

100-mile goal

This month-long training plan is planned for new runners and walkers that are looking to challenge themselves to get 50 miles done in one month. These workouts can be modified and changed based on the individual athlete. This is just a guideline set forth, so everyone has a framework to build off.

Disclaimer: This is a training plan that is difficult please do not attempt this without proper training prior to the start of the challenge.

April

28 Sunday	29 Monday	30 Tuesday	31 Wednesday	1 Thursday 3- mile run/walk	2 Friday Day off	3 Saturday 3- mile run/walk
4 Sunday 3- mile run/walk	5 Monday 4- mile run/walk	6 Tuesday Day off	7 Wednesday 4- mile run/walk	8 Thursday 3- mile run/walk	9 Friday 4- mile run/walk	10 Saturday Day off
11 Sunday 4- mile run/walk	12 Monday 3- mile run/walk	13 Tuesday 5- mile run/walk	14 Wednesday Day off	15 Thursday 5- mile run/walk	16 Friday 3- mile run/walk	17 Saturday 5- mile run/walk
18 Sunday Day off	19 Monday 5- mile run/walk	20 Tuesday 3- mile run/walk	21 Wednesday 3- mile run/walk	22 Thursday 6- mile run/walk	23 Friday 3- mile run/walk	24 Saturday Day off
25 Sunday 4- mile run/walk	26 Monday 5- mile run/walk	27 Tuesday 3- mile run/walk	28 Wednesday 4- mile run/walk	29 Thursday 6- mile run/walk	30 Friday 3- mile run/walk	1 Saturday

Total Mileage: 94 Miles