

MARCH TO 100

Follow this plan [as closely as you possibly can] and you will crack that 100.

Day Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Miles
1	Start strong 5 miles	Active Rest 1 mile	Keep it up 3 miles	Chill	4 miles	Active Rest 1 mile	2 miles	16 Now we're cooking
2	5 miles	Feel the burn Rest	4 miles	Active Rest 1 mile	3.5 miles	Active Rest 1 mile	3.5 miles	34 Feel that progress
3	Active Rest 1 mile	6 miles	Active Rest 1 mile	Stay strong 7 miles	Gonna need it Rest	Active Rest 1 mile	10 miles	60 Oh yeah.. Past Halfway
4	3.5 miles	Active Rest 1 mile	5 miles	Feelin' good Rest	10 miles	Active Rest 1 mile	3.5 miles	84 So close...
5	6 miles	One more day Rest	Big Finish 10 miles					100 Boom. #Nailedit