MARATHON HANDBOOK

# 100k COMPETE TRAINING PLAN: KM

| WEEK | Date | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Weekly Mileage |
|---|---|---|---|---|---|---|---|---|---|
| 1 | | Rest Day | Pace Run<br>5 k<br>*RPE: 5-6* | Intervals<br>3 x 800m<br>*then leg workout* | Strength Training<br>*45-60 mins* | Rest Day | Long Run<br>11 k<br>*RPE: 2-3* | Recovery Run<br>5 k<br>*RPE: 2-4* | 29 k |
| 2 | | Rest Day | Pace Run<br>5 k<br>*RPE: 5-6* | Intervals<br>3 x 800m<br>*then leg workout* | Strength Training<br>*45-60 mins* | Rest Day | Long Run<br>13 k<br>*RPE: 2-3* | Recovery Run<br>5 k<br>*RPE: 2-4* | 31 k |
| 3 | | Rest Day | Pace Run<br>5 k<br>*RPE: 5-6* | Intervals<br>3 x 800m<br>*then leg workout* | Strength Training<br>*45-60 mins* | Rest Day | Long Run<br>14 k<br>*RPE: 2-3* | Recovery Run<br>5 k<br>*RPE: 2-4* | 32 k |
| 4 | | Rest Day | Pace Run<br>5 k<br>*RPE: 5-6* | Intervals<br>3 x 800m<br>*then leg workout* | Strength Training<br>*45-60 mins* | Rest Day | Long Run<br>16 k<br>*RPE: 2-3* | Recovery Run<br>5 k<br>*RPE: 2-4* | 34 k |
| 5 | | Rest Day | Pace Run<br>7 k<br>*RPE: 5-6* | Intervals<br>3 x 800m<br>*then leg workout* | Strength Training<br>*45-60 mins* | Rest Day | Long Run<br>10 k<br>*RPE: 2-3* | Recovery Run<br>7 k<br>*RPE: 2-4* | 32 k |
| 6 | | Rest Day | Pace Run<br>7 k<br>*RPE: 5-6* | Intervals<br>3 x 800m<br>*then leg workout* | Strength Training<br>*45-60 mins* | Rest Day | Long Run<br>19 k<br>*RPE: 2-3* | Recovery Run<br>7 k<br>*RPE: 2-4* | 41 k |
| 7 | | Rest Day | Pace Run<br>7 k<br>*RPE: 5-6* | Intervals<br>4 x 800m<br>*then leg workout* | Strength Training<br>*45-60 mins* | Rest Day | Long Run<br>22 k<br>*RPE: 2-3* | Recovery Run<br>7 k<br>*RPE: 2-4* | 45 k |
| 8 | | Rest Day | Pace Run<br>8 k<br>*RPE: 5-6* | Intervals<br>4 x 800m<br>*then leg workout* | Strength Training<br>*45-60 mins* | Rest Day | Long Run<br>26 k<br>*RPE: 2-3* | Recovery Run<br>8 k<br>*RPE: 2-4* | 51 k |
| 9 | | Rest Day | Pace Run<br>8 k<br>*RPE: 5-6* | Intervals<br>4 x 800m<br>*then leg workout* | Strength Training<br>*45-60 mins* | Rest Day | Long Run<br>16 k<br>*RPE: 2-3* | Recovery Run<br>8 k<br>*RPE: 2-4* | 41 k |
| 10 | | Rest Day | Pace Run<br>8 k<br>*RPE: 5-6* | Intervals<br>4 x 800m<br>*then leg workout* | Strength Training<br>*45-60 mins* | Rest Day | Long Run<br>29 k<br>*RPE: 2-3* | Recovery Run<br>10 k<br>*RPE: 2-4* | 56 k |
| 11 | | Rest Day | Pace Run<br>8 k<br>*RPE: 5-6* | Intervals<br>4 x 800m<br>*then leg workout* | Strength Training<br>*45-60 mins* | Rest Day | Long Run<br>32 k<br>*RPE: 2-3* | Recovery Run<br>10 k<br>*RPE: 2-4* | 59 k |
| 12 | | Rest Day | Pace Run<br>10 k<br>*RPE: 5-6* | Intervals<br>4 x 800m<br>*then leg workout* | Strength Training<br>*45-60 mins* | Rest Day | Long Run<br>35 k<br>*RPE: 2-3* | Recovery Run<br>10 k<br>*RPE: 2-4* | 64 k |
| 13 | | Rest Day | Pace Run<br>10 k<br>*RPE: 5-6* | Intervals<br>5 x 800m<br>*then leg workout* | Strength Training<br>*45-60 mins* | Rest Day | Long Run<br>26 k<br>*RPE: 2-3* | Recovery Run<br>10 k<br>*RPE: 2-4* | 56 k |
