



# 50km Training Schedule





Week	Sun	Mon	Tues	Wed	Thur	Fri	Sat
<b>Week 1</b>	Rest (or cross)	45-60 mins easy + core	55 mins hilly run	75-90 mins + core	Rest (or cross)	29K Long Run	60 mins medium effort
<b>Week 2</b>	Rest (or cross)	45-60 mins easy + core	Hill repeats: 7x600m	75-90 mins + core	Rest (or cross)	19K Long Run	60 mins medium effort
<b>Week 3</b>	Rest (or cross)	45-60 mins easy + core	60 mins hilly run	75-90 mins + core	Rest (or cross)	24K Long Run	60 mins medium effort
<b>Week 4</b>	Rest (or cross)	45-60 mins easy + core	Hill repeats: 8x600m	75-90 mins + core	Rest (or cross)	26K Long Run	60 mins medium effort
<b>Week 5</b>	Rest (or cross)	45-60 mins easy + core	65 mins hilly run	75-90 mins + core	Rest (or cross)	26K Long Run	60 mins medium effort
<b>Week 6</b>	Rest (or cross)	45-60 mins easy + core	Hill repeats: 9x600m	75-90 mins + core	Rest (or cross)	38K Long Run	60 mins medium effort
<b>Week 7</b>	Rest (or cross)	45-60 mins easy + core	70 mins hilly run	75-90 mins + core	Rest (or cross)	26K Long Run	60 mins medium effort
<b>Week 8</b>	Rest (or cross)	45-60 mins easy + core	Hill repeats: 10x600m	75-90 mins + core	Rest (or cross)	42K Long Run	60 mins medium effort
<b>Week 9</b>	Rest (or cross)	45-60 mins easy + core	70 mins hilly run	75-90 mins + core	Rest (or cross)	20K race pace	60 mins medium effort
<b>Week 10</b>	Rest (or cross)	45-60 mins easy + core	Hill repeats: 8x600m	75-90 mins + core	Rest (or cross)	30 mins easy	10K race pace
<b>Week 11</b>	Rest (or cross)	45-60 mins easy + core	Hill repeats: 5x600m	75-90 mins + core	Rest (or cross)	5K race pace	1.0 hr run
<b>Week 12</b>	Rest (or cross)	45-60 mins easy	60 mins easy	Rest	Rest	30 mins easy	<b>Tuwaiq Trail Race</b>