



Run 100 miles in ONE Summer

SUNDAY	MONDAY	TUE	WEDNESDAY	THU	FRIDAY	SATURDAY
Week One:	1.5 miles		2 miles		1.5 miles	Week Total: 5
Week Two:	2 miles		1.5 miles		2 Miles	Week Total: 5.5 Summer Total: 11.5
Week Three:	2.5 miles		2.5 miles		2 miles	Week Total: 7 Summer total: 18.5
Week Four	1.5 Miles		2.5 miles		3 Miles	Total: 7 Sumer total: 25.5
Week Five	3 miles		2.5 miles		3 miles	Total: 8.5 Summer total: 34
Week Six	3 miles		3 miles		3 miles	Total: 9 Summer total: 43

Week Seven	3 miles		3.5 miles		3 miles	Total 10.5 Sumer total: 53.5
Week Eight	2.5 miles		3 miles		2.5 miles	Total: 8 Summer total: 61.5
Week Nine	2.5 miles		3 miles		2.5 miles	Total: 8 Summer total: 69.5
Week Ten	3.5 miles		3.5 miles		3 miles	Total: 10 Summer total: 79.5
Week Eleven	4 miles		3.5 miles		3 miles	Total: 10.5 Summer total: 90
Week Twelve	3.5 miles		3 miles		3.5 miles	Total: 10 Summer total: 100