

# 16-WEEK FIRST 50K TRAINING PLAN

WEEK	MON.	TUE.	WED.	THURS.	FRI.	SAT.	SUN.
1/27-2/2	<b>1</b> 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
2/3-9	<b>2</b> 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
2/10-16	<b>3</b> 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
2/17-23	<b>4</b> 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
2/24-3/2	<b>5</b> 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
3/3-9	<b>6</b> 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
3/10-16	<b>7</b> 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
3/17-23	<b>8</b> 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
3/24-30	<b>9</b> 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
3/31-4/6	<b>10</b> 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
4/7-13	<b>11</b> 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
4/14-20	<b>12</b> 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
4/21-27	<b>13</b> 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
4/28-5/4	<b>14</b> 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
5/5-11	<b>15</b> 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
5/12-18	<b>16</b> OFF OR EASY SWIM OR RIDE	45-60 MIN. EASY	1-HOUR EASY	OFF	OFF	30 MINUTES EASY	50K RACE