

# ASSENMACHER 100 MILES



## 2018 Training Plan for 100 MILES

WK	DATES	MON	TUES	WED	THURS	FRI	SAT	SUN
1	MAY 7-13	5 Miles Easy	10 Miles Easy	Cross Training	6 Miles Hard	Rest	16 Miles Long	Rest
2	MAY 14-20	6 Miles Easy	12 Miles Easy	Cross Training	8 Miles Hard	Rest	20 Miles Long	Rest
3	MAY 21-27	8 Miles Easy	16 Miles Easy	Cross Training	10 Miles Hard	Rest	25 Miles Long	Rest
4	MAY 28-JUN 3	8 Miles Easy	19 Miles Easy	Cross Training	12 Miles Hard	Rest	30 Miles Long	Rest
5	JUN 4-10	9 Miles Easy	19 Miles Easy	Cross Training	14 Miles Hard	Rest	35 Miles Long	Rest
6	JUN 11-18	11 Miles Easy	19 Miles Easy	Cross Training	14 Miles Hard	Rest	40 Miles Long	Rest
7	JUN 18-24	12 Miles Easy	21 Miles Easy	Cross Training	15 Miles Hard	Rest	45 Miles Long	Rest
8	JUN 25-JUL 1	15 Miles Easy	21 Miles Easy	Cross Training	15 Miles Hard	Rest	50 Miles Long	Rest
9	JUL 2-8	15 Miles Easy	24 Miles Easy	Cross Training	16 Miles Hard	Rest	55 Miles Long	Rest
10	JUL 9-15	15 Miles Easy	25 Miles Easy	Cross Training	16 Miles Hard	Rest	60 Miles Long	Rest
11	JUL 16-22	15 Miles Easy	25 Miles Easy	Cross Training	17 Miles Hard	Rest	65 Miles Long	Rest
12	JUL 23-29	15 Miles Easy	20 Miles Easy	Cross Training	15 Miles Hard	Rest	70 Miles Long	Rest
13	JUL 30-AUG 5	15 Miles Easy	20 Miles Easy	Cross Training	10 Miles Hard	Rest	80 Miles Long	Rest
14	AUG 6-12	15 Miles Easy	20 Miles Easy	Cross Training	15 Miles Hard	Rest	60 Miles Long	Rest
15	AUG 13-19	15 Miles Easy	10 Miles Easy	Cross Training	5 Miles Easy	Rest	Rest	RACE DAY

Base Training