

# 100 Mile Goal

This month-long training plan is devised for new runners and walkers that are looking to challenge themselves to get 100 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. This will use a 6-day workout cycle with one day off per week.

| April                                                                                 |                               |                                |                                  |                                 |                               |                                 |
|---------------------------------------------------------------------------------------|-------------------------------|--------------------------------|----------------------------------|---------------------------------|-------------------------------|---------------------------------|
| 29 Sunday                                                                             | 30 Monday                     | 31 Tuesday                     | 1 Wednesday                      | 2 Thursday                      | 3 Friday                      | 4 Saturday                      |
| 5 Sunday                                                                              | 6 Monday<br>2-mile run/walk   | 7 Tuesday<br>3- mile run/walk  | 8 Wednesday<br>2- mile run/walk  | 9 Thursday<br>3- mile run/walk  | 10 Friday<br>4- mile run/walk | 11 Saturday<br>4- mile run/walk |
| 12 Sunday<br>Take the day off.<br>Look above for stretches and keep the muscles loose | 13 Monday<br>4- mile run/walk | 14 Tuesday<br>5- mile run/walk | 15 Wednesday<br>4- mile run/walk | 16 Thursday<br>5- mile run/walk | 17 Friday<br>4- mile run/walk | 18 Saturday<br>5- mile run/walk |
| 19 Sunday<br>Take the day off.<br>Look above for stretches and keep the muscles loose | 20 Monday<br>3- mile run/walk | 21 Tuesday<br>6- mile run/walk | 22 Wednesday<br>4- mile run/walk | 23 Thursday<br>5- mile run/walk | 24 Friday<br>5- mile run/walk | 25 Saturday<br>4- mile run/walk |
| 26 Sunday<br>Take the day off.<br>Look above for stretches and keep the muscles loose | 27 Monday<br>6- mile run/walk | 28 Tuesday<br>3- mile run/walk | 29 Wednesday<br>6- mile run/walk | 30 Thursday<br>5- mile run/walk | 1 Friday<br>4- mile run/walk  | 2 Saturday<br>6- mile run/walk  |

Total Mileage: 102 Miles