

# My Training plan

## 50 KM - 12 Weeks

### **Week 1:**

Monday - Easy Run: 45 minutes

Tuesday - Intervals: 10 minutes warm up, 8 x 400m with 1 minute rest in between, 10 minutes cool down

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

Thursday - Easy Run: 45 minutes

Friday - Hill Repeats: 10 minutes warm up, 8 x 30 second hill repeats with 1 minute rest in between, 10 minutes cool down

Saturday - Rest

Sunday - Long Run: 90 minutes

### **Week 2:**

Monday - Easy Run: 45 minutes

Tuesday - Fartlek: 10 minutes warm up, 10 minutes of alternating 1 minute hard, 1 minute easy, 10 minutes cool down

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

Thursday - Easy Run: 45 minutes

Friday - Intervals: 10 minutes warm up, 8 x 400m with 1 minute rest in between, 10 minutes cool down

Saturday - Rest

Sunday - Long Run: 90 minutes

### **Week 3:**

Monday - Easy Run: 45 minutes

Tuesday - Hill Repeats: 10 minutes warm up, 8 x 30 second hill repeats with 1 minute rest in between, 10 minutes cool down

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

Thursday - Easy Run: 45 minutes

Friday - Fartlek: 10 minutes warm up, 10 minutes of alternating 1 minute hard, 1 minute easy, 10 minutes cool down

Saturday - Rest

Sunday - Long Run: 120 minutes

### **Week 4:**

Monday - Easy Run: 30 minutes

Tuesday - Rest

Wednesday - Rest

Thursday - Easy Run: 30 minutes

Friday - Easy Run: 30 minutes

Saturday - Rest

Sunday - Long Run: 60 minutes

### **Week 5:**

Monday - Easy Run: 45 minutes

Tuesday - Intervals: 10 minutes warm up, 8 x 400m with 1 minute rest in between, 10 minutes cool down

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

Thursday - Easy Run: 45 minutes

Friday - Hill Repeats: 10 minutes warm up, 8 x 30 second hill repeats with 1 minute rest in between, 10 minutes cool down

Saturday - Rest

Sunday - Long Run: 120 minutes

**Week 6:**

Monday - Easy Run: 45 minutes

Tuesday - Fartlek: 10 minutes warm up, 10 minutes of alternating 1 minute hard, 1 minute easy, 10 minutes cool down

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

Thursday - Easy Run: 45 minutes

Friday - Intervals: 10 minutes warm up, 8 x 400m with 1 minute rest in between, 10 minutes cool down

Saturday - Rest

Sunday - Long Run: 120 minutes

**Week 7:**

Monday - Easy Run: 45 minutes

Tuesday - Hill Repeats: 10 minutes warm up, 8 x 30 second hill repeats with 1 minute rest in between, 10 minutes cool down

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

Thursday - Easy Run: 45 minutes

Friday - Fartlek: 10 minutes warm up, 10 minutes of alternating 1 minute hard, 1 minute easy, 10 minutes cool down

Saturday - Rest

Sunday - Long Run: 150 minutes

**Week 8:**

Monday - Easy Run: 30 minutes

Tuesday - Rest

Wednesday - Rest

Thursday - Easy Run: 30 minutes

Friday - Easy Run: 30 minutes

Saturday - Rest

Sunday - Long Run: 90 minutes

**Week 9:**

Monday - Easy Run: 45 minutes

Tuesday - Intervals: 10 minutes warm up, 8 x 400m with 1 minute rest in between, 10 minutes cool down

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

Thursday - Easy Run: 45 minutes

Friday - Hill Repeats: 10 minutes warm up, 8 x 30 second hill repeats with 1 minute rest in between, 10 minutes cool down

Saturday - Rest

Sunday - Long Run: 180 minutes

**Week 10:**

Monday - Easy Run: 45 minutes

Tuesday - Fartlek: 10 minutes warm up, 10 minutes of alternating 1 minute hard, 1 minute easy, 10 minutes cool down

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

Thursday - Easy Run: 45 minutes

Friday - Intervals: 10 minutes warm up, 8 x 400m with 1 minute rest in between, 10 minutes cool down

Saturday - Rest

Sunday - Long Run: 150 minutes

**Week 11:**

Monday - Easy Run: 45 minutes

Tuesday - Hill Repeats: 10 minutes warm up, 8 x 30 second hill repeats with 1 minute rest in between, 10 minutes cool down

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

Thursday - Easy Run: 45 minutes

Friday - Fartlek: 10 minutes warm up, 10 minutes of alternating 1 minute hard, 1 minute easy, 10 minutes cool down

Saturday - Rest

Sunday - Long Run: 120 minutes

**Week 12:**

Monday - Easy Run: 30 minutes

Tuesday - Rest

Wednesday - Rest

Thursday - Easy Run: 30 minutes

Friday - Easy Run: 30 minutes

Saturday - Rest

Sunday - Long Run: 60 minutes