MARATHON HANDBOOK

100k 'JUST FINISH' TRAINING PLAN: KM

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage
1		Rest Day	Training Run 5 k *RPE: 3-4*	Pace Run 5 k *RPE: 5-6*	Strength Training *45-60 mins*	Rest Day	Long Run 11 k *RPE: 2-3*	Recovery Run 5 k *RPE: 2-4*	**26 k**
2		Rest Day	Training Run 5 k *RPE: 3-4*	Pace Run 5 k *RPE: 5-6*	Strength Training *45-60 mins*	Rest Day	Long Run 13 k *RPE: 2-3*	Recovery Run 5 k *RPE: 2-4*	**28 k**
3		Rest Day	Training Run 5 k *RPE: 3-4*	Pace Run 5 k *RPE: 5-6*	Strength Training *45-60 mins*	Rest Day	Long Run 14 k *RPE: 2-3*	Recovery Run 5 k *RPE: 2-4*	**29 k**
4		Rest Day	Training Run 5 k *RPE: 3-4*	Pace Run 5 k *RPE: 5-6*	Strength Training *45-60 mins*	Rest Day	Long Run 16 k *RPE: 2-3*	Recovery Run 5 k *RPE: 2-4*	**31 k**
5		Rest Day	Training Run 7 k *RPE: 3-4*	Pace Run 7 k *RPE: 5-6*	Strength Training *45-60 mins*	Rest Day	Long Run 10 k *RPE: 2-3*	Recovery Run 7 k *RPE: 2-4*	**31 k**
6		Rest Day	Training Run 7 k *RPE: 3-4*	Pace Run 7 k *RPE: 5-6*	Strength Training *45-60 mins*	Rest Day	Long Run 19 k *RPE: 2-3*	Recovery Run 7 k *RPE: 2-4*	**40 k**
7		Rest Day	Training Run 7 k *RPE: 3-4*	Pace Run 7 k *RPE: 5-6*	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*	Pace Run 8 k *RPE: 5-6*	Strength Training *45-60 mins*	Rest Day	Long Run 26 k *RPE: 2-3*	Recovery Run 7 k *RPE: 2-4*	**49 k**
9		Rest Day	Training Run 8 k *RPE: 3-4*	Pace Run 8 k *RPE: 5-6*	Strength Training *45-60 mins*	Rest Day	Long Run 16 k *RPE: 2-3*	Recovery Run 8 k *RPE: 2-4*	**40 k**
10		Rest Day	Training Run 8 k *RPE: 3-4*	Pace Run 8 k *RPE: 5-6*	Strength Training *45-60 mins*	Rest Day	Long Run 29 k *RPE: 2-3*	Recovery Run 8 k *RPE: 2-4*	**53 k**
11		Rest Day	Training Run 8 k *RPE: 3-4*	Pace Run 8 k *RPE: 5-6*	Strength Training *45-60 mins*	Rest Day	Long Run 32 k *RPE: 2-3*	Recovery Run 8 k *RPE: 2-4*	**56 k**
12		Rest Day	Training Run 10 k *RPE: 3-4*	Pace Run 10 k *RPE: 5-6*	Strength Training *45-60 mins*	Rest Day	Long Run 35 k *RPE: 2-3*	Recovery Run 8 k *RPE: 2-4*	**63 k**
13		Rest Day	Training Run 10 k *RPE: 3-4*	Pace Run 10 k *RPE: 5-6*	Strength Training *45-60 mins*	Rest Day	Long Run 26 k *RPE: 2-3*	Recovery Run 8 k *RPE: 2-4*	**54 k**
14		Rest Day	Training Run 11 k *RPE: 3-4*	Pace Run 10 k *RPE: 5-6*	Strength Training *45-60 mins*	Rest Day	Long Run 39 k *RPE: 2-3*	Recovery Run 10 k *RPE: 3-4*	**70 k**
15		Rest Day	Training Run 11 k *RPE: 3-4*	Pace Run 10 k *RPE: 5-6*	Strength Training *45-60 mins*	Rest Day	Long Run 43 k *RPE: 2-3*	Training Run 10 k *RPE: 2-4*	**74 k**
16		Rest Day	Training Run 11 k *RPE: 3-4*	Pace Run 10 k *RPE: 5-6*	Strength Training *45-60 mins*	Rest Day	Long Run 47 k *RPE: 2-3*	Recovery Run 10 k *RPE: 2-4*	**78 k**
17		Rest Day	Training Run 11 k *RPE: 3-4*	Pace Run 10 k *RPE: 5-6*	Strength Training *45-60 mins*	Rest Day	Long Run 29 k *RPE: 2-3*	Recovery Run 10 k *RPE: 2-4*	**60 k**
18		Rest Day	Training Run 11 k *RPE: 3-4*	Pace Run 10 k *RPE: 5-6*	Strength Training *45-60 mins*	Rest Day	Long Run 50 k *RPE: 2-3*	Recovery Run 10 k *RPE: 2-4*	**81 k**
19		Rest Day	Training Run 11 k *RPE: 3-4*	Pace Run 10 k *RPE: 5-6*	Strength Training *45-60 mins*	Rest Day	Long Run 42 k *RPE: 2-3*	Recovery Run 10 k *RPE: 2-4*	**73 k**
20		Rest Day	Training Run 13 k *RPE: 3-4*	Pace Run 10 k *RPE: 5-6*	Strength Training *45-60 mins*	Rest Day	Long Run 50 k *RPE: 2-3*	Recovery Run 10 k *RPE: 2-4*	**83 k**
21		Rest Day	Training Run 13 k *RPE: 3-4*	Pace Run 10 k *RPE: 5-6*	Strength Training *45-60 mins*	Rest Day	Long Run 32 k *RPE: 2-3*	Recovery Run 10 k *RPE: 2-4*	**65 k**
22		Rest Day	Training Run 13 k *RPE: 3-4*	Pace Run 10 k *RPE: 5-6*	Strength Training *45-60 mins*	Rest Day	Long Run 60 k *RPE: 2-3*	Recovery Run 10 k *RPE: 2-4*	**93 k**
23		Rest Day	Training Run 11 k *RPE: 3-4*	Pace Run 10 k *RPE: 5-6*	Strength Training *45-60 mins*	Rest Day	Long Run 43 k *RPE: 2-3*	Recovery Run 8 k *RPE: 2-4*	**72 k**
24		Rest Day	Training Run 7 k *RPE: 3-4*	Pace Run 7 k *RPE: 5-6*	Strength Training *45-60 mins*	Rest Day	Long Run 32 k *RPE: 2-3*	Recovery Run 7 k *RPE: 2-4*	**53 k**
25		Rest Day	Training Run 5 k *RPE: 3-4*	Pace Run 5 k *RPE: 5-6*	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**