

16-WEEK FIRST 50K TRAINING PLAN

WEEK	MON.	TUE.	WED.	THURS.	FRI.	SAT.	SUN.
1	OFF OR EASY SWIM OR RIDE	45-60 MIN. EASY PLUS CORE ROUTINE	45 MIN. HILLY RUN	1:15 TO 1:30 EASY PLUS CORE ROUTINE	OFF OR EASY SWIM OR JOG	LONG RUN: 10 MILES	1-HOUR MEDIUM EFFORT RUN
2	OFF OR EASY SWIM OR RIDE	45-60 MIN. EASY PLUS CORE ROUTINE	HILL REPEATS: 3 X 600M	1:15 TO 1:30 EASY PLUS CORE ROUTINE	OFF OR EASY SWIM OR JOG	LONG RUN: 12 MILES	1-HOUR MEDIUM EFFORT RUN
3	OFF OR EASY SWIM OR RIDE	45-60 MIN. EASY PLUS CORE ROUTINE	50 MIN. HILLY RUN	1:15 TO 1:30 EASY PLUS CORE ROUTINE	OFF OR EASY SWIM OR JOG	LONG RUN: 14 MILES	1-HOUR MEDIUM EFFORT RUN
4	OFF OR EASY SWIM OR RIDE	45-60 MIN. EASY PLUS CORE ROUTINE	HILL REPEATS: 5 X 600M	1:15 TO 1:30 EASY PLUS CORE ROUTINE	OFF OR EASY SWIM OR JOG	LONG RUN: 16 MILES	1-HOUR MEDIUM EFFORT RUN
5	OFF OR EASY SWIM OR RIDE	45-60 MIN. EASY PLUS CORE ROUTINE	55 MIN. HILLY RUN	1:15 TO 1:30 EASY PLUS CORE ROUTINE	OFF OR EASY SWIM OR JOG	LONG RUN: 18 MILES	1-HOUR MEDIUM EFFORT RUN
6	OFF OR EASY SWIM OR RIDE	45-60 MIN. EASY PLUS CORE ROUTINE	HILL REPEATS: 7 X 600M	1:15 TO 1:30 EASY PLUS CORE ROUTINE	OFF OR EASY SWIM OR JOG	LONG RUN: 20 MILES	1-HOUR MEDIUM EFFORT RUN
7	OFF OR EASY SWIM OR RIDE	45-60 MIN. EASY PLUS CORE ROUTINE	60 MIN. HILLY RUN	1:15 TO 1:30 EASY PLUS CORE ROUTINE	OFF OR EASY SWIM OR JOG	LONG RUN: 16 MILES	1-HOUR MEDIUM EFFORT RUN
8	OFF OR EASY SWIM OR RIDE	45-60 MIN. EASY PLUS CORE ROUTINE	HILL REPEATS: 8 X 600M	1:15 TO 1:30 EASY PLUS CORE ROUTINE	OFF OR EASY SWIM OR JOG	LONG RUN: 22 MILES	1-HOUR MEDIUM EFFORT RUN
9	OFF OR EASY SWIM OR RIDE	45-60 MIN. EASY PLUS CORE ROUTINE	65 MIN. HILLY RUN	1:15 TO 1:30 EASY PLUS CORE ROUTINE	OFF OR EASY SWIM OR JOG	LONG RUN: 16 MILES	1-HOUR MEDIUM EFFORT RUN
10	OFF OR EASY SWIM OR RIDE	45-60 MIN. EASY PLUS CORE ROUTINE	HILL REPEATS: 9 X 600M	1:15 TO 1:30 EASY PLUS CORE ROUTINE	OFF OR EASY SWIM OR JOG	LONG RUN: 24 MILES	1-HOUR MEDIUM EFFORT RUN
11	OFF OR EASY SWIM OR RIDE	45-60 MIN. EASY PLUS CORE ROUTINE	70 MIN. HILLY RUN	1:15 TO 1:30 EASY PLUS CORE ROUTINE	OFF OR EASY SWIM OR JOG	LONG RUN: 16 MILES	1-HOUR MEDIUM EFFORT RUN
12	OFF OR EASY SWIM OR RIDE	45-60 MIN. EASY PLUS CORE ROUTINE	HILL REPEATS: 10 X 600M	1:15 TO 1:30 EASY PLUS CORE ROUTINE	OFF OR EASY SWIM OR JOG	LONG RUN: 26 MILES	1-HOUR MEDIUM EFFORT RUN
13	OFF OR EASY SWIM OR RIDE	45-60 MIN. EASY PLUS CORE ROUTINE	70 MIN. HILLY RUN	1:15 TO 1:30 EASY PLUS CORE ROUTINE	OFF OR EASY SWIM OR JOG	RACE: CONTROLLED 10-MILE OR HALF-MARATHON RACE	1-HOUR MEDIUM EFFORT RUN
14	OFF OR EASY SWIM OR RIDE	45-60 MIN. EASY PLUS CORE ROUTINE	HILL REPEATS: 8 X 600M	1:15 TO 1:30 EASY PLUS CORE ROUTINE	OFF OR EASY SWIM OR JOG	30 MINUTES EASY	10K-RACE CONTROLLED
15	OFF OR EASY SWIM OR RIDE	45-60 MIN. EASY PLUS CORE ROUTINE	HILL REPEATS: 5 X 600M	1:15 TO 1:30 EASY PLUS CORE ROUTINE	OFF OR EASY SWIM OR JOG	5K RACE CONTROLLED	90-MINUTE RUN
16	OFF OR EASY SWIM OR RIDE	45-60 MIN. EASY	1-HOUR EASY	OFF	OFF	30 MINUTES EASY	50K RACE