My Training plan

50 KM - 20 Weeks

Week 1:
Monday - Run 45 minutes
Tuesday - Rest
Wednesday - Intervals: 4 x 800m with 2 minutes rest in between
Thursday - Run 45 minutes
Friday - Run 30 minutes
Saturday - Rest
Sunday - Long Run 90 minutes

Week 2:
Monday - Run 45 minutes
Tuesday - Rest
Wednesday - Tempo Run: 10 minutes warm up, 20 minutes at tempo pace, 10 minutes cool down
Thursday - Run 45 minutes
Friday - Run 30 minutes
Saturday - Rest
Sunday - Long Run 90 minutes

Week 3:
Monday - Run 45 minutes
Tuesday - Rest
Wednesday - Intervals: 4 x 800m with 2 minutes rest in between
Thursday - Run 45 minutes
Friday - Run 30 minutes
Saturday - Rest
Sunday - Long Run 90 minutes

Week 4:
Easy Week
Monday - Run 30 minutes
Tuesday - Rest
Wednesday - Run 30 minutes
Thursday - Rest
Friday - Run 30 minutes
Saturday - Rest
Sunday - Long Run 60 minutes

Week 5:
Monday - Run 45 minutes
Tuesday - Rest
Wednesday - Tempo Run: 10 minutes warm up, 20 minutes at tempo pace, 10 minutes cool down
Thursday - Run 45 minutes
Friday - Run 30 minutes
Saturday - Rest
Sunday - Long Run 90 minutes

Week 6:

Monday - Run 45 minutes
Tuesday - Rest
Wednesday - Intervals: 4 x 800m with 2 minutes rest in between
Thursday - Run 45 minutes
Friday - Run 30 minutes
Saturday - Rest
Sunday - Long Run 90 minutes

Week 7:
Monday - Run 45 minutes
Tuesday - Rest
Wednesday - Tempo Run: 10 minutes warm up, 20 minutes at tempo pace, 10 minutes cool down
Thursday - Run 45 minutes
Friday - Run 30 minutes
Saturday - Rest
Sunday - Long Run 90 minutes

Week 8:
Easy Week
Monday - Run 30 minutes
Tuesday - Rest
Wednesday - Run 30 minutes
Thursday - Rest
Friday - Run 30 minutes
Saturday - Rest
Sunday - Long Run 60 minutes

Week 9:
Monday - Run 45 minutes
Tuesday - Rest
Wednesday - Intervals: 4 x 800m with 2 minutes rest in between
Thursday - Run 45 minutes
Friday - Run 30 minutes
Saturday - Rest
Sunday - Long Run 90 minutes

Week 10:
Monday - Run 45 minutes
Tuesday - Rest
Wednesday - Tempo Run: 10 minutes warm up, 20 minutes at tempo pace, 10 minutes cool down
Thursday - Run 45 minutes
Friday - Run 30 minutes
Saturday - Rest
Sunday - Long Run 90 minutes

Week 11:
Monday - Run 45 minutes
Tuesday - Rest
Wednesday - Intervals: 4 x 800m with 2 minutes rest in between
Thursday - Run 45 minutes
Friday - Run 30 minutes
Saturday - Rest
Sunday - Long Run 90 minutes

Week 12:
Easy Week
Monday - Run 30 minutes
Tuesday - Rest
Wednesday - Run 30 minutes
Thursday - Rest
Friday - Run 30 minutes
Saturday - Rest
Sunday - Long Run 60 minutes

Week 13:
Monday - Run 45 minutes
Tuesday - Rest
Wednesday - Tempo Run: 10 minutes warm up, 20 minutes at tempo pace, 10 minutes cool down
Thursday - Run 45 minutes
Friday - Run 30 minutes
Saturday - Rest
Sunday - Long Run 90 minutes

Week 14:
Monday - Run 45 minutes
Tuesday - Rest
Wednesday - Intervals: 4 x 800m with 2 minutes rest in between
Thursday - Run 45 minutes
Friday - Run 30 minutes
Saturday - Rest
Sunday - Long Run 90 minutes

Week 15:
Monday - Run 45 minutes
Tuesday - Rest
Wednesday - Tempo Run: 10 minutes warm up, 20 minutes at tempo pace, 10 minutes cool down
Thursday - Run 45 minutes
Friday - Run 30 minutes
Saturday - Rest
Sunday - Long Run 90 minutes

Week 16:
Easy Week
Monday - Run 30 minutes
Tuesday - Rest
Wednesday - Run 30 minutes
Thursday - Rest
Friday - Run 30 minutes
Saturday - Rest
Sunday - Long Run 60 minutes

Week 17:
Monday - Run 45 minutes
Tuesday - Rest
Wednesday - Intervals: 4 x 800m with 2 minutes rest in between
Thursday - Run 45 minutes

Friday - Run 30 minutes
Saturday - Rest
Sunday - Long Run 90 minutes

Week 18:
Monday - Run 45 minutes
Tuesday - Rest
Wednesday - Tempo Run: 10 minutes warm up, 20 minutes at tempo pace, 10 minutes cool down
Thursday - Run 45 minutes
Friday - Run 30 minutes
Saturday - Rest
Sunday - Long Run 90 minutes

Week 19:
Monday - Run 45 minutes
Tuesday - Rest
Wednesday - Intervals: 4 x 800m with 2 minutes rest in between
Thursday - Run 45 minutes
Friday - Run 30 minutes
Saturday - Rest
Sunday - Long Run 90 minutes

Week 20:
Easy Week
Monday - Run 30 minutes
Tuesday - Rest
Wednesday - Run 30 minutes
Thursday - Rest
Friday - Run 30 minutes
Saturday - Rest
Sunday - Long Run 240 minutes