

My Training plan

50 KM - 20 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: 45 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: 45 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: 45 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: 45 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: 45 minutes

Thursday - Easy Run: 45 minutes

Friday - Rest

Saturday - Rest

Sunday - Long Run: 210 minutes

Week 17:

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: 220 minutes

Week 18:

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: 230 minutes

Week 19:

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

Week 20:

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