

ASSENMACHER 100 MILES



2019 Training Plan for 100 MILES

WK	DATES	MON	TUES	WED	THURS	FRI	SAT	SUN
1	MAY 6-12	5 Miles Easy	10 Miles Easy	Cross Training	6 Miles Hard	Rest	16 Miles Long	Rest
2	MAY 13-19	6 Miles Easy	12 Miles Easy	Cross Training	8 Miles Hard	Rest	20 Miles Long	Rest
3	MAY 20-26	8 Miles Easy	16 Miles Easy	Cross Training	10 Miles Hard	Rest	25 Miles Long	Rest
4	MAY 27-JUN 2	8 Miles Easy	19 Miles Easy	Cross Training	12 Miles Hard	Rest	30 Miles Long	Rest
5	JUN 3-9	9 Miles Easy	19 Miles Easy	Cross Training	14 Miles Hard	Rest	35 Miles Long	Rest
6	JUN 10-16	11 Miles Easy	19 Miles Easy	Cross Training	14 Miles Hard	Rest	40 Miles Long	Rest
7	JUN 17-23	12 Miles Easy	21 Miles Easy	Cross Training	15 Miles Hard	Rest	45 Miles Long	Rest
8	JUN 24-30	15 Miles Easy	21 Miles Easy	Cross Training	15 Miles Hard	Rest	50 Miles Long	Rest
9	JUL 1-7	15 Miles Easy	24 Miles Easy	Cross Training	16 Miles Hard	Rest	55 Miles Long	Rest
10	JUL 8-14	15 Miles Easy	25 Miles Easy	Cross Training	16 Miles Hard	Rest	60 Miles Long	Rest
11	JUL 15-21	15 Miles Easy	25 Miles Easy	Cross Training	17 Miles Hard	Rest	65 Miles Long	Rest
12	JUL 22-28	15 Miles Easy	20 Miles Easy	Cross Training	15 Miles Hard	Rest	70 Miles Long	Rest
13	JUL 29-AUG 4	15 Miles Easy	20 Miles Easy	Cross Training	10 Miles Hard	Rest	80 Miles Long	Rest
14	AUG 5-11	15 Miles Easy	20 Miles Easy	Cross Training	15 Miles Hard	Rest	60 Miles Long	Rest
15	AUG 12-18	15 Miles Easy	10 Miles Easy	Cross Training	5 Miles Easy	Rest	Rest	RACE DAY

Base Training