



Welcome to the Envol Ultra Running training !

This training plan is totally generic and gives you some guidelines to be ready for your race. It is not a customized plan adapted to your level, goals and availability for training.

If you want a detailed plan using our digital platform (Training Peaks), thank you to check this [link](#).

To allow everyone to use this training plan, we set a system of colors.

If you have performance goals, we recommend you to do all the sessions of the week.

But if you do not have enough time or don't have any goals of performance, do the green sessions in priority, then the yellow ones, and finally the pink ones. For most sessions, you can reduce the session's duration.

Notes

- Warm Up: Warm up well, at least 12-15 min before to start the main set of your session.
- Warm Down: Run at least 5 min after the main set of your sessions.
- Hills: If you do not have long hills, do 30sec uphill / 30sec downhill during the indicated time.
- RPE: Measure of Perception of Effort,
- L R : Long Run
S R : Strength Run
Dist : Distance Run

Have a good training !





Week 1	Distances			Session completed / Feedback
Distance	50km	100km	100 miles	
Run1 - L R	90min to 2.5h in RPE 4-6 Focus on running form: posture high and forward, high cadence	2h to 3h in RPE 4-6 Focus on running form: posture high and forward, high cadence	2h to 4h in RPE 4-6 Focus on running form: posture high and forward, high cadence	
Run2 - S R	60min to 90min with 5x 5min of hills - RPE 8-9 with 2min walk/jog rest Go in a steep hill. If you can not go up for the amount of time prescribed, do some 30" up and 30" down			
Run3 - Efforts	60 to 90min with 5x 4min - RPE 8-9 with 90sec walk/jog rest Do the efforts on the specific course of your A race.			
Run4 - Dist	60min to 2h in RPE 4-6 (50% of the session in hills, technical trails, steep downhills, sand, flat rolling trails, ...)			
Run5	60 to 90min with 2x 90/90 - 4x 60/60 - 4x 30/30 - 4x 15/15			
Run6	60min to 70min in RPE 4-6	60min to 80min in RPE 4-6	60min to 90min in RPE 4-6	
Run7	60min to 70min in RPE 4-6	60min to 80min in RPE 4-6	60min to 90min in RPE 4-6	
Strength 1	15 to 30min with 5 to 10x (40" squats / 20" rest), 5 to 10x (40" lunges forward / 20" rest), 5 to 10x (40" plank on elbow / 20" rest)			
Strength 2	15 to 30min with 5 to 10x (45" sit ups / 15" rest), 5 to 10x (40" plank on hands / 20" rest), 5 to 10x (35" push ups / 25" rest)			



Week 2	Distances			Session completed / Feedback
Distance	50km	100km	100 miles	
Run1 - L R	1h45 to 2.5h in RPE 4-6 Focus on running form: posture high and forward, high cadence	2h to 3.5h in RPE 4-6 Focus on running form: posture high and forward, high cadence	2.5h to 4h in RPE 4-6 Focus on running form: posture high and forward, high cadence	
Run2 - S R	60min to 90min with 5x 6min of hills - RPE 8-9 with 2min walk/jog rest Go in a steep hill. If you can not go up for the amount of time prescribed, do some 30" up and 30" down			
Run3 - Efforts	60 to 90min with 5x 5min - RPE 8-9 with 90sec walk/jog rest Do the efforts on the specific course of your A race.			
Run4 - Dist	60min to 2h in RPE 4-6 (50% of the session in hills, technical trails, steep downhills, sand, flat rolling trails, ...)			
Run5	60 to 90min with 3x 90/90 - 4x 60/60 - 6x 30/30 - 4x 15/15			
Run6	60min to 70min in RPE 4-6	60min to 80min in RPE 4-6	60min to 90min in RPE 4-6	
Run7	60min to 70min in RPE 4-6	60min to 80min in RPE 4-6	60min to 90min in RPE 4-6	
Strength 1	15 to 30min with 5 to 10x (40" squats / 20" rest), 5 to 10x (40" lunges forward / 20" rest), 5 to 10x (40" plank on elbow / 20" rest)			
Strength 2	15 to 30min with 5 to 10x (45" sit ups / 15" rest), 5 to 10x (40" plank on hands / 20" rest), 5 to 10x (35" push ups / 25" rest)			



