

# 100 Mile Training Plan (24 Weeks)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	3 miles easy	Rest	4 miles easy	Cross-Train	5 miles easy	Strength
Week 2	Rest	5 miles easy	Rest	4 miles easy	Cross-Train	6 miles easy	Strength
Week 3	Rest	3 miles easy	Rest	4 miles easy	Cross-Train	4 miles easy	Strength
Week 4	Rest	6 miles easy	Rest	5 miles easy	Strength	7 miles easy	4 mi easy
Week 5	Rest	5 miles easy	Rest	6 miles easy	Cross-Train	9 miles easy	6 mi easy
Week 6	Rest	4 miles easy	Rest	4 miles easy	Strength	6 miles easy	4 mi easy
Week 7	Rest	5 miles easy	Rest	7 miles easy	Cross-Train	10 miles easy	5 mi easy
Week 8	Rest	6 miles easy	Rest	7 miles easy	Strength	12 miles easy	5 mi easy
Week 9	Rest	4 miles easy	Rest	3 miles easy	Cross-Train	7 miles easy	3 mi easy
Week 10	Rest	7 miles easy	Rest	6 miles easy	Strength	13 miles easy	6 mi easy
Week 11	Rest	6 miles easy	Rest	7 miles easy	Cross-Train	15 miles easy	5 mi easy
Week 12	Rest	6 miles easy	Rest	4 miles easy	Strength	8 miles easy	4 mi easy
Week 13	Rest	7 miles easy	Intervals: 2 mile warmup, 4 by 3 minutes hard with equal recovery, 2 mile cooldown	3 miles easy	Cross-Train	16 miles easy	5 mi easy
Week 14	Rest	8 miles easy	Tempo: 2 mile warmup, 12 minutes at lactate threshold, 2 mile cooldown	5 miles easy	Strength	18 miles easy	7 mi easy
Week 15	Rest	4 miles easy	5 miles easy	Rest	Cross-Train	9 miles easy	3 mi easy
Week 16	Rest	4 miles easy	Intervals: 2 mile warmup, 6 by 3 minutes hard with equal recovery, 2 mile cooldown	6 miles easy	4 miles easy	20 miles easy	10 mi easy
Week 17	Rest	5 miles easy	Tempo: 2 mile warmup, 16 minutes at lactate threshold, 2 mile cooldown	6 miles easy	4 miles easy	23 miles easy	12 mi easy
Week 18	Rest	4 miles easy	7 miles easy	Rest	5 miles easy	10 miles easy	5 mi easy
Week 19	Rest	6 miles easy	Intervals: 2 mile warm up, 8 by 3 minutes hard with equal recovery, 2 mile cooldown	7 miles easy	3 miles easy	25 miles easy	16 mi easy
Week 20	Rest	5 miles easy	Tempo: 2 mile warmup, 24 minutes at lactate threshold, 2 mile cooldown	6 miles easy	4 miles easy	28 miles easy	20 mi easy
Week 21	Rest	4 miles easy	8 miles easy	Rest	5 miles easy	13 miles easy	7 mi easy
Week 22	Rest	5 miles easy	Intervals: 2 mile warmup, 4 by 3 minutes hard with equal recovery, 2 mile cooldown	6 miles easy	Rest	20 miles easy	12 mi easy
Week 23	Rest	6 miles easy	Tempo: 2 mile warmup, 16 minutes at lactate threshold, 2 mile cooldown	5 miles easy	Rest	10 miles easy	4 mi easy
Week 24	Rest	6 miles easy	Rest	3 miles easy	Rest	100 mile race	Rest