

INTERMEDIATE

February training plan

DAY 1 = 4.8 miles	DAY 2	DAY 3 = 5.5 miles	DAY 4 = 3.7 miles	DAY 5	DAY 6 = 6.2 miles	DAY 7	20.5 MILES!
3 miles run 0.2 miles walk 1.8 miles run	REST	3.7 miles run 0.2 miles walk 1.8 miles run	3.7 miles run (easy run)	REST	3.7 miles run 0.2 miles walk 2.5 miles run	REST	
DAY 8 = 4.3 miles	DAY 9	DAY 10 = 8 miles	DAY 11	DAY 12 = 4.3 miles	DAY 13	DAY 14 = 9.3 miles	46.6 MILES!
4.3 miles run (easy run)	REST	3.7 miles run 0.2 miles walk 2.5 miles run 0.2 miles walk 1.8 miles run	REST	4.3 miles run (easy run)	REST	4.3 miles run 0.2 miles walk 3.2 miles run 0.2 miles walk 1.8 miles run	
DAY 15	DAY 16	DAY 17 = 9 miles	DAY 18	DAY 19 = 5 miles	DAY 20	DAY 21 = 8.5 miles	69 MILES!
REST	REST	5 miles run 0.2 miles walk 2.5 miles run 0.2 miles walk 1.5 miles run	REST	5 miles run (easy run)	REST	5.5 miles run 0.2 miles walk 3 miles run	
DAY 22	DAY 23 = 5 miles	DAY 24 = 10 miles	DAY 25	DAY 26 = 6.4 miles	DAY 27	DAY 28 = 10 miles	100 MILES!
REST	5 miles run	5.6 miles run 0.2 miles walk 3 miles run 0.2 miles walk 1.4 miles run	REST	6.4 miles run	REST	6.2 miles run 0.2 miles walk 3.8 miles run FINISHED!	

LILLY'S TOP TIPS

Can you run 5km comfortably? Are you used to running a few times a week already? If so, this plan is for you!

Even if you are a seasoned runner, 100 miles is a long distance to cover. This plan is designed to get you to the full 100 miles with plenty of rest days, a variety of run lengths and short walks built in (but not included in the running miles) to ensure your body warms up properly.

If you are able to run 10km easily, then you can aim for longer distances (aim for a total of 25 miles per week), take out some of the walks that I have put in the plan and have more consistent distances over the

month. This may well work for you if you run pre-defined routes.

Over the challenge month, I have allowed for rest days and a maximum of four runs per week. Don't skip rest days as they are key to achieving the overall challenge safely.

If you are used to running more regularly than this, my advice would be aim for around five miles a day with only two days' rest per week – but this is only if you are used to running more regularly. Good luck!

Lilly Doffey, PT, Challenge Advisor and Refuge Ambassador

100 miles | 28 days #RunningForRefuge