

100-MILE WALKING & STRENGTH PLAN



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<input type="checkbox"/> Dumbbell Routine ____ miles	____ miles	____ miles	<input type="checkbox"/> Resistance Band Routine ____ miles	____ miles	____ miles	<input type="checkbox"/> Dumbbell Routine ____ miles
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
____ miles	<input type="checkbox"/> Dumbbell Routine ____ miles	____ miles	____ miles	<input type="checkbox"/> Resistance Band Routine ____ miles	____ miles	____ miles
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
<input type="checkbox"/> Resistance Band Routine ____ miles	____ miles	<input type="checkbox"/> Dumbbell Routine ____ miles	____ miles	____ miles	<input type="checkbox"/> Resistance Band Routine ____ miles	____ miles
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
<input type="checkbox"/> Dumbbell Routine ____ miles	____ miles	<input type="checkbox"/> Resistance Band Routine ____ miles	____ miles	<input type="checkbox"/> Dumbbell Routine ____ miles	____ miles	<input type="checkbox"/> Resistance Band Routine ____ miles
DAY 29	DAY 30	DAY 31	WEEK 1 TOTAL: ____		WEEK 3 TOTAL: ____	
____ miles	<input type="checkbox"/> Dumbbell Routine ____ miles	____ miles	WEEK 2 TOTAL: ____		WEEK 4 TOTAL: ____	
						TOTAL MILES: ____