

Running

Alive

Hard Core 100 Training Plan
runningalive.com



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Weeks Out	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10	Easy	MAF Test	Easy	VO2 Hills	Recovery	Long Paced	Easy
9	Ultra Long	Threshold	Easy	MAF Test	Easy	VO2 Hills	Recovery
8	Threshold	Easy	Ultra Long	Long Paced	Easy	MAF Test	Easy
7	VO2 Hills	Recovery	Ultra Long	Long Paced	Threshold	Easy	MAF Test
6	Easy	VO2 Hills	Recovery	Ultra Long	Long Paced	Threshold	Easy
5	MAF Test	Easy	VO2 Hills	Recovery	Ultra Long	Long Paced	Threshold
4	Easy	MAF Test	Easy	VO2 Hills	Recovery	Long Paced	Recovery
3	Easy	MAF Test	VO2 Hills	Easy	Recovery	Long Paced	Easy
2	Ultra Long	Threshold	Easy	MAF Test	VO2 Hills	Easy	Recovery
1	Taper	Taper	Taper	Taper	off	RACE DAY	Celebrate