Week 3	Distances			Session completed / Feedback
Distance	50km	100km	100 miles	
Run1 - L R	2h to 2.5h in RPE 4-6 Focus on running form: posture high and forward, high cadence	2.5h to 3.5h in RPE 4-6 Focus on running form: posture high and forward, high cadence	3h to 5h in RPE 4-6 Focus on running form: posture high and forward, high cadence	
Run2 - S R	60min to 90min with 6x 6min of hills - RPE 8-9 with 2min walk/jog rest Go in a steep hill. If you can not go up for the amount of time prescribed, do some 30" up and 30" down			
Run3 - Efforts	60 to 90min with 6x 4min - RPE 8-9 with 75sec walk/jog rest Do the efforts on the specific course of your A race.			
Run4 - Dist	60min to 2h in RPE 4-6 (50% of the session in hills, technical trails, steep downhills, sand, flat rolling trails, ...)			
Run5	60 to 90min with 4x 90/90 - 4x 60/60 - 4x 30/30 - 4x 15/15			
Run6	60min to 70min in RPE 4-6	60min to 80min in RPE 4-6	60min to 90min in RPE 4-6	
Run7	60min to 70min in RPE 4-6	60min to 80min in RPE 4-6	60min to 90min in RPE 4-6	
Strength 1	15 to 30min with 5 to 10x (40" squats / 20" rest), 5 to 10x (40" lunges forward / 20" rest), 5 to 10x (40" plank on elbow / 20" rest)			
Strength 2	15 to 30min with 5 to 10x (45" sit ups / 15" rest), 5 to 10x (40" plank on hands / 20" rest), 5 to 10x (35" push ups / 25" rest)			



Week 4	Distances			Session completed / Feedback
Distance	50km	100km	100 miles	
Run1 - L R	90min to 2h in RPE 4-6 Focus on running form: posture high and forward, high cadence	2h to 3h in RPE 4-6 Focus on running form: posture high and forward, high cadence	2.5h to 3h in RPE 4-6 Focus on running form: posture high and forward, high cadence	
Run2 - S R	60min to 2h in RPE 4-6 (50% of the session in hills, technical trails, steep downhills, sand, flat rolling trails, ...)			
Run3 - Efforts	60 to 90min with 6x 5min - RPE 8-9 with 90sec walk/jog rest Do the efforts on the specific course of your A race.			
Run4 - Dist	60min to 2h in RPE 4-6 (50% of the session in hills, technical trails, steep downhills, sand, flat rolling trails, ...)			
Run5	60 to 90min with 10x 2min with 60sec walk/jog rest			
Run6	60min to 70min in RPE 4-6	60min to 80min in RPE 4-6	60min to 90min in RPE 4-6	
Run7	60min to 70min in RPE 4-6	60min to 80min in RPE 4-6	60min to 90min in RPE 4-6	
Strength 1	15 to 30min with 5 to 10x (40" squats / 20" rest), 5 to 10x (40" lunges forward / 20" rest), 5 to 10x (40" plank on elbow / 20" rest)			
Strength 2	15 to 30min with 5 to 10x (45" sit ups / 15" rest), 5 to 10x (40" plank on hands / 20" rest), 5 to 10x (35" push ups / 25" rest)			



