MARATHON HANDBOOK — 100 MILE 'JUST FINISH' TRAINING PLAN: MILES

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage
1		Rest Day	Training Run	Pace Run	Strength Training	Rest Day	Long Run	Recovery Run	16 miles
			3 miles	3 miles			7 miles	3 miles	
			RPE: 3-4	*RPE: 5-6*	*45-60 mins*		*RPE: 2-3*	*RPE: 2-4*	
2		Rest Day	Training Run	Pace Run	Strength Training	Rest Day	Long Run	Recovery Run	16 miles
			3 miles	3 miles			7 miles	3 miles	
			RPE: 3-4	*RPE: 5-6*	*45-60 mins*		*RPE: 2-3*	*RPE: 2-4*	
3		Rest Day	Training Run	Pace Run	Strength Training	Rest Day	Long Run	Recovery Run	17 miles
			3 miles	3 miles			8 miles	3 miles	
			RPE: 3-4	*RPE: 5-6*	*45-60 mins*		*RPE: 2-3*	*RPE: 2-4*	
4		Rest Day	Training Run	Pace Run	Strength Training	Rest Day	Long Run	Recovery Run	17 miles
			3 miles	3 miles			8 miles	3 miles	
			RPE: 3-4	*RPE: 5-6*	*45-60 mins*		*RPE: 2-3*	*RPE: 2-4*	
5		Rest Day	Training Run	Pace Run	Strength Training	Rest Day	Long Run	Recovery Run	22 miles
			4 miles	4 miles			10 miles	4 miles	
			RPE: 3-4	*RPE: 5-6*	*45-60 mins*		*RPE: 2-3*	*RPE: 2-4*	
6		Rest Day	Training Run	Pace Run	Strength Training	Rest Day	Long Run	Recovery Run	22 miles
			4 miles	4 miles			10 miles	4 miles	
			RPE: 3-4	*RPE: 5-6*	*45-60 mins*		*RPE: 2-3*	*RPE: 2-4*	
7		Rest Day	Training Run	Pace Run	Strength Training	Rest Day	Long Run	Recovery Run	24 miles
			4 miles	4 miles			12 miles	4 miles	
			RPE: 3-4	*RPE: 5-6*	*45-60 mins*		*RPE: 2-3*	*RPE: 2-4*	
8		Rest Day	Training Run	Pace Run	Strength Training	Rest Day	Long Run	Recovery Run	28 miles
			5 miles	5 miles			14 miles	4 miles	
			RPE: 3-4	*RPE: 5-6*	*45-60 mins*		*RPE: 2-3*	*RPE: 2-4*	
9		Rest Day	Training Run	Pace Run	Strength Training	Rest Day	Long Run	Recovery Run	23 miles
			5 miles	5 miles			8 miles	5 miles	
			RPE: 3-4	*RPE: 5-6*	*45-60 mins*		*RPE: 2-3*	*RPE: 2-4*	
10		Rest Day	Training Run	Pace Run	Strength Training	Rest Day	Long Run	Recovery Run	31 miles
			5 miles	5 miles			16 miles	5 miles	
			RPE: 3-4	*RPE: 5-6*	*45-60 mins*		*RPE: 2-3*	*RPE: 2-4*	
11		Rest Day	Training Run	Pace Run	Strength Training	Rest Day	Long Run	Recovery Run	33 miles
			6 miles	6 miles			16 miles	5 miles	
			RPE: 3-4	*RPE: 5-6*	*45-60 mins*		*RPE: 2-3*	*RPE: 2-4*	
12		Rest Day	Training Run	Pace Run	Strength Training	Rest Day	Long Run	Recovery Run	36 miles
			6 miles	6 miles			18 miles	6 miles	
			RPE: 3-4	*RPE: 5-6*	*45-60 mins*		*RPE: 2-3*	*RPE: 2-4*	
13		Rest Day	Training Run	Pace Run	Strength Training	Rest Day	Long Run	Recovery Run	27 miles
			6 miles	5 miles			10 miles	6 miles	
