

## 18 Week Beginner 50K Training Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1		30 min XT Core	4 miles	3 miles hills, Core		10 miles	
2		30 min XT Core	4 miles	3 miles hills, Core		8 miles	
3		45-60 min run, Core	Hill Repeats 45 min	75-90 min easy, Core		10 miles	45 min med effort
4		45-60 min run, Core	Hill Repeats 3x600m	75-90 min easy, Core		12 miles	45 min med effort
5		45-60 min run, Core	Hill Repeats 50 min	75-90 min easy, Core		14 miles	45 min med effort
6		45-60 min run, Core	Hill Repeats 5x600m	75-90 min easy, Core		16 miles	45 min med effort
7		45-60 min run, Core	Hill Repeats 55 min	75-90 min easy, Core		18 miles	1 hr med effort
8		45-60 min run, Core	Hill Repeats 7x600m	75-90 min easy, Core		20 miles	1 hr med effort
9		45-60 min run, Core	Hill Repeats 60 min	75-90 min easy, Core		16 miles	1 hr med effort
10		45-60 min run, Core	Hill Repeats 8x600m	75-90 min easy, Core		22 miles	1 hr med effort
11		45-60 min run, Core	Hill Repeats 65 min	75-90 min easy, Core		16 miles	1 hr med effort
12		45-60 min run, Core	Hill Repeats 9x600m	75-90 min easy, Core		24 miles	1 hr med effort
13		45-60 min run, Core	Hill Repeats 70 min	75-90 min easy, Core		16 miles	1 hr med effort
14		45-60 min run, Core	Hill Repeats 10x600m	75-90 min easy, Core		26 miles	1 hr med effort
15		45-60 min run, Core	Hill Repeats 70 min	75-90 min easy, Core		10 miles	1 hr med effort
16		45-60 min run, Core	Hill Repeats 8x600m	75-90 min easy, Core		30 min easy	10k
17		45-60 min run, Core	Hill Repeats 5x600m	75-90 min easy, Core		5k easy	90 min run
18		45-60 min run, EASY	1 hr run, EASY			30 min easy	50k