

### 100km (62 miles)

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Mileage
1	REST	5 miles	5 miles	REST	5 miles	REST	10 miles	25
2	REST	5 miles	5 miles	REST	5 miles	REST	13 miles	28
3	REST	5 miles	6 miles	REST	5 miles	REST	15 miles	31
4	REST	5 miles	REST	5 miles	REST	10 miles	REST	20
5	REST	5 miles	7 miles	REST	5 miles	REST	17 miles	34
6	REST	5 miles	9 miles	REST	5 miles	REST	19 miles	38
7	REST	5 miles	10 miles	REST	6 miles	REST	21 miles	42
8	REST	7 miles	REST	7 miles	REST	16 miles	REST	30
9	REST	5 miles	10 miles	REST	8 miles	REST	23 miles	46
10	REST	6 miles	10 miles	REST	10 miles	REST	25 miles	51
11	REST	9 miles	10 miles	REST	10 miles	REST	27 miles	56
12	REST	9 miles	REST	9 miles	REST	22 miles	REST	40
13	REST	10 miles	13 miles	REST	10 miles	REST	29 miles	62
14	REST	10 miles	15 miles	REST	13 miles	REST	31 miles	69
15	REST	13 miles	15 miles	REST	15 miles	REST	33 miles	76
16	REST	11 miles	REST	11 miles	REST	28 miles	REST	50
17	REST	15 miles	19 miles	REST	15 miles	REST	35 miles	84
18	REST	15 miles	20 miles	REST	20 miles	REST	37 miles	92
19	REST	15 miles	20 miles	REST	20 miles	REST	46 miles	101
20	REST	12 miles	REST	12 miles	REST	36 miles	REST	60
21	REST	15 miles	20 miles	REST	20 miles	REST	56 miles	111
22	REST	15 miles	20 miles	REST	20 miles	REST	62 miles	117
23	REST	10 miles	REST	10 miles	REST	50 miles	REST	70
24	REST	REST	5 miles	REST	5 miles	REST	62 miles	72