

# Western States 100 - 12 Week Training Plan

This 12-week training plan is designed for runners preparing to complete the Western States 100. It assumes a solid base of ultramarathon experience and focuses on long runs, heat adaptation, downhill tolerance, and fueling practice. Adjust as needed based on your experience and recovery.

## Key Weekly Elements:

- 2 Back-to-Back Long Runs (Sat/Sun)
- 1 Heat-Specific or Hill Workout
- 2 Easy or Recovery Runs
- 1 Strength or Cross-Training Session
- 1 Full Rest Day

## Weekly Breakdown:

### Week 1

Long runs: 18mi / 12mi | Heat run | Strength | 2 Easy | 1 Rest

### Week 2

Long runs: 20mi / 14mi | Heat run | Strength | 2 Easy | 1 Rest

### Week 3

Long runs: 22mi / 12mi | Downhill reps | Core | 2 Easy | 1 Rest

### Week 4

Recovery Week: 14mi / 10mi | Light heat walk | Mobility | 2 Easy | 1 Rest

### Week 5

Long runs: 24mi / 16mi | Canyon mimic | Strength | 2 Easy | 1 Rest

### Week 6

Long runs: 28mi / 14mi | Heat intervals | Strength | 2 Easy | 1 Rest

**Week 7**

Race simulation weekend: 32mi / 18mi | Heat hike | Strength | 1 Easy | 1 Rest

**Week 8**

Recovery Week: 16mi / 10mi | Ice vest test | Mobility | 2 Easy | 1 Rest

**Week 9**

Long runs: 26mi / 16mi | Night run | Strength | 2 Easy | 1 Rest

**Week 10**

Long runs: 20mi / 12mi | Steep descent reps | Core | 2 Easy | 1 Rest

**Week 11**

Taper Begins: 16mi / 10mi | Light heat session | 2 Easy | 2 Rest

**Week 12**

Race Week! 3-5mi jogs, pack gear, hydrate, focus on rest & mental prep