

# My Training plan

## 50 KM - 16 Weeks

### **Week 1:**

Monday - Easy Run: 45 minutes

Tuesday - Rest

Wednesday - Intervals: 10 minutes warm up, 8 x 1 minute hard with 1 minute easy in between, 10 minutes cool down

Thursday - Easy Run: 45 minutes

Friday - Easy Run: 45 minutes

Saturday - Rest

Sunday - Long Run: 90 minutes

### **Week 2:**

Monday - Easy Run: 45 minutes

Tuesday - Rest

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

Thursday - Easy Run: 45 minutes

Friday - Easy Run: 45 minutes

Saturday - Rest

Sunday - Long Run: 90 minutes

### **Week 3:**

Monday - Easy Run: 45 minutes

Tuesday - Rest

Wednesday - Intervals: 10 minutes warm up, 8 x 1 minute hard with 1 minute easy in between, 10 minutes cool down

Thursday - Easy Run: 45 minutes

Friday - Easy Run: 45 minutes

Saturday - Rest

Sunday - Long Run: 90 minutes

### **Week 4:**

#### **Easy Week:**

Monday - Rest

Tuesday - Easy Run: 30 minutes

Wednesday - Rest

Thursday - Easy Run: 30 minutes

Friday - Rest

Saturday - Easy Run: 30 minutes

Sunday - Rest

### **Week 5:**

Monday - Easy Run: 45 minutes

Tuesday - Rest

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

Thursday - Easy Run: 45 minutes

Friday - Easy Run: 45 minutes

Saturday - Rest

Sunday - Long Run: 90 minutes

**Week 6:**

Monday - Easy Run: 45 minutes

Tuesday - Rest

Wednesday - Intervals: 10 minutes warm up, 8 x 1 minute hard with 1 minute easy in between, 10 minutes cool down

Thursday - Easy Run: 45 minutes

Friday - Easy Run: 45 minutes

Saturday - Rest

Sunday - Long Run: 90 minutes

**Week 7:**

Monday - Easy Run: 45 minutes

Tuesday - Rest

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

Thursday - Easy Run: 45 minutes

Friday - Easy Run: 45 minutes

Saturday - Rest

Sunday - Long Run: 120 minutes

**Week 8:****Easy Week:**

Monday - Rest

Tuesday - Easy Run: 30 minutes

Wednesday - Rest

Thursday - Easy Run: 30 minutes

Friday - Rest

Saturday - Easy Run: 30 minutes

Sunday - Rest

**Week 9:**

Monday - Easy Run: 45 minutes

Tuesday - Rest

Wednesday - Intervals: 10 minutes warm up, 8 x 1 minute hard with 1 minute easy in between, 10 minutes cool down

Thursday - Easy Run: 45 minutes

Friday - Easy Run: 45 minutes

Saturday - Rest

Sunday - Long Run: 120 minutes

**Week 10:**

Monday - Easy Run: 45 minutes

Tuesday - Rest

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

Thursday - Easy Run: 45 minutes

Friday - Easy Run: 45 minutes

Saturday - Rest

Sunday - Long Run: 120 minutes

**Week 11:**

Monday - Easy Run: 45 minutes

Tuesday - Rest

Wednesday - Intervals: 10 minutes warm up, 8 x 1 minute hard with 1 minute easy in between, 10 minutes cool down

down

Thursday - Easy Run: 45 minutes

Friday - Easy Run: 45 minutes

Saturday - Rest

Sunday - Long Run: 120 minutes

### **Week 12:**

Monday - Easy Run: 45 minutes

Tuesday - Rest

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

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 - Rest

Wednesday - Intervals: 10 minutes warm up, 8 x 1 minute hard with 1 minute easy in between, 10 minutes cool down

Thursday - Easy Run: 45 minutes

Friday - Easy Run: 45 minutes

Saturday - Rest

Sunday - Long Run: 150 minutes

### **Week 14:**

Monday - Easy Run: 45 minutes

Tuesday - Rest

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

Thursday - Easy Run: 45 minutes

Friday - Easy Run: 45 minutes

Saturday - Rest

Sunday - Long Run: 150 minutes

### **Week 15:**

Monday - Easy Run: 45 minutes

Tuesday - Rest

Wednesday - Intervals: 10 minutes warm up, 8 x 1 minute hard with 1 minute easy in between, 10 minutes cool down

Thursday - Easy Run: 45 minutes

Friday - Easy Run: 45 minutes

Saturday - Rest

Sunday - Long Run: 180 minutes

### **Week 16:**

#### **Easy Week:**

Monday - Rest

Tuesday - Easy Run: 30 minutes

Wednesday - Rest

Thursday - Easy Run: 30 minutes

Friday - Rest

Saturday - Easy Run: 30 minutes

Sunday - Rest