Week 5	Distances			Session completed / Feedback
Distance	50km	100km	100 miles	
Run1 - L R	90min to 2h in RPE 4-6 Focus on running form an nutrition: posture and cadence + testing nutrition/hydration	2h to 3.5h in RPE 4-6 Focus on running form an nutrition: posture and cadence + testing nutrition/hydration	2.5h to 4h in RPE 4-6 Focus on running form an nutrition: posture and cadence + testing nutrition/hydration	
Run2 - S R	60min to 90min with 3x 8min of hills - RPE 8-9 with 3min walk/jog rest Go in a steep hill. If you can not go up for the amount of time prescribed, do some 30" up and 30" down			
Run3 - Efforts	60 to 90min with 4x 6min - RPE 8-9 with 90sec walk/jog rest Do the efforts on the specific course of your A race.			
Run4 - Dist	60min to 2h in RPE 4-6 (50% of the session in hills, technical trails, steep downhills, sand, flat rolling trails, ...)			
Run5	60 to 90min with 2x 90/90 - 4x 60/60 - 4x 30/30 - 4x 15/15			
Run6	60min to 70min in RPE 4-6	60min to 80min in RPE 4-6	60min to 90min in RPE 4-6	
Run7	60min to 70min in RPE 4-6	60min to 80min in RPE 4-6	60min to 90min in RPE 4-6	
Strength 1	20 to 30min with 5 to 10x (45" squats / 15" rest), 5 to 10x (45" lunges forward / 15" rest), 5 to 10x (45" plank on elbow / 15" rest)			
Strength 2	20 to 30min with 5 to 10x (45" sit ups / 15" rest), 5 to 10x (45" plank on hands / 15" rest), 5 to 10x (40" push ups / 20" rest)			



Week 6	Distances			Session completed / Feedback
Distance	50km	100km	100 miles	
Run1 - L R	2h to 2.5h in RPE 4-6 Focus on running form and nutrition: posture and cadence + testing nutrition/hydration	2.5h to 4h in RPE 4-6 Focus on running form and nutrition: posture and cadence + testing nutrition/hydration	3h to 4.5h in RPE 4-6 Focus on running form and nutrition: posture and cadence + testing nutrition/hydration	
Run2 - S R	60min to 90min with 3x 10min of hills - RPE 8-9 with 4min walk/jog rest Go in a steep hill. If you can not go up for the amount of time prescribed, do some 30" up and 30" down			
Run3 - Efforts	60 to 90min with 4x 5min - RPE 6-8 with 90sec walk/jog rest + 5x 2min - RPE 8-9 with 60sec walk/jog rest Do the efforts on the specific course of your A race.			
Run4 - Dist	60min to 2h in RPE 4-6 (50% of the session in hills, technical trails, steep downhills, sand, flat rolling trails, ...)			
Run5	60 to 90min with 4x 90/90 - 5x 60/60 - 6x 30/30			
Run6	60min to 70min in RPE 4-6	60min to 80min in RPE 4-6	60min to 90min in RPE 4-6	
Run7	60min to 70min in RPE 4-6	60min to 80min in RPE 4-6	60min to 90min in RPE 4-6	
Strength 1	20 to 30min with 5 to 10x (45" squats / 15" rest), 5 to 10x (45" lunges forward / 15" rest), 5 to 10x (45" plank on elbow / 15" rest)			
Strength 2	20 to 30min with 5 to 10x (45" sit ups / 15" rest), 5 to 10x (45" plank on hands / 15" rest), 5 to 10x (40" push ups / 20" rest)			



Week 7	Distances			Session completed / Feedback
Distance	50km	100km	100 miles	
Run1 - L R	2.5h to 3h in RPE 4-6 Focus on running form and nutrition: posture and cadence + testing nutrition/hydration	4h to 5h in RPE 4-6 Focus on running form and nutrition: posture and cadence + testing nutrition/hydration	4h to 6h in RPE 4-6 Focus on running form and nutrition: posture and cadence + testing nutrition/hydration	
Run2 - S R	60min to 90min with 3x 12min of hills - RPE 8-9 with 4min walk/jog rest Go in a steep hill. If you can not go up for the amount of time prescribed, do some 30" up and 30" down			
Run3 - Efforts	60 to 90min with 6x 4min - RPE 6-8 with 90sec walk/jog rest + 6x 90sec - RPE 8-9 with 45sec walk/jog rest Do the efforts on the specific course of your A race.			
Run4 - Dist	60min to 2h in RPE 4-6 (50% of the session in hills, technical trails, steep downhills, sand, flat rolling trails, ...)			
Run5	60 to 90min with 10x 90sec hard with 60sec jog rest			
Run6	60min to 70min in RPE 4-6	60min to 80min in RPE 4-6	60min to 90min in RPE 4-6	
Run7	60min to 70min in RPE 4-6	60min to 80min in RPE 4-6	60min to 90min in RPE 4-6	
Strength 1	20 to 30min with 5 to 10x (45" squats / 15" rest), 5 to 10x (45" lunges forward / 15" rest), 5 to 10x (45" plank on elbow / 15" rest)			
Strength 2	20 to 30min with 5 to 10x (45" sit ups / 15" rest), 5 to 10x (45" plank on hands / 15" rest), 5 to 10x (40" push ups / 20" rest)			



