

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

<i>Weeks until race</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
	<b>Easy</b>	<b>Hill Repeats</b> - 3 different types/ gradients of "hills" - all sessions include warm up / down)	<b>Rest</b>	<b>Easy</b>	<b>Rest</b>	<b>Long</b> Duration / vertical gain goal	<b>Rest</b>
<b>20</b>	<b>EASY</b> 40 mins	<b>TYPE 3 steep12%+</b> - Hike easy up & down - 30mins max	<b>REST</b>	<b>EASY</b> 40 mins	<b>REST</b>	<b>LONG RUN</b> - 90mins - 200m per 10km	<b>REST</b>
<b>19</b>	<b>EASY</b> 40 mins	<b>TYPE 3 steep12%+</b> - Hike easy up & down - 45mins max	<b>REST</b>	<b>EASY</b> 40 mins	<b>REST</b>	<b>LONG RUN</b> - 1:45hrs - 200m per 10km	<b>REST</b>
<b>18</b>	<b>EASY</b> 45 mins	<b>TYPE 3 steep12%+</b> - Hike hard up - Recovery: Slow run down - 45mins max	<b>REST</b>	<b>EASY</b> 45 mins	<b>REST</b>	<b>LONG RUN</b> - 2hrs - 200m per 10km	<b>REST</b>
<b>17</b>	<b>EASY</b> 45 mins easy	<b>TYPE 1 slight 3-6%+</b> - 8 x 90 secs hard up - RPE 6/10 - Recovery 1 mins - Slow run down	<b>REST</b>	<b>EASY</b> 45 mins	<b>REST</b>	<b>LONG RUN</b> - 2:30hrs - 300m per 10km	<b>REST</b>

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16	EASY 45 mins	TYPE 1 slight 3-6%+ - 6 x 2 mins - RPE 6/10 - Recovery 1 mins - Slow run down	REST	EASY 50 mins	REST	LONG RUN - 3hrs - 300m per 10km - pack 3-4kg	REST
15	EASY 50 mins	TYPE 2 medium 6 -12% - 2 x 8mins Run 30 sec Hike 30sec – repeat to top - Recovery 2 mins - Slow run down	REST	SPEED/TEMPO - 10 x 1 min - Recovery 1 min	REST	LONG RUN - 3hrs - 300m per 10km - pack 3-4kg	REST
14	EASY 50 mins	TYPE 2 medium 6 -12% - 2 x 8mins Run 30 sec Hike 30sec – repeat to top - Recovery 2 mins - Slow run down	REST	SPEED/TEMPO - (5 x 2 min) - (5 x 1 min) - Recovery 1 min	REST	LONG RUN - 3:30hrs - 400m per 10km - pack 3-4kg	REST
13	EASY 50 mins	TYPE 3 steep 12%+ - Hike hard up - Recovery: Slow run down - 60 mins max	REST	SPEED/TEMPO - 5,4,3,2,1 min - Recovery 3,2,2,1,1 min	REST	LONG RUN - 3:30hrs - 400m per 10km - pack 3-4kg	REST
12	EASY	TYPE 2 medium	REST	SPEED/TEMPO	REST	LONG RUN	REST

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	60 mins	<b>6 -12%</b> - pack 2-3kg - 3 x 8mins Run 60 sec Hike 60sec – repeat to top - Recovery 2 mins - Slow run down		- (2 x 3 mins) - (2 x 2mins) - Recovery: 90 sec - (5 x 1min) - Recovery: 1 min		- 4hrs -400m per 10km - pack 3-4kg	
<b>11</b> <i>(Quad conditioning begins faster downhill)</i>	<b>EASY</b> 60 mins	<b>TYPE 2 medium 6 -12%</b> - pack 2-3kg - Up 3 x 8mins Run 90sec Hike 60sec – repeat to top - Down: <b>Run harder but controlled</b> - Recovery 2 mins top and bottom	<b>REST</b>	<b>SPEED/TEMPO</b> - (5 x 3 min) - Recovery 2 mins - (5 x 1min) - Recovery 1 mins	<b>REST</b>	<b>LONG RUN</b> - 4hrs -550m per 10km gain - pack 3-4kg	<b>REST</b>
<b>10</b>	<b>EASY</b> 60 mins	<b>TYPE 2 medium 6 -12%</b> - pack 2-3kg - Up 3 x 8mins Run 90 sec Hike 60sec – repeat to top	<b>REST</b>	<b>SPEED/TEMPO</b> - 2,3,4,5,4,3,2 mins - Recovery 2 mins	<b>REST</b>	<b>LONG RUN</b> - 4:30hrs -550m per 10km gain - pack 3-4kg	<b>REST</b>

