

My Training plan

50 KM - 20 Weeks

Week 1:

Monday - Easy Run: 45 minutes

Tuesday - Intervals: 10 minutes warm up, 8 x 400m with 90 seconds rest in between, 10 minutes cool down

Wednesday - Tempo Run: 10 minutes warm up, 20 minutes at tempo pace, 10 minutes cool down

Thursday - Easy Run: 45 minutes

Friday - Hill Repeats: 10 minutes warm up, 8 x 30 second hill sprints with 90 seconds rest in between, 10 minutes cool down

Saturday - Rest

Sunday - Long Run: 90 minutes

Week 2:

Monday - Easy Run: 45 minutes

Tuesday - Fartlek: 10 minutes warm up, 10 minutes of alternating 1 minute hard, 1 minute easy, 10 minutes cool down

Wednesday - Easy Run: 45 minutes

Thursday - Intervals: 10 minutes warm up, 8 x 800m with 90 seconds rest in between, 10 minutes cool down

Friday - Easy Run: 45 minutes

Saturday - Rest

Sunday - Long Run: 90 minutes

Week 3:

Monday - Easy Run: 45 minutes

Tuesday - Tempo Run: 10 minutes warm up, 20 minutes at tempo pace, 10 minutes cool down

Wednesday - Easy Run: 45 minutes

Thursday - Hill Repeats: 10 minutes warm up, 8 x 30 second hill sprints with 90 seconds rest in between, 10 minutes cool down

Friday - Easy Run: 45 minutes

Saturday - Rest

Sunday - Long Run: 90 minutes

Week 4:

Monday - Easy Run: 45 minutes

Tuesday - Easy Run: 45 minutes

Wednesday - Easy Run: 45 minutes

Thursday - Easy Run: 45 minutes

Friday - Easy Run: 45 minutes

Saturday - Rest

Sunday - Long Run: 120 minutes

Week 5:

Monday - Easy Run: 45 minutes

Tuesday - Intervals: 10 minutes warm up, 8 x 400m with 90 seconds rest in between, 10 minutes cool down

Wednesday - Tempo Run: 10 minutes warm up, 20 minutes at tempo pace, 10 minutes cool down

Thursday - Easy Run: 45 minutes

Friday - Hill Repeats: 10 minutes warm up, 8 x 30 second hill sprints with 90 seconds rest in between, 10 minutes cool down

Saturday - Rest

Sunday - Long Run: 90 minutes

Week 6:

Monday - Easy Run: 45 minutes

Tuesday - Fartlek: 10 minutes warm up, 10 minutes of alternating 1 minute hard, 1 minute easy, 10 minutes cool down

Wednesday - Easy Run: 45 minutes

Thursday - Intervals: 10 minutes warm up, 8 x 800m with 90 seconds rest in between, 10 minutes cool down

Friday - Easy Run: 45 minutes

Saturday - Rest

Sunday - Long Run: 90 minutes

Week 7:

Monday - Easy Run: 45 minutes

Tuesday - Tempo Run: 10 minutes warm up, 20 minutes at tempo pace, 10 minutes cool down

Wednesday - Easy Run: 45 minutes

Thursday - Hill Repeats: 10 minutes warm up, 8 x 30 second hill sprints with 90 seconds rest in between, 10 minutes cool down

Friday - Easy Run: 45 minutes

Saturday - Rest

Sunday - Long Run: 90 minutes

Week 8:

Monday - Easy Run: 45 minutes

Tuesday - Easy Run: 45 minutes

Wednesday - Easy Run: 45 minutes

Thursday - Easy Run: 45 minutes

Friday - Easy Run: 45 minutes

Saturday - Rest

Sunday - Long Run: 120 minutes

Week 9:

Monday - Easy Run: 45 minutes

Tuesday - Intervals: 10 minutes warm up, 8 x 400m with 90 seconds rest in between, 10 minutes cool down

Wednesday - Tempo Run: 10 minutes warm up, 20 minutes at tempo pace, 10 minutes cool down

Thursday - Easy Run: 45 minutes

Friday - Hill Repeats: 10 minutes warm up, 8 x 30 second hill sprints with 90 seconds rest in between, 10 minutes cool down

Saturday - Rest

Sunday - Long Run: 90 minutes

Week 10:

Monday - Easy Run: 45 minutes

Tuesday - Fartlek: 10 minutes warm up, 10 minutes of alternating 1 minute hard, 1 minute easy, 10 minutes cool down

Wednesday - Easy Run: 45 minutes

Thursday - Intervals: 10 minutes warm up, 8 x 800m with 90 seconds rest in between, 10 minutes cool down

