

Stolt

LONDON
100
ULTRA MARATHON



100 KM TRAINING PLAN

5 MONTH PLAN

5 BLOCKS

ANYONE CAN ACHIEVE AN
ULTRAMARATHON

**MORE INFORMATION YOU CAN
VISIT OUR WEBSITE AND FOLLOW
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@camino_ultra



www.caminoultra.com



HOW TO USE THE PLAN

Welcome to your 100km journey – we’re genuinely excited to have you with us. This plan is here to guide you, support you, and keep things feeling doable and enjoyable.

Do the Runs (As Best You Can)

Follow the plan, but don’t put pressure on yourself to be perfect. Some days will flow, some days won’t – just keep showing up.

Check In With Yourself

After each session, take a moment to note:

- How did it feel?
- Anything that stood out?
- Anything you want to remember next time?
- These little reflections help you stay connected to your body and your progress.

Missed a Run? It’s All Good.

No chasing, no doubling. Just move on to the next run and keep the momentum going.

Move Runs Around When You Need To

Life isn’t always tidy. If you need to shift things – do it. The plan works best when it fits around your world.

Stay Connected With Your Team

Share how things are going – the good runs, the wobbly ones, the surprises. Your teammates understand exactly what this journey feels like.

Reach Out Anytime

If something feels like too much, if you notice a niggle, or if you just need some clarity – please get in touch. Early conversations keep you strong and healthy.

Trust the Process

Training has its ups and downs. All of it is part of building you up for the day. Keep taking the next step.

You’ve Got This

We believe in you. Truly.
Big Camino love – see you on the start line.

COMMUTER RUNNING

Commuter running is one of the simplest ways to add extra training into a busy week. When you build it into your daily travel, it saves time, boosts consistency, and turns your journeys into purposeful movement.

Plan Your Days

Look ahead at your week and choose the days where running to or from work makes sense. You don't need to run both ways — the most sustainable option is often:

- Run one way, travel the other, or
- Run home to unwind after the day.

What to Pack

A little planning keeps commuting running manageable. Think about:

- Work clothes
- A lightweight towel or wipes
- Lunch or snacks
- Any work essentials (laptop, notes, charger)
- A small stash of toiletries at the office
- Packing the night before makes the morning feel effortless.

Keep It Easy

Commuter runs should be easy or steady. Don't try to turn them into speed sessions — traffic, stops, and carrying extra items make fast running less effective and more stressful. Save hard sessions for clean, uninterrupted routes.

Why It Helps

Commuter running doubles your travel and training time. It removes the stress of squeezing in an extra session and builds consistent, low-pressure mileage throughout your week. It often becomes a calming rhythm — easing you into the morning or helping you decompress after the day.

A Useful Addition to Your Training

It boosts weekly volume without feeling like extra work, supports aerobic fitness, and makes smart use of time you already spend travelling. Practical, efficient, and surprisingly enjoyable.

M **T** **W** **T** **F** **S** **S**

Mindful Mondays 45 MINS Let your mind guide a pace that makes you feel good	Rest	WU: 10 min easy Main set: 4 x 5 min tempo effort (RPE 6-7) Recovery: 2 min easy CD: 10 min easy	Cross Train	Easy 40 MINS	Long Run 15 KM	Reflection walk How has the first week gone?
Mindful Mondays 45 MINS	Rest	WU: 10 min easy Main set: 3 x 8 min tempo effort (RPE 6-7) Recovery: 3 min easy CD: 10 min easy	Cross Train	Easy 45 MINS	Long Run 18 KM	Reflection walk How are you feeling?
Mindful Mondays 45 MINS	Rest	WU: 10 min easy Main set: 5 x 5 min tempo effort (RPE 6-7) Recovery: 2 min easy CD: 10 min easy	Cross Train	Easy 50 MINS	Long Run 20 KM	Reflection walk What went well?
Mindful Mondays 45-50 MINS	Rest	WU: 10 min easy Main set: 20 min steady effort (RPE 6) 3 x 5 min tempo effort (RPE 6-7) Recovery: 2 min easy CD: 10 min easy	Cross Train	Easy 45 MINS	Long Run 15 KM	Reflection walk What challenges (if any) did you face?

