

50K (HILLY TRAIL)

18-WEEK TRAINING RUN

WEEK 1

MONDAY 30:00 This is a steady, consistent effort. You should be able to carry on a casual conversation at this effort.	TUESDAY 45:00 Run at a steady, consistent effort.	WEDNESDAY Distance of choice (DOC) Listen to your body. If it's a good day, go for a run. If not, take the day off.	THURSDAY 1:00:00 Run at a steady, consistent effort.	FRIDAY 45:00 Run at a steady, consistent effort.	SATURDAY DOC Listen to your body.	SUNDAY LONG RUN 1:30:00 Effort level should be consistent and steady. If possible, do this run on hilly or mountainous terrain.
--	---	---	--	--	---	---

WEEK 2

MONDAY DOC Listen to your body.	TUESDAY 1:00:00 Run at a steady, consistent effort.	WEDNESDAY 1:00:00 Run at a steady, consistent effort.	THURSDAY 1:00:00 Run at a steady, consistent effort.	FRIDAY DOC Listen to your body.	SATURDAY 45:00 Run at a steady, consistent effort.	SUNDAY LONG RUN 2:00:00 Effort level should be consistent and steady. If possible, do this run on hilly or mountainous terrain.
---	---	---	--	---	--	---

WEEK 3

MONDAY Rest day Focus on recovery activities: stretching, foam rolling, light cardio, etc.	TUESDAY 1:00:00 Run at a steady, consistent effort.	WEDNESDAY Tempo run 1:00:00 15-minute warm-up at base pace 30-minute hilly tempo (heart rate 10 bpm higher than warm-up) 15-minute cool-down	THURSDAY DOC Listen to your body.	FRIDAY 1:00:00 Run at a steady, consistent effort.	SATURDAY 30:00 Run at a steady, consistent effort.	SUNDAY LONG RUN 2:30:00 Run at a steady, consistent effort, and on hilly or mountainous terrain, if possible.
--	---	--	---	--	--	---