	NTHON			100 MI	LE IMPR		TRAININ	G PLAN	MILES
WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage
4		Rest Day	Training Run	Intervals	Strength Training	Rest Day	Long Run	Recovery Run	19 miles
1			3 miles	3 x 800m	45.60		7 miles	3 miles	
		Rest Day	RPE: 3-4 Training Run	then leg workout Intervals	45-60 mins Strength Training	Rest Day	RPE: 2-3	RPE: 2-4 Recovery Run	20 miles
2		nest bay	3 miles	3 x 800m	Strength Huming	nest bay	8 miles	3 miles	20 1111103
_			RPE: 3-4	then leg workout	45-60 mins		RPE: 2-3	RPE: 2-4	
_		Rest Day	Training Run	Intervals	Strength Training	Rest Day	Long Run	Recovery Run	21 miles
3			3 miles	3 x 800m			9 miles	3 miles	
			RPE: 3-4	then leg workout	45-60 mins		RPE: 2-3	RPE: 2-4	
A		Rest Day	Training Run	Intervals	Strength Training	Rest Day	Long Run	Recovery Run	22 miles
4			3 miles	3 x 800m	45-60 mins		10 miles RPE: 2-3	3 miles RPE: 2-4	
		Rest Day	RPE: 3-4 Training Run	then leg workout Intervals	Strength Training	Rest Day	Long Run	Recovery Run	20 miles
5			4 miles	3 x 800m	3	11000 2 44	6 miles	4 miles	2000
			RPE: 3-4	then leg workout	45-60 mins		RPE: 2-3	RPE: 2-4	
		Rest Day	Training Run	Intervals	Strength Training	Rest Day	Long Run	Recovery Run	26 miles
6			4 miles	3 x 800m			12 miles	4 miles	
			RPE: 3-4	then leg workout	45-60 mins		RPE: 2-3	RPE: 2-4	
7		Rest Day	Training Run	Intervals	Strength Training	Rest Day	Long Run	Recovery Run	29 miles
/			4 miles	4 x 800m then leg workout	45-60 mins		14 miles RPE: 2-3	4 miles RPE: 2-4	
		Rest Day	RPE: 3-4 Training Run	Intervals	Strength Training	Rest Day	Long Run	Recovery Run	32 miles
8			5 miles	4 x 800m			16 miles	4 miles	
			RPE: 3-4	then leg workout	45-60 mins		RPE: 2-3	RPE: 2-4	
		Rest Day	Training Run	Intervals	Strength Training	Rest Day	Long Run	Recovery Run	27 miles
9			5 miles	4 x 800m			10 miles	5 miles	
		Deat D	RPE: 3-4	then leg workout	45-60 mins	De et C	RPE: 2-3	RPE: 2-4	25"
10		Rest Day	Training Run	Intervals	Strength Training	Rest Day	Long Run 18 miles	Recovery Run 5 miles	35 miles
10			5 miles RPE: 3-4	4 x 800m then leg workout	45-60 mins		RPE: 2-3	RPE: 2-4	
		Rest Day	Training Run	Intervals	Strength Training	Rest Day	Long Run	Recovery Run	38 miles
11		,	6 miles	4 x 800m		,	20 miles	5 miles	
			RPE: 3-4	then leg workout	45-60 mins		RPE: 2-3	RPE: 2-4	
40		Rest Day	Training Run	Intervals	Strength Training	Rest Day	Long Run	Recovery Run	41 miles
12			6 miles	4 x 800m			22 miles	6 miles	
		Doot Door	RPE: 3-4	then leg workout	45-60 mins	Do et Devi	RPE: 2-3	RPE: 2-4	26
13		Rest Day	Training Run 6 miles	Intervals 5 x 800m	Strength Training	Rest Day	Long Run 16 miles	Recovery Run 6 miles	36 miles