Friday - Easy Run: 45 minutes

Saturday - Rest

Sunday - Long Run: 90 minutes

Week 11:

Monday - Easy Run: 45 minutes

Tuesday - Tempo Run: 10 minutes warm up, 20 minutes at tempo pace, 10 minutes cool down

Wednesday - Easy Run: 45 minutes

Thursday - Hill Repeats: 10 minutes warm up, 8 x 30 second hill sprints with 90 seconds rest in between, 10 minutes cool down

Friday - Easy Run: 45 minutes

Saturday - Rest

Sunday - Long Run: 90 minutes

Week 12:

Monday - Easy Run: 45 minutes

Tuesday - Easy Run: 45 minutes

Wednesday - Easy Run: 45 minutes

Thursday - Easy Run: 45 minutes

Friday - Easy Run: 45 minutes

Saturday - Rest

Sunday - Long Run: 120 minutes

Week 13:

Monday - Easy Run: 45 minutes

Tuesday - Intervals: 10 minutes warm up, 8 x 400m with 90 seconds rest in between, 10 minutes cool down

Wednesday - Tempo Run: 10 minutes warm up, 20 minutes at tempo pace, 10 minutes cool down

Thursday - Easy Run: 45 minutes

Friday - Hill Repeats: 10 minutes warm up, 8 x 30 second hill sprints with 90 seconds rest in between, 10 minutes cool down

Saturday - Rest

Sunday - Long Run: 90 minutes

Week 14:

Monday - Easy Run: 45 minutes

Tuesday - Fartlek: 10 minutes warm up, 10 minutes of alternating 1 minute hard, 1 minute easy, 10 minutes cool down

Wednesday - Easy Run: 45 minutes

Thursday - Intervals: 10 minutes warm up, 8 x 800m with 90 seconds rest in between, 10 minutes cool down

Friday - Easy Run: 45 minutes

Saturday - Rest

Sunday - Long Run: 90 minutes

Week 15:

Monday - Easy Run: 45 minutes

Tuesday - Tempo Run: 10 minutes warm up, 20 minutes at tempo pace, 10 minutes cool down

Wednesday - Easy Run: 45 minutes

Thursday - Hill Repeats: 10 minutes warm up, 8 x 30 second hill sprints with 90 seconds rest in between, 10 minutes cool down

Friday - Easy Run: 45 minutes

Saturday - Rest

Sunday - Long Run: 90 minutes

Week 16:

Monday - Easy Run: 45 minutes

Tuesday - Easy Run: 45 minutes

Wednesday - Easy Run: 45 minutes

Thursday - Easy Run: 45 minutes

Friday - Easy Run: 45 minutes

Saturday - Rest

Sunday - Long Run: 120 minutes

Week 17:

Monday - Easy Run: 45 minutes

Tuesday - Intervals: 10 minutes warm up, 8 x 400m with 90 seconds rest in between, 10 minutes cool down

Wednesday - Tempo Run: 10 minutes warm up, 20 minutes at tempo pace, 10 minutes cool down

Thursday - Easy Run: 45 minutes

Friday - Hill Repeats: 10 minutes warm up, 8 x 30 second hill sprints with 90 seconds rest in between, 10 minutes cool down

Saturday - Rest

Sunday - Long Run: 90 minutes

Week 18:

Monday - Easy Run: 45 minutes

Tuesday - Fartlek: 10 minutes warm up, 10 minutes of alternating 1 minute hard, 1 minute easy, 10 minutes cool down

Wednesday - Easy Run: 45 minutes

Thursday - Intervals: 10 minutes warm up, 8 x 800m with 90 seconds rest in between, 10 minutes cool down

Friday - Easy Run: 45 minutes

Saturday - Rest

Sunday - Long Run: 90 minutes

Week 19:

Monday - Easy Run: 45 minutes

Tuesday - Tempo Run: 10 minutes warm up, 20 minutes at tempo pace, 10 minutes cool down

Wednesday - Easy Run: 45 minutes

Thursday - Hill Repeats: 10 minutes warm up, 8 x 30 second hill sprints with 90 seconds rest in between, 10 minutes cool down

Friday - Easy Run: 45 minutes

Saturday - Rest

Sunday - Long Run: 90 minutes

Week 20:

Monday - Easy Run: 45 minutes

Tuesday - Easy Run: 45 minutes

Wednesday - Easy Run: 45 minutes

Thursday - Easy Run: 45 minutes

Friday - Easy Run: 45 minutes

Saturday - Rest

Sunday - Long Run: 60 minutes