

**The North Face® Malaysia Mountain Trail Festival 2023
100KM Ultra-Trail® Challenge Training Plan for Advance Level**

<i>Week</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
	<i>Rest</i>	<i>Speed – Tempo effort “RPE – 6/10”</i>	<i>Easy</i>	<i>HILL REPEATS 3 gradient types</i>	<i>Rest</i>	<i>Long Duration / vertical gain goal</i>	<i>BACK-TO-BACK run</i>
20	EASY 40 mins	SPEED/TEMPO - 10 x 1 min - Recovery 1 min	EASY 40 mins	TYPE 3 steep12%+ - Hike easy up & down - 30 mins max	REST	LONG RUN - 90mins - 200m per 10km	- 60 mins easy - All running
19	EASY 40 mins	SPEED/TEMPO - (5 x 2 min) - (5 x 1 min) - Recovery 1 min	EASY 40 mins	TYPE 3 steep12%+ - Hike easy up & down - 45 mins max	REST	LONG RUN - 1:45hrs - 200m per 10km	- 60 mins easy - All running
18	EASY 45 mins	SPEED/TEMPO - 5,4,3,2,1 min - Recovery 3,2,2,1,1 min	EASY 45 mins	TYPE 3 steep12%+ - Hike hard up - Recovery: Slow run down - 45 mins max	REST	LONG RUN - 2hrs - 200m per 10km	- 60 mins easy - All running
17	EASY 45 mins easy	SPEED/TEMPO - (2 x 3 mins) - (2 x 2mins) - Recovery: 90 sec - (5 x 1min) - Recovery: 1 min	EASY 45 mins	TYPE 1 slight 3-6%+ - 8 x 90 secs (6/10 RPE) - Recovery: Slow run down	REST	LONG RUN - 2:30hrs - 300m per 10km	- 60 mins easy - All running
16	EASY 45 mins	SPEED/TEMPO - (5 x 3 min) - Recovery 2 mins - (5 x 1min) - Recovery 1 mins	EASY 50 mins	TYPE 1 slight 3-6%+ - 6 x 2 mins (6/10 RPE)	REST	LONG RUN - 3hrs - 300m per 10km - pack 3-4kg	- 60 mins easy - All running

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				- Recovery: Slow run down			
15	EASY 50 mins	SPEED/TEMPO - 2,3,4,5,4,3,2 mins - Recovery 2 mins	EASY 50 mins	TYPE 2 medium 6 -12% - 2 x 8mins Run 30sec Hike 30 sec - Recovery: Slow run down	REST	LONG RUN - 3hrs - 300m per 10km - pack 3-4kg	- 70 mins easy - All running
14	EASY 50 mins	SPEED/TEMPO - (5 x 4 mins) - Recovery 2 mins - (4 x 1 min) - Recovery 1 mins	EASY 60 mins	TYPE 2 medium 6 -12% - 2 x 8mins Run 30sec Hike 30sec - Recovery: Slow run down	REST	LONG RUN - 3:30hrs - 400m per 10km - pack 3-4kg	- 70 mins easy - All running
13	EASY 50 mins	SPEED/TEMPO - 6 x 4 mins - Recovery 2 mins	EASY 60 mins	TYPE 3 steep 12%+ - Hike hard up - Recovery: Slow run down - 60mins max	REST	LONG RUN - 3:30hrs - 400m per 10km - pack 3-4kg	- 80 mins easy - All running
12	EASY 60 mins	SPEED/TEMPO - (2 x 6 mins) - Recovery 3 mins - (6 x 2 mins) - Recovery 1 mins	EASY 60 mins	TYPE 2 medium 6 -12% - pack 2-3kg - 3 x 8mins Run 60 sec Hike 60sec	REST	LONG RUN - 4hrs -400m per 10km - pack 3-4kg	- 80 mins easy - All running

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				- Recovery 2 mins at top - Recovery: Slow run down			
11 <i>(Hills: Quad conditioning: faster descents)</i>	EASY 60 mins	SPEED/TEMPO - (3 x 6 mins) - Recovery 3 mins - (1 x 4mins) - Recovery 2 mins - (1 x 2 mins)	EASY 60 mins	TYPE 2 medium 6 -12% - pack 2-3kg - Up 3 x 8mins Run 90 sec Hike 60sec - Recovery 2 mins - Down: Run harder but controlled	REST	LONG RUN - 4hrs -550m per 10km gain -pack 3-4kg	- 80 mins easy - All running
10	EASY 60 mins	SPEED/TEMPO - (4 x 6 mins) - Recovery 3 mins - (1 x 4 mins)	EASY 60 mins	TYPE 2 medium 6 -12% - pack 2-3kg - Up 3 x 8mins Run 60 secs Hike 90 secs - repeat to top - Recovery 2 mins - Down: Run harder but controlled	REST	LONG RUN - 4:30hrs -550m per 10km gain - pack 3-4kg	- 90 mins easy - All running
9	EASY 60 mins	SPEED/TEMPO - (2 x 8 mins) - (2 x 6 min)	EASY 70 mins	TYPE 2 medium 6 -12% - pack 2-3kg	REST	LONG RUN - 5hrs	- 2hrs easy - All running

