14	Rest		Easy paced run - Include ~200-400m elevation gain	12	Recovery jog - include 4 x 15sec strides (run throughs to 90% max pace) at the end. Full recovery between.	8	"Easy pace, Over Hills, aim for 800m+ elevation gain. Hiking is good practise!	34	76	Overall volume from here on will be reducing, whilst still maintaining good intensity. You will ideally be becoming gradually fresher towards race day!
MARCH																	
Early taper																	
5 Mar	2	Rest		Recovery jog on flat + 6 x 10sec strides	10	6 x 5mins (80%) uphill hiking/steep running reps. Easy jog back to start recovery	14	Rest		Easy paced run - include 300m+ elevation gain	10	Recovery jog - include 4 x 15sec strides (run throughs to 90% max pace) at the end. Full recovery between.	6	Easy pace, over hills. Try to include steep hiking sections.	28	68	A couple of days with some hard hiking focus. These will be less taxing than more fast running sessions and is specific to this course.
Taper																	
12 Mar	1	Rest		Recovery jog on flat	5	10 x (2min fast (but controlled) uphill (60sec rest at top), fast (again, controlled) back to bottom (60sec rest, then go again)	12	Rest		Easy paced run - include 300m+ elevation gain	12	Rest		Easy pace on some hills. Short steep pinches but nothing too big.	18	47	Taper - Important to keep intensities nice and low and stay on top of rest and energy levels.
Race Week																	
19 Mar	0	Rest		Easy run with 5mins @ 70-75%, 1min jog into 8 x 30sec steady (70-80%), 60sec jog	12	Recovery jog on flat to mildly undulating terrain	6	Rest		Easy recovery jog	6	Rest or easy shake out jog + a few light strides	3	BUFFALO Stampede	42	69	Put all that hard work to good use!!