



## 50K Training Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week1	Day off	Run	Run	Run	Day off	Run: 4 Miles WU: MS: 4 Miles easy CD:	Run: 8 Miles WU: 1 mile very easy MS: 6 mile at a comfortable pace CD: 1 mile very easy
Week2	Run: Day off WU: MS: Day off Rest and Relax CD:	Run: 4 Miles WU: 1 mile easy MS: 2 miles moderate pace (30 sec slower than 10k race pace) CD: 1 mile easy	Run: 4 Miles WU: MS: 4 Miles easy CD:	Run: 6 Miles WU: MS: 6 Miles easy CD:	WU: MS: Day off or 4 Miles easy CD:	Run: 4 Miles WU: MS: 4 Miles easy CD:	Run: 10 Miles WU: 1 mile very easy MS: 8 mile at a comfortable pace CD: 1 mile very easy
Week3	Run: Day off WU: MS: Day off Rest and Relax CD:	Run: 4 Miles WU: 1 mile easy MS: 2 miles moderate pace (30 sec slower than 10k race pace) CD: 1 mile easy	Run: 4 Miles WU: MS: 4 Miles easy CD:	Run: 6 Miles WU: MS: 6 Miles easy CD:	WU: MS: Day off or 4 Miles easy CD:	Run: 4 Miles WU: MS: 4 Miles easy CD:	Run: 12 Miles WU: 1 mile very easy MS: 10 miles at a comfortable pace CD: 1 mile very easy
Week4	Run: Day off WU: MS: Day off Rest and Relax CD:	Run: 4 Miles WU: 1 mile easy MS: 2 miles moderate pace (30 sec slower than 10k race pace) CD: 1 mile easy	Run: 4 Miles WU: MS: 4 Miles easy CD:	Run: 6 Miles WU: MS: 6 Miles easy CD:	WU: MS: Day off or 4 Miles easy CD:	Run: 4 Miles WU: MS: 4 Miles easy CD:	Run: 14 Miles WU: 1 mile very easy MS: 12 miles at a comfortable pace CD: 1 mile very easy
Week5	Run: Day off WU: MS: Day off Rest and Relax CD:	Run: 4 Miles WU: 1 mile easy MS: 2 miles moderate pace (30 sec slower than 10k race pace) CD: 1 mile easy	Run: 4 Miles WU: MS: 4 Miles easy CD:	Run: 6 Miles WU: MS: 6 Miles easy CD:	WU: MS: Day off or 4 Miles easy CD:	Run: 4 Miles WU: MS: 4 Miles easy CD:	Run: 16 Miles WU: 1 mile very easy MS: 14 miles at a comfortable pace CD: 1 mile very easy