			RPE: 3-4	*RPE: 5-6*	*45-60 mins*		*RPE: 2-3*	*RPE: 2-4*	
14		Rest Day	Training Run	Pace Run	Strength Training	Rest Day	Long Run	Recovery Run	40 miles
			7 miles	5 miles			20 miles	8 miles	
			RPE: 3-4	*RPE: 5-6*	*45-60 mins*		*RPE: 2-3*	*RPE: 2-4*	
15		Rest Day	Training Run	Pace Run	Strength Training	Rest Day	Long Run	Recovery Run	43 miles
			7 miles	6 miles			22 miles	8 miles	
			RPE: 3-4	*RPE: 5-6*	*45-60 mins*		*RPE: 2-3*	*RPE: 2-4*	
16		Rest Day	Training Run	Pace Run	Strength Training	Rest Day	Long Run	Recovery Run	47 miles
			7 miles	6 miles			24 miles	10 miles	
			RPE: 3-4	*RPE: 5-6*	*45-60 mins*		*RPE: 2-3*	*RPE: 2-4*	
17		Rest Day	Training Run	Pace Run	Strength Training	Rest Day	Long Run	Recovery Run	40 miles
			7 miles	5 miles			18 miles	10 miles	
			RPE: 3-4	*RPE: 5-6*	*45-60 mins*		*RPE: 2-3*	*RPE: 2-4*	
18		Rest Day	Training Run	Pace Run	Strength Training	Rest Day	Long Run	Recovery Run	36 miles
			7 miles	5 miles			12 miles	12 miles	
			RPE: 3-4	*RPE: 5-6*	*45-60 mins*		*RPE: 2-3*	*RPE: 2-4*	
19		Rest Day	Training Run	Pace Run	Strength Training	Rest Day	Long Run	Recovery Run	50 miles
			7 miles	6 miles			25 miles	12 miles	
			RPE: 3-4	*RPE: 5-6*	*45-60 mins*		*RPE: 2-3*	*RPE: 2-4*	
20		Rest Day	Training Run	Pace Run	Strength Training	Rest Day	Long Run	Recovery Run	53 miles
			8 miles	6 miles			27 miles	12 miles	
			RPE: 3-4	*RPE: 5-6*	*45-60 mins*		*RPE: 2-3*	*RPE: 2-4*	
21		Rest Day	Training Run	Pace Run	Strength Training	Rest Day	Long Run	Recovery Run	48 miles
			8 miles	8 miles			20 miles	12 miles	
			RPE: 3-4	*RPE: 5-6*	*45-60 mins*		*RPE: 2-3*	*RPE: 2-4*	
22		Rest Day	Training Run	Pace Run	Strength Training	Rest Day	Long Run	Recovery Run	58 miles
			8 miles	5 miles			33 miles	12 miles	
			RPE: 3-4	*RPE: 5-6*	*45-60 mins*		*RPE: 2-3*	*RPE: 2-4*	
23		Rest Day	Training Run	Pace Run	Strength Training	Rest Day	Long Run	Recovery Run	48 miles
			7 miles	5 miles			26 miles	10 miles	
			RPE: 3-4	*RPE: 5-6*	*45-60 mins*		*RPE: 2-3*	*RPE: 2-4*	
24		Rest Day	Training Run	Pace Run	Strength Training	Rest Day	Long Run	Recovery Run	32 miles
			4 miles	4 miles			20 miles	4 miles	
			RPE: 3-4	*RPE: 5-6*	*45-60 mins*		*RPE: 2-3*	*RPE: 2-4*	
25		Rest Day	Training Run	Pace Run	Strength Training	Rest Day	Long Run	Recovery Run	19 miles
			3 miles	3 miles			10 miles	3 miles	
			RPE: 3-4	*RPE: 5-6*	*45-60 mins*		*RPE: 5*	*RPE: 2-4*	
26		Rest Day	Easy Run	Rest Day	Strength Training	Easy Run	Easy Run	100M ULTRA	108 miles
			3 miles			3 miles	2 miles	100 miles	
			RPE: 2-3		*45-60 mins*	*RPE: 2-3*	*RPE: 2-3*	*RPE: 5*	