

My Training plan

50 KM - 12 Weeks

Week 1:

Monday - Easy Run: 45 minutes

Tuesday - Rest

Wednesday - Intervals: 10 minutes warm up, 4 x (2 minutes hard, 2 minutes easy), 10 minutes cool down

Thursday - Easy Run: 45 minutes

Friday - Rest

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 - Rest

Saturday - Rest

Sunday - Long Run: 90 minutes

Week 3:

Monday - Easy Run: 45 minutes

Tuesday - Rest

Wednesday - Intervals: 10 minutes warm up, 4 x (2 minutes hard, 2 minutes easy), 10 minutes cool down

Thursday - Easy Run: 45 minutes

Friday - Rest

Saturday - Rest

Sunday - Long Run: 90 minutes

Week 4:

Monday - Easy Run: 45 minutes

Tuesday - Rest

Wednesday - Easy Run: 45 minutes

Thursday - Easy Run: 45 minutes

Friday - Rest

Saturday - Rest

Sunday - Long Run: 60 minutes

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 - Rest

Saturday - Rest

Sunday - Long Run: 120 minutes

Week 6:

Monday - Easy Run: 45 minutes

Tuesday - Rest

Wednesday - Intervals: 10 minutes warm up, 4 x (2 minutes hard, 2 minutes easy), 10 minutes cool down

Thursday - Easy Run: 45 minutes

Friday - Rest

Saturday - Rest

Sunday - Long Run: 120 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 - Rest

Saturday - Rest

Sunday - Long Run: 120 minutes

Week 8:

Monday - Easy Run: 45 minutes

Tuesday - Rest

Wednesday - Easy Run: 45 minutes

Thursday - Easy Run: 45 minutes

Friday - Rest

Saturday - Rest

Sunday - Long Run: 90 minutes

Week 9:

Monday - Easy Run: 45 minutes

Tuesday - Rest

Wednesday - Intervals: 10 minutes warm up, 4 x (2 minutes hard, 2 minutes easy), 10 minutes cool down

Thursday - Easy Run: 45 minutes

Friday - Rest

Saturday - Rest

Sunday - Long Run: 150 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 - Rest

Saturday - Rest

Sunday - Long Run: 150 minutes

Week 11:

Monday - Easy Run: 45 minutes

Tuesday - Rest

Wednesday - Intervals: 10 minutes warm up, 4 x (2 minutes hard, 2 minutes easy), 10 minutes cool down

Thursday - Easy Run: 45 minutes

Friday - Rest

Saturday - Rest

Sunday - Long Run: 180 minutes

Week 12:

Monday - Easy Run: 45 minutes
Tuesday - Rest
Wednesday - Easy Run: 45 minutes
Thursday - Easy Run: 45 minutes
Friday - Rest
Saturday - Rest
Sunday - Long Run: 240 minutes