



Six Weeks progression

	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6
TOF (hrs)	2	3	2	4	4	5
Hike (hrs)	2	2	3	3	4	4
Night	Familiar-friends-easy terrain	Familiar-friends-mixed terrain	New ground-friends-mixed terrain	Familiar-solo-mixed terrain	New ground-solo-easy	Day to night-solo-new ground

	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6
TOF (hrs)	2	3	2	4	4	5
Hike (hrs)	2	2	3	3	4	4
Night	Familiar-friends-easy terrain	Familiar-friends-mixed terrain	New ground-friends-mixed terrain	Familiar-solo-mixed terrain	New ground-solo-easy	Day to night-solo-new ground
Out & Back (mins)	25-25	30-30	40-40	45-45	50-50	60-60

My First Hundred - Training Plan by Andy Mouncey.

To read the rest of this training article please visit:

<http://www.runultra.co.uk/Training/March-2017/My-First-Hundred>