| 14 | | Rest Day | Pace Run<br>11 k<br>*RPE: 5-6* | Intervals<br>5 x 800m<br>*then leg workout* | Strength Training<br>*45-60 mins* | Rest Day | Long Run<br>39 k<br>*RPE: 2-3* | Recovery Run<br>16 k<br>*RPE: 3-4* | 76 k |
| 15 | | Rest Day | Pace Run<br>11 k<br>*RPE: 5-6* | Intervals<br>5 x 800m<br>*then leg workout* | Strength Training<br>*45-60 mins* | Rest Day | Long Run<br>43 k<br>*RPE: 2-3* | Training Run<br>12 k<br>*RPE: 2-4* | 76 k |
| 16 | | Rest Day | Pace Run<br>11 k<br>*RPE: 5-6* | Intervals<br>5 x 800m<br>*then leg workout* | Strength Training<br>*45-60 mins* | Rest Day | Long Run<br>47 k<br>*RPE: 2-3* | Recovery Run<br>16 k<br>*RPE: 2-4* | 84 k |
| 17 | | Rest Day | Pace Run<br>11 k<br>*RPE: 5-6* | Intervals<br>5 x 800m<br>*then leg workout* | Strength Training<br>*45-60 mins* | Rest Day | Long Run<br>29 k<br>*RPE: 2-3* | Recovery Run<br>8 k<br>*RPE: 2-4* | 58 k |
| 18 | | Rest Day | Pace Run<br>11 k<br>*RPE: 5-6* | Intervals<br>5 x 800m<br>*then leg workout* | Strength Training<br>*45-60 mins* | Rest Day | Long Run<br>50 k<br>*RPE: 2-3* | Recovery Run<br>16 k<br>*RPE: 2-4* | 87 k |
| 19 | | Rest Day | Pace Run<br>11 k<br>*RPE: 5-6* | Intervals<br>6 x 800m<br>*then leg workout* | Strength Training<br>*45-60 mins* | Rest Day | Long Run<br>53 k<br>*RPE: 2-3* | Recovery Run<br>7 k<br>*RPE: 2-4* | 82 k |
| 20 | | Rest Day | Pace Run<br>13 k<br>*RPE: 5-6* | Intervals<br>6 x 800m<br>*then leg workout* | Strength Training<br>*45-60 mins* | Rest Day | Long Run<br>56 k<br>*RPE: 2-3* | Recovery Run<br>16 k<br>*RPE: 2-4* | 96 k |
| 21 | | Rest Day | Pace Run<br>13 k<br>*RPE: 5-6* | Intervals<br>6 x 800m<br>*then leg workout* | Strength Training<br>*45-60 mins* | Rest Day | Long Run<br>32 k<br>*RPE: 2-3* | Recovery Run<br>10 k<br>*RPE: 2-4* | 66 k |
| 22 | | Rest Day | Pace Run<br>13 k<br>*RPE: 5-6* | Intervals<br>6 x 800m<br>*then leg workout* | Strength Training<br>*45-60 mins* | Rest Day | Long Run<br>60 k<br>*RPE: 2-3* | Recovery Run<br>16 k<br>*RPE: 2-4* | 100 k |
| 23 | | Rest Day | Pace Run<br>11 k<br>*RPE: 5-6* | Intervals<br>4 x 800m<br>*then leg workout* | Strength Training<br>*45-60 mins* | Rest Day | Long Run<br>43 k<br>*RPE: 2-3* | Recovery Run<br>10 k<br>*RPE: 2-4* | 73 k |
| 24 | | Rest Day | Pace Run<br>7 k<br>*RPE: 5-6* | Intervals<br>3 x 800m<br>*then leg workout* | Strength Training<br>*45-60 mins* | Rest Day | Long Run<br>32 k<br>*RPE: 2-3* | Recovery Run<br>7 k<br>*RPE: 2-4* | 54 k |
| 25 | | Rest Day | Pace Run<br>5 k<br>*RPE: 5-6* | Intervals<br>2 x 800m<br>*then leg workout* | Strength Training<br>*45-60 mins* | Rest Day | Long Run<br>16 k<br>*RPE: 5* | Recovery Run<br>5 k<br>*RPE: 2-4* | 33 k |
| 26 | | Rest Day | Easy Run<br>5 k<br>*RPE: 2-3* | Rest Day | Strength Training<br>*45-60 mins* | Easy Run<br>5 k<br>*RPE: 2-3* | Easy Run<br>3 k<br>*RPE: 2-3* | 100K ULTRA<br>100 k<br>*RPE: 5* | 113 k |