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 - Rest
Saturday - Rest
Sunday - Long Run: 60 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: 70 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 - Rest
Saturday - Rest
Sunday - Long Run: 80 minutes

Week 4:
Monday - Easy Run: 45 minutes
Tuesday - Rest
Wednesday - Easy Run: 30 minutes
Thursday - Easy Run: 45 minutes
Friday - Rest
Saturday - Rest
Sunday - Long Run: 90 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: 100 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 - Rest
Saturday - Rest
Sunday - Long Run: 110 minutes

Week 7:
Monday - Easy Run: 45 minutes
Tuesday - Rest
Wednesday - Easy Run: 30 minutes
Thursday - Easy Run: 45 minutes
Friday - Rest
Saturday - Rest
Sunday - Long Run: 120 minutes

Week 8:
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: 130 minutes

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 - Rest
Saturday - Rest
Sunday - Long Run: 140 minutes

Week 10:
Monday - Easy Run: 45 minutes
Tuesday - Rest
Wednesday - Easy Run: 30 minutes
Thursday - Easy Run: 45 minutes
Friday - Rest
Saturday - Rest
Sunday - Long Run: 150 minutes

Week 11:
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: 160 minutes

Week 12:
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 - Rest
Saturday - Rest
Sunday - Long Run: 170 minutes

Week 13:
Monday - Easy Run: 45 minutes
Tuesday - Rest
Wednesday - Easy Run: 30 minutes
Thursday - Easy Run: 45 minutes
Friday - Rest
Saturday - Rest
Sunday - Long Run: 180 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 - Rest
Saturday - Rest
Sunday - Long Run: 190 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 - Rest
Saturday - Rest
Sunday - Long Run: 200 minutes

Week 16:
Monday - Easy Run: 45 minutes
Tuesday - Rest
Wednesday - Easy Run: 30 minutes
Thursday - Easy Run: 45 minutes
Friday - Rest
Saturday - Rest
Sunday - Long Run: 240 minutes