

16-Week Leadville 100 Run Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest or cross-training	5-7 miles easy run	Strength training	5-7 miles hill training	Rest	Long run (start with 10, increase gradually)	3-5 miles recovery run
2	Rest or cross-training	5-7 miles easy run	Strength training	5-7 miles hill training	Rest	Long run (increase gradually)	3-5 miles recovery run
3	Rest or cross-training	5-7 miles easy run	Strength training	5-7 miles hill training	Rest	Long run (increase gradually)	3-5 miles recovery run
4	Rest or cross-training	5-7 miles easy run	Strength training	5-7 miles hill training	Rest	Long run (increase gradually)	3-5 miles recovery run
5	Rest or cross-training	7-10 miles interval run	Strength training + 3-4 miles easy run	7-10 miles hill repeats	Rest	Long run (increase to 20 miles)	5-7 miles recovery run
6	Rest or cross-training	7-10 miles interval run	Strength training + 3-4 miles easy run	7-10 miles hill repeats	Rest	Long run (increase to 20 miles)	5-7 miles recovery run
7	Rest or cross-training	7-10 miles interval run	Strength training + 3-4 miles easy run	7-10 miles hill repeats	Rest	Long run (increase to 20 miles)	5-7 miles recovery run
8	Rest or cross-training	7-10 miles interval run	Strength training + 3-4 miles easy run	7-10 miles hill repeats	Rest	Long run (increase to 20 miles)	5-7 miles recovery run
9	Rest or cross-training	10-12 miles tempo run	Strength training + 4-6 miles easy run	10-12 miles hill work	Rest	Long run (increase to 25-30 miles)	Second long run (15-20 miles)
10	Rest or cross-training	10-12 miles tempo run	Strength training + 4-6 miles easy run	10-12 miles hill work	Rest	Long run (increase to 25-30 miles)	Second long run (15-20 miles)
11	Rest or cross-training	10-12 miles tempo run	Strength training + 4-6 miles easy run	10-12 miles hill work	Rest	Long run (increase to 25-30 miles)	Second long run (15-20 miles)
12	Rest or cross-training	10-12 miles tempo run	Strength training + 4-6 miles easy run	10-12 miles hill work	Rest	Long run (increase to 25-30 miles)	Second long run (15-20 miles)
13	Rest or cross-training	10-12 miles tempo run	Strength training + 4-6 miles easy run	10-12 miles hill work	Rest	Long run (increase to 30+ miles)	Second long run (15-20 miles)
14	Rest	Reduced mileage run	Light strength training or rest	Short hill workout or tempo	Rest	Long run (decreasing)	Short, easy run or rest
15	Rest	Reduced mileage run	Light strength training or rest	Short hill workout or tempo	Rest	Long run (decreasing)	Short, easy run or rest
16	Rest	3-6 Mile Recovery run	Rest	1-3 Mile walking recovery	Rest	1-3 Mile shake out run	Race Day!
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