13			RPE: 3-4	then leg workout	45-60 mins		RPE: 2-3	RPE: 2-4	
		Rest Day	Training Run	Intervals	Strength Training	Rest Day	Long Run	Recovery Run	47 miles
14		,	7 miles	5 x 800m		,	24 miles	8 miles	
			RPE: 3-4	then leg workout	45-60 mins		RPE: 2-3	RPE: 2-4	
4.5		Rest Day	Training Run	Intervals	Strength Training	Rest Day	Long Run	Recovery Run	50 miles
15			7 miles	5 x 800m			27 miles	8 miles	
		Rest Day	RPE: 3-4	then leg workout	45-60 mins	Rest Day	RPE: 2-3	RPE: 2-4	54 miles
16		nest Day	7 miles	Intervals 5 x 800m	Strength Training	Rest Day	Long Run 29 miles	Recovery Run 10 miles	54 IIIIes
10			RPE: 3-4	then leg workout	45-60 mins		RPE: 2-3	RPE: 2-4	
		Rest Day	Training Run	Intervals	Strength Training	Rest Day	Long Run	Recovery Run	43 miles
17			7 miles	5 x 800m			18 miles	10 miles	
			RPE: 3-4	then leg workout	45-60 mins		RPE: 2-3	RPE: 2-4	
10		Rest Day	Training Run	Intervals	Strength Training	Rest Day	Long Run	Recovery Run	57 miles
18			7 miles	5 x 800m	15 60 mi		30 miles	12 miles RPE: 2-4	
		Rest Day	RPE: 3-4 Training Run	then leg workout Intervals	45-60 mins Strength Training	Rest Day	RPE: 2-3	Recovery Run	54 miles
19		cot Day	7 miles	6 x 800m	Jan and an and and and an and an	nest Day	26 miles	12 miles	5-7 mmC3
			RPE: 3-4	then leg workout	45-60 mins		RPE: 2-3	RPE: 2-4	
		Rest Day	Training Run	Intervals	Strength Training	Rest Day	Long Run	Recovery Run	59 miles
20			8 miles	6 x 800m			30 miles	12 miles	
			RPE: 3-4	then leg workout	45-60 mins		RPE: 2-3	RPE: 2-4	
21		Rest Day	Training Run	Intervals	Strength Training	Rest Day	Long Run	Recovery Run	49 miles
21			8 miles	6 x 800m then leg workout	45-60 mins		20 miles RPE: 2-3	12 miles RPE: 2-4	
		Rest Day	RPE: 3-4 Training Run	Intervals	45-60 mins Strength Training	Rest Day	Long Run	Recovery Run	66 miles
22		Day	8 miles	6 x 800m	J		37 miles	12 miles	55 miles
			RPE: 3-4	then leg workout	45-60 mins		RPE: 2-3	RPE: 2-4	
		Rest Day	Training Run	Intervals	Strength Training	Rest Day	Long Run	Recovery Run	51 miles
23			7 miles	4 x 800m			27 miles	10 miles	
		- /-	RPE: 3-4	then leg workout	45-60 mins		RPE: 2-3	RPE: 2-4	
24		Rest Day	Training Run	Intervals	Strength Training	Rest Day	Long Run	Recovery Run	34 miles
24			4 miles	3 x 800m	45-60 mins		20 miles RPE: 2-3	4 miles RPE: 2-4	
		Rest Day	RPE: 3-4 Training Run	then leg workout Intervals	45-60 mins Strength Training	Rest Day	Long Run	Recovery Run	21 miles
25		Day	3 miles	2 x 800m		.icst Day	10 miles	3 miles	
			RPE: 3-4	then leg workout	45-60 mins		RPE: 5	RPE: 2-4	
6.1		Rest Day	Easy Run	Rest Day	Strength Training	Easy Run	Easy Run	100M ULTRA	108 miles
26			3 miles			3 miles	2 miles	100 miles	
			RPE: 2-3		45-60 mins	RPE: 2-3	RPE: 2-3	RPE: 5	