Week 8	Distances			Session completed / Feedback
Distance	50km	100km	100 miles	
Run1 - L R	1.5h to 3h in RPE 4-6 Focus on running form and nutrition: posture and cadence + testing nutrition/hydration	2h to 3h in RPE 4-6 Focus on running form and nutrition: posture and cadence + testing nutrition/hydration	2h to 3h in RPE 4-6 Focus on running form and nutrition: posture and cadence + testing nutrition/hydration	
Run2 - S R	60min to 2h in RPE 4-6 (50% of the session in hills, technical trails, steep downhills, sand, flat rolling trails, ...)			
Run3 - Efforts	60 to 90min with 6x 3min - RPE 6-8 with 60sec walk/jog rest + 5x 60sec - RPE 8-9 with 60sec walk/jog rest Do the efforts on the specific course of your A race.			
Run4 - Dist	60min to 2h in RPE 4-6 (50% of the session in hills, technical trails, steep downhills, sand, flat rolling trails, ...)			
Run5	60 to 90min with 8x 2min hard with 60sec jog rest			
Run6	60min to 70min in RPE 4-6	60min to 80min in RPE 4-6	60min to 90min in RPE 4-6	
Run7	60min to 70min in RPE 4-6	60min to 80min in RPE 4-6	60min to 90min in RPE 4-6	
Strength 1	20 to 30min with 5 to 10x (45" squats / 15" rest), 5 to 10x (45" lunges forward / 15" rest), 5 to 10x (45" plank on elbow / 15" rest)			
Strength 2	20 to 30min with 5 to 10x (45" sit ups / 15" rest), 5 to 10x (45" plank on hands / 15" rest), 5 to 10x (40" push ups / 20" rest)			



Week 9	Distances			Session completed / Feedback
Distance	50km	100km	100 miles	
Run1 - L R	2.5h to 3.5h in RPE 4-6 Focus on running form and nutrition: posture and cadence + testing nutrition/hydration	4h to 5h in RPE 4-6 Focus on running form and nutrition: posture and cadence + testing nutrition/hydration	4h to 7h in RPE 4-6 Focus on running form and nutrition: posture and cadence + testing nutrition/hydration	
Run2 - S R	60min to 90min with 4x 8min of hills - RPE 8-9 with 4min walk/jog rest Go in a steep hill. If you can not go up for the amount of time prescribed, do some 30" up and 30" down			
Run3 - Efforts	60 to 90min with 6x 6min - RPE 6-8 with 90sec walk/jog rest + 4x 30sec - RPE 8-9 with 30sec walk/jog rest Do the efforts on the specific course of your A race.			
Run4 - Dist	60min to 2h in RPE 4-6 (50% of the session in hills, technical trails, steep downhills, sand, flat rolling trails, ...)			
Run5	60 to 90min with 4x 90/90 - 4x 60/60 - 4x 30/30 - 4x 15/15			
Run6	60min to 70min in RPE 4-6	60min to 80min in RPE 4-6	60min to 90min in RPE 4-6	
Run7	60min to 70min in RPE 4-6	60min to 80min in RPE 4-6	60min to 90min in RPE 4-6	
Strength 1	25 to 35min with 8 to 12x (45" squats / 15" rest), 5 to 10x (45" lunges forward / 15" rest), 5 to 10x (45" plank on elbow / 15" rest)			
Strength 2	25 to 35min with 8 to 12x (45" sit ups / 15" rest), 5 to 10x (45" plank on hands / 15" rest), 5 to 10x (40" push ups / 20" rest)			



