

50k Beginner Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
20	May-21	May-22	May-23	May-24	May-25	May-26	May-27	11
	REST	3	REST	3	REST/CXT	5	REST	
19	May-28	May-29	May-30	May-31	Jun-1	Jun-2	Jun-3	13
	REST	4	REST	3	REST/CXT	6	REST	
18	Jun-4	Jun-5	Jun-6	Jun-7	Jun-8	Jun-9	Jun-10	20
	REST	4	REST	4	REST/CXT	7	5	
17	Jun-11	Jun-12	Jun-13	Jun-14	Jun-15	Jun-16	Jun-17	12
	REST	Hills	REST	4	REST/CXT	8	REST	
16	Jun-18	Jun-19	Jun-20	Jun-21	Jun-22	Jun-23	Jun-24	22
	REST	4	REST	4	REST/CXT	8	6	
15	Jun-25	Jun-26	Jun-27	Jun-28	Jun-29	Jun-30	Jul-1	14
	REST	Hills	REST	4	REST/CXT	10	REST	
14	Jul-2	Jul-3	Jul-4	Jul-5	Jul-6	Jul-7	Jul-8	30
	REST	6	REST	4	REST/CXT	12	8	
13	Jul-9	Jul-10	Jul-11	Jul-12	Jul-13	Jul-14	Jul-15	19
	REST	Hills	REST	5	REST/CXT	14	REST	
12	Jul-16	Jul-17	Jul-18	Jul-19	Jul-20	Jul-21	Jul-22	23
	REST	6	REST	5	REST/CXT	12	REST	
11	Jul-23	Jul-24	Jul-25	Jul-26	Jul-27	Jul-28	Jul-29	29
	REST	Hills	REST	5	REST/CXT	14	10	
10	Jul-30	Jul-31	Aug-1	Aug-2	Aug-3	Aug-4	Aug-5	28
	REST	7	REST	5	REST/CXT	16	REST	
9	Aug-6	Aug-7	Aug-8	Aug-9	Aug-10	Aug-11	Aug-12	24
	REST	Hills	REST	6	REST/CXT	18	REST	
8	Aug-13	Aug-14	Aug-15	Aug-16	Aug-17	Aug-18	Aug-19	44
	REST	8	REST	6	REST/CXT	20	10	

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
7	Aug-20	Aug-21	Aug-22	Aug-23	Aug-24	Aug-25	Aug-26	18
	REST	Hills	REST	6	REST/CXT	12	REST	
6	Aug-27	Aug-28	Aug-29	Aug-30	Aug-31	Sep-1	Sep-2	37
	REST	9	REST	6	REST/CXT	22	REST	
5	Sep-3	Sep-4	Sep-5	Sep-6	Sep-7	Sep-8	Sep-9	30
	REST	Hills	REST	6	REST/CXT	24	REST	
4	Sep-10	Sep-11	Sep-12	Sep-13	Sep-14	Sep-15	Sep-16	50
	REST	10	REST	6	REST/CXT	24	10	
3	Sep-17	Sep-18	Sep-19	Sep-20	Sep-21	Sep-22	Sep-23	19
	REST	Hills	REST	6	REST/CXT	13	REST	
2	Sep-24	Sep-25	Sep-26	Sep-27	Sep-28	Sep-29	Sep-30	20
	REST	6	REST	6	REST/CXT	8	REST	
1	Oct-1	Oct-2	Oct-3	Oct-4	Oct-5	Oct-6	Oct-7	5
	REST	3	2	REST	REST	Race Day	20 min walk/jog	
0	Oct-8	Oct-9	Oct-10	Oct-11	Oct-12	Oct-13	Oct-14	11
	REST	REST	3	REST	REST	6	2	

Workout Descriptions:

Green Phase- All Base building, easy pace miles. All long runs should be on Trail.

Yellow Phase- Sharpening. Add race pace to a few miles on Long Run. .

Red Phase- Taper, easy miles letting body rest up for race.

A # represents the mileage you should run for that day. All miles are at a comfortable pace.

Try to get your long weekend run on a trail.

REST means rest. Refrain from any extra physical activity. Easy yoga or light stretching is acceptable

Rest/CXT means Crosstrain (strength training) unless you are feeling extremely fatigued or sore, then just rest.

You will be required to do several back to back runs. This allows you to hit the mileage without abusing your body. But still will build the necessary stamina for such an event.

Hills : Run easy 10 minutes, find a steepish hill that is around 1/4 mile long, run up it at a hard but steady pace run down it easy or alternate the downs easy/fast. Repeat this 4-12 times (start with 4 wok up to 12 by end of training) finish by running easy for 10 minutes. Hills will ad 3-6 miles to your weekly mileage total.