

BEGINNER

February training plan

DAY 1 = 3.6 miles	DAY 2	DAY 3 = 3.9 miles	DAY 4	DAY 5 = 2.6 miles	DAY 6 = 5.2 miles	DAY 7	14.3 MILES!
0.6 miles run 0.3 miles walk x 4 rounds	REST	1 mile run 0.3 miles walk x 3 rounds	REST	1 mile run 0.3 miles walk x 2 rounds	1 mile run 0.3 miles walk x 4 rounds	REST	
DAY 8 = 6.5 miles	DAY 9	DAY 10 = 6.5 miles	DAY 11	DAY 12 = 6 miles	DAY 13	DAY 14 = 8.4 miles	41.3 MILES!
1 mile run 0.3 miles walk x 5 rounds	REST	1 mile run 0.3 miles walk x 5 rounds	REST	1.2 miles run 0.3 miles walk x 4 rounds	REST	1.2 miles run 0.3 miles walk 1 mile run 0.3 miles walk x 3 rounds	
DAY 15	DAY 16	DAY 17 = 8.4 miles	DAY 18	DAY 19 = 9 miles	DAY 20	DAY 21 = 7.2 miles	66.5 MILES!
REST	REST	1.2 miles run 0.3 miles walk 1 mile run 0.3 miles walk x 3 rounds	REST	1.2 miles run 0.3 miles walk x 6 rounds	REST	1.5 miles run 0.3 miles walk x 4 rounds	
DAY 22	DAY 23 = 9 miles	DAY 24	DAY 25 = 4.8 miles	DAY 26 = 8.4 miles	DAY 27	DAY 28 = 10.5 miles	100 MILES!
REST	1.5 miles run 0.3 miles walk x 5 rounds	REST	2 miles run 0.4 miles walk x 2 rounds	1.8 miles run 0.3 miles walk x 4 rounds	REST	1.8 miles run 0.3 miles walk x 5 rounds FINISHED!	

LILLY'S TOP TIPS

Well done for taking on this challenge! If you're new to running, I would advise you to continue combining walks and runs throughout the month. This is quite a big challenge for everyone including seasoned runners so please listen to your body and do what you can – if you feel your legs are tired or you are struggling with running then replace the runs with a brisk walk. If that is a struggle too, please rest or do shorter/easier walks to clock up some miles.

This plan has you running up to four times per week to allow at least three days' rest per week. You may wish to follow this plan to the day or you may wish to run a little more or less each day depending on your fitness level. However you choose to tackle the challenge, this plan gives you the tools to complete the full 100 miles, gradually building the amount you can run.

Good luck and let's go!

Lilly Doffey, PT, Challenge Advisor and Refuge Ambassador

100 miles | 28 days #RunningForRefuge