Week 10	Distances			Session completed / Feedback
Distance	50km	100km	100 miles	
Run1 - L R	2h to 3.5h in RPE 4-6 Focus on running form and nutrition: posture and cadence + testing nutrition/hydration	3h to 5h in RPE 4-6 Focus on running form and nutrition: posture and cadence + testing nutrition/hydration	3h to 5h in RPE 4-6 Focus on running form and nutrition: posture and cadence + testing nutrition/hydration	
Run2 - S R	60min to 90min with 4x 5min of hills - RPE 8-9 with 3min walk/jog rest Go in a steep hill. If you can not go up for the amount of time prescribed, do some 30" up and 30" down			
Run3 - Efforts	60 to 90min with 5x 5min - RPE 6-8 with 90sec walk/jog rest + 6x 30sec - RPE 8-9 with 30sec walk/jog rest Do the efforts on the specific course of your A race.			
Run4 - Dist	60min to 2h in RPE 4-6 (50% of the session in hills, technical trails, steep downhills, sand, flat rolling trails, ...)			
Run5	60 to 90min with 4x 90/90 - 8x 60/60			
Run6	60min to 70min in RPE 4-6	60min to 80min in RPE 4-6	60min to 90min in RPE 4-6	
Run7	60min to 70min in RPE 4-6	60min to 80min in RPE 4-6	60min to 90min in RPE 4-6	
Strength 1	25 to 35min with 8 to 12x (45" squats / 15" rest), 5 to 10x (45" lunges forward / 15" rest), 5 to 10x (45" plank on elbow / 15" rest)			
Strength 2	25 to 35min with 8 to 12x (45" sit ups / 15" rest), 5 to 10x (45" plank on hands / 15" rest), 5 to 10x (40" push ups / 20" rest)			



Week 11	Distances			Session completed / Feedback
Distance	50km	100km	100 miles	
Run1 - L R	90min to 2h in RPE 4-6 Focus on running form an nutrition: posture and cadence + testing nutrition/hydration	90min to 2.5h in RPE 4-6 Focus on running form an nutrition: posture and cadence + testing nutrition/hydration	90min to 2.5h in RPE 4-6 Focus on running form an nutrition: posture and cadence + testing nutrition/hydration	
Run2 - S R	60min to 2h in RPE 4-6 (50% of the session in hills, technical trails, steep downhills, sand, flat rolling trails, ...)			
Run3 - Efforts	60 to 90min with 6x 4min - RPE 6-8 with 90sec walk/jog rest + 8x 30sec - RPE 8-9 with 30sec walk/jog rest Do the efforts on the specific course of your A race.			
Run4 - Dist	60min to 2h in RPE 4-6 (50% of the session in hills, technical trails, steep downhills, sand, flat rolling trails, ...)			
Run5	60min to 75min in RPE 4-6			
Run6	60min to 70min in RPE 4-6	60min to 80min in RPE 4-6	60min to 90min in RPE 4-6	
Run7	60min to 70min in RPE 4-6	60min to 80min in RPE 4-6	60min to 90min in RPE 4-6	
Strength 1	25 to 35min with 8 to 12x (45" squats / 15" rest), 5 to 10x (45" lunges forward / 15" rest), 5 to 10x (45" plank on elbow / 15" rest)			
Strength 2	25 to 35min with 8 to 12x (45" sit ups / 15" rest), 5 to 10x (45" plank on hands / 15" rest), 5 to 10x (40" push ups / 20" rest)			



Week 12	Distances			Session completed / Feedback
Distance	50km	100km	100 miles	
Run1 - L R	RACE	RACE	RACE	
Run2 - S R	30 to 60min in RPE 4-6 (50% of the session in hills, technical trails, steep downhills, sand, flat rolling trails, ...)			
Run3 - Efforts	60 to 90min with 4x 4min - RPE 6-8 with 90sec walk/jog rest + 4x 30sec - RPE 8-9 with 30sec walk/jog rest Do the efforts on the specific course of your A race.			
Run5	60min to 75min in RPE 4-6			
Strength 1	15 to 30min with 5 to 10x (40" squats / 20" rest), 5 to 10x (40" lunges forward / 20" rest), 5 to 10x (40" plank on elbow / 20" rest)			