MARATHON HANDBOOK

100k IMPROVER TRAINING PLAN: KM

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage
1		Rest Day	Training Run 5 k *RPE: 3-4*	Intervals 3 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 11 k *RPE: 2-3*	Recovery Run 5 k *RPE: 2-4*	27 k
2		Rest Day	Training Run 5 k *RPE: 3-4*	Intervals 3 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 13 k *RPE: 2-3*	Recovery Run 5 k *RPE: 2-4*	29 k
3		Rest Day	Training Run 5 k *RPE: 3-4*	Intervals 3 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 14 k *RPE: 2-3*	Recovery Run 5 k *RPE: 2-4*	30 k
4		Rest Day	Training Run 5 k *RPE: 3-4*	Intervals 3 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 16 k *RPE: 2-3*	Recovery Run 5 k *RPE: 2-4*	32 k
5		Rest Day	Training Run 7 k *RPE: 3-4*	Intervals 3 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 10 k *RPE: 2-3*	Recovery Run 7 k *RPE: 2-4*	30 k
6		Rest Day	Training Run 7 k *RPE: 3-4*	Intervals 3 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 19 k *RPE: 2-3*	Recovery Run 7 k *RPE: 2-4*	39 k
7		Rest Day	Training Run 7 k *RPE: 3-4*	Intervals 4 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 22 k *RPE: 2-3*	Recovery Run 7 k *RPE: 2-4*	43 k
8		Rest Day	Training Run 8 k *RPE: 3-4*	Intervals 4 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 26 k *RPE: 2-3*	Recovery Run 7 k *RPE: 2-4*	48 k
9		Rest Day	Training Run 8 k *RPE: 3-4*	Intervals 4 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 16 k *RPE: 2-3*	Recovery Run 8 k *RPE: 2-4*	39 k
10		Rest Day	Training Run 8 k *RPE: 3-4*	Intervals 4 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 29 k *RPE: 2-3*	Recovery Run 8 k *RPE: 2-4*	52 k
11		Rest Day	Training Run 8 k *RPE: 3-4*	Intervals 4 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 32 k *RPE: 2-3*	Recovery Run 8 k *RPE: 2-4*	55 k
12		Rest Day	Training Run 10 k *RPE: 3-4*	Intervals 4 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 35 k *RPE: 2-3*	Recovery Run 8 k *RPE: 2-4*	60 k
13		Rest Day	Training Run 10 k *RPE: 3-4*	Intervals 5 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 26 k *RPE: 2-3*	Recovery Run 8 k *RPE: 2-4*	52 k
14		Rest Day	Training Run 11 k *RPE: 3-4*	Intervals 5 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 39 k *RPE: 2-3*	Recovery Run 10 k *RPE: 3-4*	68 k
15		Rest Day	Training Run 11 k *RPE: 3-4*	Intervals 5 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 43 k *RPE: 2-3*	Training Run 10 k *RPE: 2-4*	72 k
16		Rest Day	Training Run 11 k *RPE: 3-4*	Intervals 5 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 47 k *RPE: 2-3*	Recovery Run 10 k *RPE: 2-4*	76 k
17		Rest Day	Training Run 11 k *RPE: 3-4*	Intervals 5 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 29 k *RPE: 2-3*	Recovery Run 10 k *RPE: 2-4*	58 k
18		Rest Day	Training Run 11 k *RPE: 3-4*	Intervals 5 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 50 k *RPE: 2-3*	Recovery Run 10 k *RPE: 2-4*	79 k
19		Rest Day	Training Run 11 k *RPE: 3-4*	Intervals 6 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 53 k *RPE: 2-3*	Recovery Run 10 k *RPE: 2-4*	83 k
20		Rest Day	Training Run 13 k *RPE: 3-4*	Intervals 6 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 56 k *RPE: 2-3*	Recovery Run 10 k *RPE: 2-4*	88 k
21		Rest Day	Training Run 13 k *RPE: 3-4*	Intervals 6 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 32 k *RPE: 2-3*	Recovery Run 10 k *RPE: 2-4*	64 k
22		Rest Day	Training Run 13 k *RPE: 3-4*	Intervals 6 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 60 k *RPE: 2-3*	Recovery Run 10 k *RPE: 2-4*	92 k
23		Rest Day	Training Run 11 k *RPE: 3-4*	Intervals 4 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 43 k *RPE: 2-3*	Recovery Run 8 k *RPE: 2-4*	69 k
24		Rest Day	Training Run 7 k *RPE: 3-4*	Intervals 3 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 32 k *RPE: 2-3*	Recovery Run 7 k *RPE: 2-4*	52 k
25		Rest Day	Training Run 5 k *RPE: 3-4*	Intervals 2 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 16 k *RPE: 5*	Recovery Run 5 k *RPE: 2-4*	31 k
26		Rest Day	Easy Run 5 k *RPE: 2-3*	Rest Day	Strength Training *45-60 mins*	Easy Run 5 k *RPE: 2-3*	Easy Run 3 k *RPE: 2-3*	100K ULTRA 100 k *RPE: 5*	113 k