

150 Mile Goal

This month-long training plan is devised for more experienced runners that are looking to challenge themselves to get close to 200 miles done in one month.

The mileage for this will start higher than the previous two. 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 13-day workout cycle with one day off every two weeks.

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

Total Mileage: 153 Miles