

50K Training Schedule

Week Of	Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Miles
11-Dec	1 CD	0	2	2	2	0	8	6	20
18-Dec	2 CD	0	2	2	4	0	10	6	24
25-Dec	3 CD	0	2	2	4	0	12	8	28
1-Jan	4	0	2	4	6	0	14	8	34
8-Jan	5	0	4	4	6	0	16	10	40
15-Jan	6	0	4	6	6	0	18	10	44
22-Jan	7	0	4	6	8	0	20	10	48
29-Jan	8 CD	0	4	8	6	0	10	8	36
5-Feb	9	0	4	8	8	0	22	10	52
12-Feb	10	0	4	10	8	0	22	10	54
19-Feb	11	0	4	10	8	0	24	10	56
26-Feb	12 CD	0	4	10	6	0	10	8	38
5-Mar	13	4	3	2	0	0 50K ultra		0	55

CD = cycle down

Training schedules and recommendations provided courtesy of Ultraladies at <http://www.ultraladies.com>.

You will begin running longer on back-to-back weekends. You will also begin building a semi-long mid-week run - preferably on Wednesday. Obvious Rest is essential. It is recommended that you not run at all on Mondays and Fridays. There are occasional easy weeks for recovery.

ly you will have higher weekly mileage as a result. You may vary your schedule as necessary but nothing substitutes for the weekend long runs which :

should be on trails or fire roads. Other runs may be on paved roads.