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		- Recovery 4 mins		- Up 3 x 8mins Run 60 secs Hike 60 sec - repeat to top - Recovery 2 mins - Down- Run harder but controlled		-550m per 10km gain - pack 3-4kg	
8	EASY 60 mins	SPEED/TEMPO - 3 x 10 mins - Recovery 5 mins	EASY 70 mins	TYPE 3 steep 12%+ - pack 2-3kg - Hike hard up - Recovery: Slow run down - 75 mins max	REST	LONG RUN - 5hrs -550m per 10km gain - pack 3-5kg	- 2.5hrs easy - All running
7	EASY 60 mins	SPEED/TEMPO - 3 x 10 mins - Recovery 5 mins	EASY 60 mins	TYPE 2 medium 6 -12% - pack 2-3kg - Up 4 x 8mins Run 60 secs Hike 60sec - repeat to top - Recovery 2 mins at top - Down: Run harder but controlled	REST	LONG RUN - 6hrs - 550m per 10km gain - pack 3-5kg	- 2hrs easy - All running
6	EASY	SPEED/TEMPO	EASY	TYPE 3 steep	REST	LONG RUN	- 2hrs easy

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	60 mins	- (1 x 15 mins) - (2 x 10 mins) - Recovery 5 mins	60 mins	12%+ - pack 2-3kg - Hike hard up - Down: Run harder but controlled - 75 mins max total		- 6hrs - 550m per 10km gain - pack 3-5kg	- All running
5	EASY 60 mins	SPEED/TEMPO - (2 x 15 mins) - (1x 10mins) - Recovery 5 min	EASY 60 mins	TYPE 2 medium 6 -12% - pack 2-3kg - Run 8 x 4mins up - Recovery 1 mins at top - Down: Run hard but controlled	REST	LONG RUN - 5hrs -550m per 10km gain - pack 3-5kg	- 90mins easy - All running
4 Easy on quads from here	EASY 50 mins No quads from here	SPEED/TEMPO - (1 x 20 min) - (1 x 15 mins) - Recovery 5 mins	EASY 60 mins	TYPE 2 medium 6 -12% - pack 2-3kg - Run 3 x 8mins up - Recovery 2 mins at top - Down: Easy recovery	REST	LONG RUN -4hrs - 550m per 10km gain - pack 3-5kg	- 80mins easy - All running
3	EASY 50 mins	SPEED/TEMPO - 6 x 4 mins - Recovery 2 mins	EASY 60 mins	TYPE 2 medium 6 -12% - pack 2-3kg - Run 2 x 8mins up	REST	LONG RUN -3hrs - 400m per 10km gain	- 60 mins easy - All running

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				- Down: Easy recovery		- pack 3-4kg	
2	EASY 40 mins	SPEED/TEMPO - 5 x 2 mins - Recovery 1 min	EASY 40 mins	TYPE 2 medium 6 -12% - pack 2-3kg - Run 1 x 8mins up - Down: Easy recovery	REST	LONG RUN 90mins	Rest
1 Race week	30mins taper shake-out run	Rest	25mins taper shake-out run	Rest	20mins taper Shake-out run	RACE DAY	Race finish /rest

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GLOSSARY:

<p>Notes: SEARCH FOR Andy chat about difference between 50 /100 Volume / days running / rest days/ Length of longest runs</p>	<p>REST DAY OR/ higher volume runners DO additional EASY runs of 60 -75 mins -added to REST days to add volume at easy/ low intensity</p>	<p>Effort: - Rate of Perceived Exertion (RPE): 6/10 OR - Pace that can be held consistently for 40-50 mins OR - 10 km race pace (eg 40mins = 4 min/km) OR - Able to speak in full sentence</p>		<p>Hill Descriptions: 1) Slight hill: 3-6% gradient (fast) 2) Medium hill: 6-12% grad': (able to run with effort) 3) Steep hill: 12%+++ (hiking)</p>	<p>REST DAY OR/ higher volume runners DO additional EASY runs of 60 -75 mins -added to REST days to add volume at easy/ low intensity</p>	<p>RACE NOTES: - Specific to suit: MMTF course/ terrain/ profile: - vert / terrain/ flat road and trail - In early stages of race the course is undulating but with no big/ long climbs</p>	<p>Back-to-back runs: - All running (no hiking) - Relatively flat / undulating - Not steep - Promotes running on tired legs. - Particularly good for "those sections that you know you really should be running"</p>
<p>100km or bigger volume athletes Tues and Thursday REST DAY OR/ higher volume runners DO additional EASY runs of 60 -75 mins -added to REST days to add volume at easy/ low intensity</p>	<p>Easy runs: - Super easy effort "active recovery" - Save legs for Tues and Thurs hard efforts.</p>	<p>Warm up and warm down: ALL BELOW RUNS BEGIN AND END WITH:</p>		<p>ALL BELOW RUNS BEGIN AND END WITH:</p>		<p>- latter stages of 50 & 100km have significant vertical gain - 2 x 1000m+ 100km - 1 x 1000m + 50km</p>	
		<p>1. Warm up and down with 10-15 mins easy slow running. 2. Warm up: after 10 mins add 7 x 20 secs "Strides" (gradual increase in speed to 80% max and gradual slow down.</p>		<p>* 1. Warm up and down with 10-15 mins easy slow running. * 2. Warm up: after 10 mins add 7 x 20 secs "Strides" (gradual increase in speed to 80% max and gradual slow down. ** Descent technique: - fast, short stride length - light on feet - avoid over-striding</p>		<p>THEREFORE, VERY STEEP IN SECTIONS: NOT DIVIDED VERT OVER OVERALL DISTANCE</p>	

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Rest	Speed - Tempo	Easy	Hills: 3 types	Rest	Long	B2B run
<p>Notes: SEARCH FOR Andy chat about difference between 50 /100 Volume / days running / rest days/ Length of longest runs</p> <hr/> <p>100km or bigger volume athletes Tues and Thursday REST DAY</p> <p>OR/ higher volume runners DO additional EASY runs of 60 -75 mins -added to REST days to add volume at easy/ low intensity</p> <hr/> <p>** Descent technique: - fast, short stride length - light on feet - avoid over-striding</p>	<p>REST DAY</p> <p>OR/ higher volume runners DO additional EASY runs of 60 -75 mins -added to REST days to add volume at easy/ low intensity</p>	<p>Effort: - Rate of Perceived Exertion (RPE): 6/10 OR - Pace that can be held consistently for 40-50 mins OR - 10 km race pace (eg 40mins = 4 min/km) OR - Able to speak in full sentence</p> <hr/> <p>ALL BELOW RUNS BEGIN AND END WITH:</p> <p>1. Warm up and down with 10-15 mins easy slow running.</p> <p>2. Warm up: after 10 mins add 7 x 20 secs "Strides" (gradual increase in speed to 80% max and gradual slow down.</p>	<p>- Super easy effort "active recovery"</p> <p>- Save legs for Tues and Thurs hard efforts.</p>	<p>1) Slight hill: 3-6% gradient (fast)</p> <p>2) Medium hill: 6-12% grad': (able to run with effort)</p> <p>3) Steep hill: 12%+++ (hiking)</p> <hr/> <p>ALL BELOW RUNS BEGIN AND END WITH:</p> <p>*1. Warm up and down with 10-15 mins easy slow running.</p> <p>*2. Warm up: after 10 mins add 7 x 20 secs "Strides" (gradual increase in speed to 80% max and gradual slow down.</p>	<p>REST DAY</p> <p>OR/ higher volume runners DO additional EASY runs of 60 -75 mins -added to REST days to add volume at easy/ low intensity</p>	<p>- Specific to suit: MMTF course/ terrain/ profile:</p> <p>- vert / terrain/ flat road and trail</p> <p>- In early stages of race the course is undulating but with no big/ long climbs</p> <p>- latter stages of 50 & 100km have significant vertical gain - 2 x 1000m+ 100km - 1 x 1000m + 50km</p> <p>THEREFORE, VERY STEEP IN SECTIONS: NOT DIVIDED VERT OVER OVERALL DISTANCE</p>	<p>- All running (no hiking)</p> <p>- Relatively flat / undulating</p> <p>- Not steep</p> <p>- Promotes running on tired legs, particularly good for "those sections that you know you really could be running"</p>

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