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		- Down: Run harder but controlled - Recovery 2 mins top and bottom					
9	EASY 60 mins	TYPE 2 medium 6 -12% - pack 2-3kg - Up 4 x 8mins Run 60 secs Hike 60 sec - repeat to top - Down- Run harder but controlled - Recovery 2 mins top and bottom	REST	SPEED/TEMPO - (5 x 4 mins) - Recovery 2 mins - (4 x 1 min) - Recovery 1 mins	REST	LONG RUN - 5hrs -550m per 10km gain - pack 3-4kg	REST
8	EASY 60 mins	TYPE 3 steep 12%+ - pack 2-3kg - Hike hard up - Recovery: Slow run down - 75 mins max	REST	SPEED/TEMPO - 6 x 4 mins - Recovery 2 mins	REST	LONG RUN - 5hrs -550m per 10km gain - pack 3-5kg	REST
7	EASY 60 mins	TYPE 2 medium 6 -12% - pack 2-3kg - Up 4 x 8mins Run 60 secs	REST	SPEED/TEMPO - (2 x 6 mins) - Recovery 3 mins - (6 x 2 mins) - Recovery 1 mins	REST	LONG RUN - 6hrs - 550m per 10km gain - pack 3-5kg	REST

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		Hike 60sec – repeat to top - <b>Down: Run harder</b> but controlled - Recovery 2 mins top and bottom					
<b>6</b>	<b>EASY</b> 60 mins	<b>TYPE 3 steep 12%+</b> - pack 2-3kg - Hike hard up - <b>Down: Run harder</b> but controlled - Recovery 2 mins bottom - 75 mins max	<b>REST</b>	<b>SPEED/TEMPO</b> - (3 x 6 mins) - Recovery 3 mins - (1 x 4mins) - Recovery 2 mins - (1 x 2 mins)	<b>REST</b>	<b>LONG RUN</b> - 6hrs - 550m per 10km gain - pack 3-5kg	<b>REST</b>
<b>5</b>	<b>EASY</b> 60 mins	<b>TYPE 2 medium 6 -12%</b> - pack 2-3kg - Up 8 x 4mins - Run up - <b>Down: Run hard</b> but controlled - Recovery 2 mins top and bottom	<b>REST</b>	<b>SPEED/TEMPO</b> - (4 x 6 mins) - Recovery 3 mins - (1 x 4 mins)	<b>REST</b>	<b>LONG RUN</b> - 5hrs -550m per 10km gain - pack 3-5kg	<b>REST</b>
<b>4</b> Easy on quads from here	<b>EASY</b> 50 mins	<b>TYPE 2 medium 6 -12%</b> - pack 2-3kg	<b>REST</b>	<b>SPEED/TEMPO</b> - (2 x 8 mins) - (2 x 6 min)	<b>REST</b>	<b>LONG RUN</b> -4hrs	<b>REST</b>