<b>Week6</b>	<b>Run:</b> Day off <b>WU:</b> <b>MS:</b> Day off Rest and Relax <b>CD:</b>	<b>Run:</b> 5 Miles <b>WU:</b> 1 mile easy <b>MS:</b> 3 miles moderate pace (30 sec slower than 10k race pace) <b>CD:</b> 1 mile easy	<b>Run:</b> 4 Miles <b>WU:</b> <b>MS:</b> 4 Miles easy <b>CD:</b>	<b>Run:</b> 6 Miles <b>WU:</b> <b>MS:</b> 6 Miles easy <b>CD:</b>	<b>WU:</b> <b>MS:</b> Day off or 4 Miles easy <b>CD:</b>	<b>Run:</b> 4 Miles <b>WU:</b> <b>MS:</b> 4 Miles easy <b>CD:</b>	<b>Run:</b> 13 Miles <b>WU:</b> 1 mile very easy <b>MS:</b> 11 miles at a comfortable pace <b>CD:</b> 1 mile very easy
<b>Week7</b>	<b>Run:</b> Day off <b>WU:</b> <b>MS:</b> Day off Rest and Relax <b>CD:</b>	<b>Run:</b> 4 Miles <b>WU:</b> 1 mile easy <b>MS:</b> 2 miles moderate pace (30 sec slower than 10k race pace) <b>CD:</b> 1 mile easy	<b>Run:</b> 4 Miles <b>WU:</b> <b>MS:</b> 4 Miles easy <b>CD:</b>	<b>Run:</b> 6 Miles <b>WU:</b> <b>MS:</b> 6 Miles easy <b>CD:</b>	<b>WU:</b> <b>MS:</b> Day off or 4 Miles easy <b>CD:</b>	<b>Run:</b> 4 Miles <b>WU:</b> <b>MS:</b> 4 Miles easy <b>CD:</b>	<b>Run:</b> 17 Miles <b>WU:</b> 1 mile very easy <b>MS:</b> 15 miles at a comfortable pace <b>CD:</b> 1 mile very easy
<b>Week8</b>	<b>Run:</b> Day off <b>WU:</b> <b>MS:</b> Day off Rest and Relax <b>CD:</b>	<b>Run:</b> 5 Miles <b>WU:</b> 1 mile easy <b>MS:</b> 3 miles moderate pace (30 sec slower than 10k race pace) <b>CD:</b> 1 mile easy	<b>Run:</b> 4 Miles <b>WU:</b> <b>MS:</b> 4 Miles easy <b>CD:</b>	<b>Run:</b> 6 Miles <b>WU:</b> <b>MS:</b> 6 Miles easy <b>CD:</b>	<b>WU:</b> <b>MS:</b> Day off or 4 Miles easy <b>CD:</b>	<b>Run:</b> 4 Miles <b>WU:</b> <b>MS:</b> 4 Miles easy <b>CD:</b>	<b>Run:</b> 19 Miles <b>WU:</b> 1 mile very easy <b>MS:</b> 17 miles at a comfortable pace <b>CD:</b> 1 mile very easy
<b>Week9</b>	<b>Run:</b> Day off <b>WU:</b> <b>MS:</b> Day off Rest and Relax <b>CD:</b>	<b>Run:</b> 5 Miles <b>WU:</b> 1 mile easy <b>MS:</b> 3 miles moderate pace (30 sec slower than 10k race pace) <b>CD:</b> 1 mile easy	<b>Run:</b> 4 Miles <b>WU:</b> <b>MS:</b> 4 Miles easy <b>CD:</b>	<b>Run:</b> 6 Miles <b>WU:</b> <b>MS:</b> 6 Miles easy <b>CD:</b>	<b>WU:</b> <b>MS:</b> Day off or 4 Miles easy <b>CD:</b>	<b>Run:</b> 4 Miles <b>WU:</b> <b>MS:</b> 4 Miles easy <b>CD:</b>	<b>Run:</b> 16 Miles <b>WU:</b> 1 mile very easy <b>MS:</b> 14 miles at a comfortable pace <b>CD:</b> 1 mile very easy
<b>Week10</b>	<b>Run:</b> Day off <b>WU:</b> <b>MS:</b> Day off Rest and Relax <b>CD:</b>	<b>Run:</b> 5 Miles <b>WU:</b> 1 mile easy <b>MS:</b> 3 miles moderate pace (30 sec slower than 10k race pace) <b>CD:</b> 1 mile easy	<b>Run:</b> 4 Miles <b>WU:</b> <b>MS:</b> 4 Miles easy <b>CD:</b>	<b>Run:</b> 6 Miles <b>WU:</b> <b>MS:</b> 6 Miles easy <b>CD:</b>	<b>WU:</b> <b>MS:</b> Day off or 4 Miles easy <b>CD:</b>	<b>Run:</b> 4 Miles <b>WU:</b> <b>MS:</b> 4 Miles easy <b>CD:</b>	<b>Run:</b> 23 Miles <b>WU:</b> 1 mile very easy <b>MS:</b> 21 miles at a comfortable pace <b>CD:</b> 1 mile very easy
<b>Week11</b>	<b>Run:</b> Day off <b>WU:</b> <b>MS:</b> Day off Rest and Relax <b>CD:</b>	<b>Run:</b> 5 Miles <b>WU:</b> 1 mile easy <b>MS:</b> 3 miles moderate pace (30 sec slower than 10k race pace) <b>CD:</b> 1 mile easy	<b>Run:</b> 4 Miles <b>WU:</b> <b>MS:</b> 4 Miles easy <b>CD:</b>	<b>Run:</b> 6 Miles <b>WU:</b> <b>MS:</b> 6 Miles easy <b>CD:</b>	<b>WU:</b> <b>MS:</b> Day off or 4 Miles easy <b>CD:</b>	<b>Run:</b> 4 Miles <b>WU:</b> <b>MS:</b> 4 Miles easy <b>CD:</b>	<b>Run:</b> 27 Miles <b>WU:</b> 1 mile very easy <b>MS:</b> 25 miles at a comfortable pace <b>CD:</b> 1 mile very easy

