MARATHON HANDBOOK — 100k IMPROVER TRAINING PLAN: MILES

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage
1		Rest Day	Training Run 3 miles *RPE: 3-4*	Intervals 3 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 7 miles *RPE: 2-3*	Recovery Run 3 miles *RPE: 2-4*	19 miles
2		Rest Day	Training Run 3 miles *RPE: 3-4*	Intervals 3 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 8 miles *RPE: 2-3*	Recovery Run 3 miles *RPE: 2-4*	20 miles
3		Rest Day	Training Run 3 miles *RPE: 3-4*	Intervals 3 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 9 miles *RPE: 2-3*	Recovery Run 3 miles *RPE: 2-4*	21 miles
4		Rest Day	Training Run 3 miles *RPE: 3-4*	Intervals 3 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 10 miles *RPE: 2-3*	Recovery Run 3 miles *RPE: 2-4*	22 miles
5		Rest Day	Training Run 4 miles *RPE: 3-4*	Intervals 3 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 6 miles *RPE: 2-3*	Recovery Run 4 miles *RPE: 2-4*	20 miles
6		Rest Day	Training Run 4 miles *RPE: 3-4*	Intervals 3 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 12 miles *RPE: 2-3*	Recovery Run 4 miles *RPE: 2-4*	26 miles
7		Rest Day	Training Run 4 miles *RPE: 3-4*	Intervals 4 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 14 miles *RPE: 2-3*	Recovery Run 4 miles *RPE: 2-4*	29 miles
8		Rest Day	Training Run 5 miles *RPE: 3-4*	Intervals 4 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 16 miles *RPE: 2-3*	Recovery Run 4 miles *RPE: 2-4*	32 miles
9		Rest Day	Training Run 5 miles *RPE: 3-4*	Intervals 4 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 10 miles *RPE: 2-3*	Recovery Run 5 miles *RPE: 2-4*	27 miles
10		Rest Day	Training Run 5 miles *RPE: 3-4*	Intervals 4 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 18 miles *RPE: 2-3*	Recovery Run 5 miles *RPE: 2-4*	35 miles
11		Rest Day	Training Run 6 miles *RPE: 3-4*	Intervals 4 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 20 miles *RPE: 2-3*	Recovery Run 5 miles *RPE: 2-4*	38 miles
12		Rest Day	Training Run 6 miles *RPE: 3-4*	Intervals 4 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 22 miles *RPE: 2-3*	Recovery Run 5 miles *RPE: 2-4*	40 miles
13		Rest Day	Training Run 6 miles *RPE: 3-4*	Intervals 5 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 16 miles *RPE: 2-3*	Recovery Run 5 miles *RPE: 2-4*	35 miles
14		Rest Day	Training Run 7 miles *RPE: 3-4*	Intervals 5 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 24 miles *RPE: 2-3*	Recovery Run 6 miles *RPE: 2-4*	45 miles
15		Rest Day	Training Run 7 miles *RPE: 3-4*	Intervals 5 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 27 miles *RPE: 2-3*	Recovery Run 6 miles *RPE: 2-4*	48 miles
16		Rest Day	Training Run 7 miles *RPE: 3-4*	Intervals 5 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 29 miles *RPE: 2-3*	Recovery Run 6 miles *RPE: 2-4*	50 miles
17		Rest Day	Training Run 7 miles *RPE: 3-4*	Intervals 5 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 18 miles *RPE: 2-3*	Recovery Run 6 miles *RPE: 2-4*	39 miles
18		Rest Day	Training Run 7 miles *RPE: 3-4*	Intervals 5 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 31 miles *RPE: 2-3*	Recovery Run 6 miles *RPE: 2-4*	52 miles
19		Rest Day	Training Run 7 miles *RPE: 3-4*	Intervals 6 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 33 miles *RPE: 2-3*	Recovery Run 6 miles *RPE: 2-4*	55 miles
20		Rest Day	Training Run 8 miles *RPE: 3-4*	Intervals 6 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 35 miles *RPE: 2-3*	Recovery Run 6 miles *RPE: 2-4*	58 miles
21		Rest Day	Training Run 8 miles *RPE: 3-4*	Intervals 6 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 20 miles *RPE: 2-3*	Recovery Run 6 miles *RPE: 2-4*	43 miles
22		Rest Day	Training Run 8 miles *RPE: 3-4*	Intervals 6 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 37 miles *RPE: 2-3*	Recovery Run 6 miles *RPE: 2-4*	60 miles
23		Rest Day	Training Run 7 miles *RPE: 3-4*	Intervals 4 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 27 miles *RPE: 2-3*	Recovery Run 5 miles *RPE: 2-4*	46 miles
24		Rest Day	Training Run 4 miles *RPE: 3-4*	Intervals 3 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 20 miles *RPE: 2-3*	Recovery Run 4 miles *RPE: 2-4*	34 miles
25		Rest Day	Training Run 3 miles *RPE: 3-4*	Intervals 2 x 800m *then leg workout*	Strength Training *45-60 mins*	Rest Day	Long Run 10 miles *RPE: 5*	Recovery Run 3 miles *RPE: 2-4*	21 miles
26		Rest Day	Easy Run 3 miles *RPE: 2-3*	Rest Day	Strength Training *45-60 mins*	Easy Run 3 miles *RPE: 2-3*	Easy Run 2 miles *RPE: 2-3*	100k ULTRA 62 miles *RPE: 5*	70 miles