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		- Up 3 x 8mins Run / hike if needed. - Recovery 2 mins top - <b>Down: Easy recovery</b>		- Recovery 4 mins		- 550m per 10km gain - pack 3-5kg	
<b>3</b>	<b>EASY</b> 50 mins	<b>TYPE 2 medium 6 -12%</b> - pack 2-3kg - Up 2 x 8mins Run / hike if needed. - <b>Down: Easy recovery</b>	<b>REST</b>	<b>SPEED/TEMPO</b> - 3 x 10 mins - Recovery 5 mins	<b>REST</b>	<b>LONG RUN</b> -3hrs - 400m per 10km gain - pack 3-4kg	<b>REST</b>
<b>2</b>	<b>EASY</b> 40 mins	<b>TYPE 2 medium 6 -12%</b> - pack 2-3kg - Up 1 x 8mins Run /hike if needed. - <b>Down: Easy recovery</b>	<b>REST</b>	<b>SPEED/TEMPO</b> - 5 x 2 mins - Recovery 1 min	<b>REST</b>	<b>LONG RUN</b> 90mins	<b>REST</b>
<b>1</b> <b>Race week</b>	30mins taper shake-out run	Rest	25mins taper shake-out run	Rest	20mins taper Shake-out run	<b>Race Start</b>	<b>Race finish /rest</b>

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### GLOSSARY:

<p><b>Notes:</b> <i>SEARCH FOR Andy chat about difference between 50 /100 Volume / days running / rest days/ Length of longest runs</i></p> <hr/> <p><i>100km or bigger volume athletes</i> <b>Tues and Thursday REST DAY</b></p> <p><i>OR/ higher volume runners DO additional EASY runs of 60 -75 mins -added to REST days to add volume at easy/ low intensity</i></p>	<p><b>REST DAY</b></p> <p><i>OR/ higher volume runners DO additional EASY runs of 60 -75 mins -added to REST days to add volume at easy/ low intensity</i></p> <p><b>Easy runs:</b> - Super easy effort "active recovery"</p> <p>- Save legs for Tues and Thurs hard efforts.</p>	<p><b>Effort:</b> - 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><b>Warm up and warm down:</b> 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><b>Hill Descriptions:</b> <b>1) Slight hill:</b> <i>3-6% gradient (fast)</i></p> <p><b>2) Medium hill:</b> <i>6-12% grad': (able to run with effort)</i></p> <p><b>3) Steep hill:</b> <i>12%+++ (hiking)</i></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><b>** Descent technique:</b> - fast, short stride length - light on feet - avoid over-striding</p>	<p><b>REST DAY</b></p> <p><i>OR/ higher volume runners DO additional EASY runs of 60 -75 mins -added to REST days to add volume at easy/ low intensity</i></p>	<p><b>RACE NOTES:</b> - <b>Specific to suit: MMTF course/ terrain/ profile:</b></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 &amp; 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><b>Back-to-back runs:</b> - All running (no hiking) - Relatively flat / undulating - Not steep - Promotes running on tired legs. - Particularly good for "those sections that you know you really <i>should</i> be running"</p>
<b>Week</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>

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	Rest	Speed - Tempo	Easy	Hills: 3 types	Rest	Long	B2B run
<p><b>Notes:</b> 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 <b>Tues and Thursday REST DAY</b></p> <p>OR/ higher volume runners DO additional EASY runs of <b>60 -75 mins</b> -added to <b>REST days</b> to add volume at easy/ low intensity</p> <hr/> <p><b>**Descent technique:</b> - fast, short stride length - light on feet - avoid over-striding</p>	<p><b>REST DAY</b></p> <p>OR/ higher volume runners DO additional EASY runs of <b>60 -75 mins</b> -added to <b>REST days</b> 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><b>1) Slight hill:</b> 3-6% gradient (fast)</p> <p><b>2) Medium hill:</b> 6-12% grad': (able to run with effort)</p> <p><b>3) Steep hill:</b> 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><b>REST DAY</b></p> <p>OR/ higher volume runners DO additional EASY runs of <b>60 -75 mins</b> -added to <b>REST days</b> to add volume at easy/ low intensity</p>	<p><b>- Specific to suit: MMTF course/ terrain/ profile:</b></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 &amp; 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 <i>could</i> be running"</p>

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