<b>Week12</b>	<b>Run:</b> Day off <b>WU:</b> <b>MS:</b> Day off Rest and Relax <b>CD:</b>	<b>Run:</b> 4 Miles <b>WU:</b> 1 mile easy <b>MS:</b> 3 miles moderate pace (30 sec slower than 10k race pace) <b>CD:</b> 1 mile easy	<b>Run:</b> 4 Miles <b>WU:</b> <b>MS:</b> 4 Miles easy <b>CD:</b>	<b>Run:</b> 6 Miles <b>WU:</b> <b>MS:</b> 6 Miles easy <b>CD:</b>	<b>WU:</b> <b>MS:</b> Day off or 4 Miles easy <b>CD:</b>	<b>Run:</b> 4 Miles <b>WU:</b> <b>MS:</b> 4 Miles easy <b>CD:</b>	<b>Run:</b> 15 Miles <b>WU:</b> 1 mile very easy <b>MS:</b> 13 miles at a comfortable pace <b>CD:</b> 1 mile very easy
<b>Week13</b>	<b>Run:</b> Day off <b>WU:</b> <b>MS:</b> Day off Rest and Relax <b>CD:</b>	<b>Run:</b> 4 Miles <b>WU:</b> 1 mile easy <b>MS:</b> 3 miles moderate pace (30 sec slower than 10k race pace) <b>CD:</b> 1 mile easy	<b>Run:</b> 4 Miles <b>WU:</b> <b>MS:</b> 4 Miles easy <b>CD:</b>	<b>Run:</b> 6 Miles <b>WU:</b> <b>MS:</b> 6 Miles easy <b>CD:</b>	<b>WU:</b> <b>MS:</b> Day off or 4 Miles easy <b>CD:</b>	<b>Run:</b> 4 Miles <b>WU:</b> <b>MS:</b> 4 Miles easy <b>CD:</b>	<b>Run:</b> 8 Miles <b>WU:</b> 1 mile very easy <b>MS:</b> 6 miles at a comfortable pace <b>CD:</b> 1 mile very easy
<b>Week14</b>	<b>Run:</b> Day off <b>WU:</b> <b>MS:</b> Day off Rest and Relax <b>CD:</b>	<b>Run:</b> 6 Miles <b>WU:</b> <b>MS:</b> 6 Miles easy <b>CD:</b>	<b>Run:</b> 4 Miles <b>WU:</b> <b>MS:</b> 4 Miles easy <b>CD:</b>	<b>Run:</b> 4 Miles <b>WU:</b> <b>MS:</b> 4 Miles easy <b>CD:</b>	<b>Run:</b> 3 Miles <b>WU:</b> <b>MS:</b> 3 Miles easy <b>CD:</b>	<b>WU:</b> <b>MS:</b> Day off or 4 Miles easy <b>CD:</b>	<b>RACE DAY!</b> <b>31 Miles</b>

The training program is intended for runners who have a base mileage of about 20 miles/ week and an 8 mile long run. The program takes the runner from 8 miles to 31 miles over the 14 week training period. For runners wanting a more advanced program or those wishing to achieve a specific finishing goal, individualized programs and coaching are available by contacting: Amanda McIntosh [coachamanda@earthlink.net](mailto:coachamanda@earthlink.net)

CD= Cool  
MS= Miles      Down      WU= Warm Up

Basically we are assuming the runners are already training at 20-30 miles/ week, that this is their first 50 K run, and that they are looking to finish as their goal.( If anyone has a specific time goal I can work with them but it would be a more custom program.)

The plan is broken into 4 week intervals. The mileage builds to peak every 4 weeks and then the 1st week of the next phase is recovery.

Every four weeks there is also a 2-3 day long period specific to the 50 KM training.

#### Training Notes

1. Speed work: on a 400 meter track, 1 mile warm up, 2-4 miles of intervals from 400 meters to 2 miles at 5K to 10K pace with 200 to 400 meters recovery between intervals, 1 mile cool down.
2. Easy : Aerobic pace, usually 15 to 30 seconds / mile slower than Marathon race pace
3. Moderate: Marathon to ½ Marathon race pace
4. Pick ups: short bursts at about 5k pace to stimulate leg turnover and speed.
5. Cross Training: Activity other than running: swimming, biking, water running, cross country skiing, etc.
6. Rest: no running or other athletic activity. Allow the body to recover!

Strength training 2-3 times / week is recommended to keep the core and extremities strong.