FOUNDATION PHASE (Build-Up Month)

In your longer runs take walk breaks if you need to. Consider breaking up run sections of 10 mins with a 1 min walk

Goal: gently increase long runs, tempo runs, create a training habit

Week 1	30-40km / 3-5hrs
Week 2	40-45km / 5-7hrs
Week 3	45-50km / 5-7.5hrs
Week 4	40-45km / 5-7hrs

CAMINO TOOLBOX IDEAS

Practice Walking

This is often seen as a weird thing to ask ultra runners to do but the reality is that almost everyone will walk at some point in a long race. So get good at it. Do Brisk Walks - Hill Walks - Uncomfortable Walks

Be Curious

For first time Ultrarunners there should be plenty of questions regarding running, energy levels, life balance - so explore how this journey can help you in every part of your life

M **T** **W** **T** **F** **S** **S**

Mindful Mondays 60 MINS Let your mind guide a pace that makes you feel good	WU: 10 min easy. Main set: 6 x 3 min uphill efforts (RPE 7-8). Recovery: Easy jog or walk back down between reps. CD: 10 min easy.	Easy 60 MINS	Rest	Easy 60 MINS	Long Run 26 KM	Sunday Accumulator Run or walk to hit your weekly target
Mindful Mondays 60 MINS	Easy 40 MINS	WU: 10 minutes easy. Main set: 3x12 min tempo effort (RPE 6-7). Recovery: 3 min easy. CD: 10 minutes easy.	Rest	Easy 50 MINS	Long Run Recce: 25 km South (run/walk)	Sunday Accumulator Run or walk to hit your weekly target
Mindful Mondays 60 MINS	WU: 10 min easy. Main set: 8 x 2 min uphill efforts (RPE 7-8). Recovery: Easy jog or walk back down between efforts. CD: 10 min easy.	Easy 50 MINS	Rest	Easy 50 MINS	Long Run 24 KM	Rest
Mindful Mondays 60 MINS	Easy 40 MINS	WU: 10 min easy. Main set: 20 min steady effort (RPE 6 – controlled, comfortable effort). CD: 10 min easy.	Rest	Easy 40 MINS	Long Run 22 KM	Rest

ENDURANCE PHASE

We start with the hardest week now so you can use the freshness from the previous rest week. Hitting the tough sessions while you're rested means better quality, better adaptation, and a stronger start to the block.

Goal: Longer road runs, controlled hills every other week, and first loop recce

CAMINO TOOLBOX IDEAS

Practice Nose Breathing

If this is new to you then explore how breathing exclusively through your nose on a walk feels.

Then introduce it into the middle of one of your Super Easy runs

Week 1	60-70km / 5-8hrs
Week 2	50-60km / 5-8hrs
Week 3	45-55km / 4-7hrs
Week 4	40-50km / 4-7hrs

Where is my Super-Power ?

There is such a wide variety of things that sit inside the sport of ultrarunning that you might find that what makes you strong is that you can eat well and move or you can stop and start at Aid Stations efficiently.

M **T** **W** **T** **F** **S** **S**

Mindful Mondays 60 MINS Let your mind guide a pace that makes you feel good	WU: 10 min easy. Main set: 3 x 10 min stemp effort (RPE 7). Recovery: 3 min easy jog between efforts. CD:10 min easy.	Easy 60 MINS	Easy 50 MINS	Rest	Long Run After 60mins add 2 x 20min 5 min rest inbetween Sub-Threshold Block 34 KM	12 KM
Mindful Mondays 60 MINS	WU: 10 minutes easy. Main set: 3x10 min tempo effort (RPE 6-7). Recovery: 3 min easy. CD: 10 minutes easy.	Easy 50 MINS	Easy 60 MINS	Rest	Long Run After 60mins add 1 x 30min Sub-Threshold Block 30 KM	15KM
Mindful Mondays 60 MINS	WU: 10 min easy. Main set: 2 x 8 min (RPE 7) followed by 4 x 5 min (RPE 7-8). Recovery: 3-5 min easy between each effort. CD: 10 min easy.	Easy 40 MINS	Rest	Easy 45 MINS	Long Run After 60mins add 1 x 30min Sub-Threshold Block 28KM	Rest
Mindful Mondays 50 MINS	Easy 40 MINS	Rest	Easy 30 MINS	Rest	Long Run Camino Lea Valley 50KM	Rest

SPECIFICITY PHASE

Sub-Threshold Begins

Goal: Introduce longer sub-threshold intervals and back-to-back days and Lea Valley 50 km.

CAMINO TOOLBOX IDEAS

Practice Chunking

Before your long run, think about your upcoming run and divide it into four equal segments
Visualise what is coming and be prepared
Set some simple intentions for each part

What Is a Sub-Threshold Run?

A sub-threshold run is a steady, controlled effort that sits just below “hard.” You’re working, but you’re still in control – breathing steady and able to hold the pace. These runs help you get faster and more efficient while staying comfortably uncomfortable. It’s a focused rhythm, not a sprint.

