

### SAMPLE RUN / WALK 100 MILES IN 4 WEEKS SCHEDULE

The following is a sample run/walk 100 miles in 4 weeks program. It is intended for someone who is already comfortable walking or running 4-5 miles at a time and at least 18 miles a week. If you are not there yet, start with the “We Fit Moms Run/Walk 50 Miles in a 4 Weeks Challenge”.

Please remember one size does not fit all, but this is a good place to start. Modify as you need. A safe and effective training program that helps prevent injury:

- builds mileage slowly
- keeps mileage consistent and spread out through the week (don’t try to do all your miles in one day or one week)
- has rest days

On rest days, either take the day completely off or do other activity like yoga, stretching or weights. Rest days are good after longer days which (in this program) are over the weekend when it’s assumed you have more time and/or flexibility in your schedule.

The run pace for this challenge should be “easy” – meaning you can easily keep the pace, have steady breathing patterns, and can even hold a conversation (no gasping!) - especially if this distance is new for you. For those comfortable with the distance, once a week (on a shorter mileage day) you can add some hills or try a slightly faster pace.

It’s recommended you exercise in a good pair of athletic shoes and breathable clothes. Pick a time of day that is convenient and safe. If heading out in the dark, bring a flashlight or headlamp and wear reflective clothing. You can use apps like AllTrails, MapMyRun or Strava to track mileage.

WEEK	MON	TUES	WED	THU	FRI	SAT	SUN	TOTAL	NOTES
1	Rest	4 miles	3 miles	5 miles	Rest	4 miles	5 miles	21 miles	Add a stretch routine at the end of each run/walk.
2	Rest	5 miles	3 miles	5 miles	Rest	4 miles	6 miles	23 miles	Find a time of day to exercise that works for your schedule and then stick to it.
3	Rest	6 miles	4 miles	6 miles	Rest	4 miles	7 miles	27 miles	Explore new neighborhoods, parks or trails to keep it interesting.
4	Rest	6 miles	5 miles	6 miles	Rest	5 miles	7 miles	29 miles	Keep hydrating even if it’s cold. Drinking water helps the muscles repair and your cardio system keep up.

**Log your miles and tag us on Facebook and Instagram - @WeFitMoms #WeFitMoms**