Week 1	70-80km / 8-9hrs
Week 2	65-75km / 7-8hrs
Week 3	60-70km/ 8.5-9.5hrs
Week 4	20-30km + 50km Race

M T W T F S S

Mindful Mondays 60 MINS Let your mind guide a pace that makes you feel good	WU: 10 min easy. Main set: 2 x 20 min (RPE 7). Recovery: 5 min easy between efforts. CD: 10 min easy jog.	Easy 120 MINS	Rest	Easy 50 MINS	Long Run Recce: 25 km West (race simulation)	20 KM
Mindful Mondays 55 MINS	Easy 45 MINS	Easy 60 MINS	Rest	Easy 45 MINS	Long Run Mindful Marathon 42 KM	Rest
Mindful Mondays 60 MINS	WU: 10 min easy. Main set: 2 x 30 min (RPE 7). Recovery: 8 min easy between efforts. CD: 10 min easy.	Easy 60 MINS	Rest	Easy 45 MINS	Long Run After 60mins add 2 x 20min 5 min rest inbetween Sub-Threshold Block 38 KM	18KM
Mindful Mondays 50 MINS	Easy 40 MINS	Easy 45 MINS	Rest	Easy 40 MINS	Long Run After 60mins add 1 x 30min Sub-Threshold Block 30KM	Rest

PEAK PHASE

Sub-Threshold Progression

Goal: Peak long runs and sub-threshold volume, final West loop recce.

CAMINO TOOLBOX IDEAS

Practice Gratitude

It is common for anyone in the middle of tiring training to have 'many moments'. To deal with these proactively check out Gratitude practices like www.rungrateful.com and build them in

Week 1	70-75km / 6- 8 hrs
Week 2	80-90km / 9-11hrs
Week 3	70-80km / 6-8hrs
Week 4	55-65km / 5-7 hrs

What are my 100KM Race Goals?

Have you heard of DNF - a Did Not Finish when a runner doesn't complete a race. Often this happens not through injury but the desire isn't there. So think now what are the reasons why you might keep going - family / fundraising etc

M **T** **W** **T** **F** **S** **S**

Mindful Mondays 50 MINS Let your mind guide a pace that makes you feel good	WU: 10 min easy. Main set: 25 min tempo effort (RPE 6-7). CD: 10 min easy.	Easy 45 MINS	Rest	Easy 40 MINS	Long Run 3 HRS	Reflection walk What challenges (if any) did you face?
Mindful Mondays 45-50 MINS	Easy 40 MINS	Steady 45 MINS	Rest	Easy 30 MINS	Long Run 2 HRS	Reflection walk How are you feeling?
Mindful Mondays 45 MINS	Easy 30 MINS	Easy 30 MINS	Rest	Easy 25 MINS	Long Run 90 MINS	Reflection walk What went well?
Mindful Mondays 30 MINS	Easy 20 MINS	Rest	Easy 10-15 MINS	Rest	RACE DAY LONDON 100KM	Reflection walk Race Reflection- How did the race go? what are your top 3 learnings?

CAMINO TOOL BOX

TAPER PHASE

Goal: Reduce volume, maintain rhythm, and freshen up for race day.

Visualise the race: the start, the tough patches, and the moment you finish. This helps calm nerves and build confidence.

Take time to prep your kit, sort your nutrition, pack your bags, and organise your support. Doing this now removes stress later and lets you focus on the excitement of race day.

Let your body rest. Let your mind settle. Let belief rise. You're ready.

Week 1	55-60km / 6-7hrs
Week 2	45-50km / 5-6hrs
Week 3	35-40 / 3.5-4hrs
Week 4	Race Week: minimal km + race

Taper Week: Settle, Reflect, Get Ready

Taper week gives your body time to recover and absorb all the work you've done and it's also a chance to arrive at the start line mentally ready. Use the quieter days to reflect on your training, remind yourself of everything you've achieved, and reconnect with your reasons for taking on this 100km.



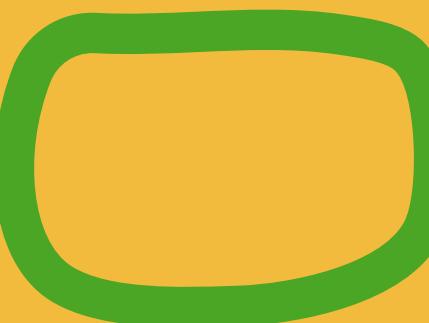
Camino Tool Box - Explore the tool box idea's each week,
Come up with your own idea's to help support your training



Rest - Rest means rest - think one hour nap
some easy 10 min yoga.
If you need to swap an easy run for rest day do it!



Long Runs - Add Walks in - Use nutrition throughout
Vary your pacing - Be Race Specific



Cross Train - If you already do other sports then see how
they compliment your running



Tempo --+ Intervals - Ensure 5-10 mins WARM-UP (WU)
and COOL DOWN (CD) in each one

Thank you for following Camino Ultra

GOOD LUCK IN YOUR ULTRA

PLEASE CONTACT US ANYTIME WITH ANY
QUESTIONS ON THE PLAN
YOUR RACE
FUTURE NEEDS

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