Week 1					Mileage:	20
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Cross-train	Easy	Cross-train	Easy	Rest	Trail day	Slow Recovery
	4		3		10	3
		Foam Roller				Foam Roller

Week 2					Mileage:	22
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Cross-train	Hills	Cross-train	Easy	Rest	Trail day	Slow Recovery
	4		4		11	3
	1xwarm up 4x.25mi hill 1xcool down	Foam Roller				Foam Roller

Week 3					Mileage:	24
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Cross-train	Speed	Cross-train	Easy	Rest	Trail day	Slow Recovery
	4		5		12	3
	1xwarm up 4(.25mi fast/ .25mi easy) 1xcool down	Foam Roller				Foam Roller

Week 4					Mileage:	16
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Cross-train	Trail day	Cross-train	Easy	Rest	Trail day	Slow Recovery
	3		4		6	3
	BUTS Red Mtn. TNT, 6 p.m.	Foam Roller				Foam Roller

Week 5					Mileage:	26
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Cross-train	Hills	Cross-train	Trail day	Rest	Trail day	Slow Recovery
	4		5		13	4
	1xwarm up 4x.25mi hill 1xcool down	Foam Roller	BUTS Red Mtn. Run, 5:30 a.m.			Foam Roller

Week 6					Mileage:	29
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Cross-train	Hills	Cross-train	Trail day	Rest	Trail day	Slow Recovery
	5		5		15	4
	1xwarm up 3x.5mi hill 1xcool down	Foam Roller	BUTS Red Mtn. Run, 5:30 a.m.			Foam Roller

Week 7					Mileage:	32
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Cross-train	Speed	Easy	Trail day	Rest	Trail day	Slow Recovery
	5	**2**	**5**		**16**	**4**
	1xwarm up 3(.5mi fast/ .5mi easy) 1xcool down	Foam Roller	BUTS Red Mtn. Run, 5:30 a.m.			Foam Roller

Week 8					Mileage:	19
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Cross-train	Trail day	Cross-train	Trail day	Rest	Trail day	Slow Recovery
	4		**5**		**8**	**2**
	BUTS Red Mtn. TNT, 6 p.m.	Foam Roller	BUTS Red Mtn. Run, 5:30 a.m.			Foam Roller

Week 9					Mileage:	35
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Cross-train	Hills	Easy	Trail day	Cross-train	Trail day	Easy
	5	**3**	**5**		**17**	**5**
	.5xwarm up 2x1mi hill .5xcool down	Foam Roller	BUTS Red Mtn. Run, 5:30 a.m.			Foam Roller

Week 10					Mileage:	38
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Cross-train	Speed	Easy	Trail day	Cross-train	Trail day	Easy
	6	**3**	**5**		**19**	**5**
	1xwarm up 4(.75mi fast/ .25mi easy) 1xcool down	Foam Roller	BUTS Red Mtn. Run, 5:30 a.m.			Foam Roller

Week 11					Mileage:	42
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Cross-train	Hills	Easy	Trail day	Cross-train	Trail day	Trail day
	7	**4**	**6**		**15**	**10**
	.5xwarm up 3x1mi hill .5xcool down	Foam Roller	BUTS Red Mtn. Run, 5:30 a.m.			Foam Roller

Week 12					Mileage:	22
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Cross-train	Trail day	Cross-train	Trail day	Rest	Trail day	Slow Recovery
	4		**5**		**10**	**3**
	BUTS Red Mtn. TNT, 6 p.m.		BUTS Red Mtn. Run, 5:30 a.m.			Foam Roller

Week 13					Mileage:	46
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Cross-train	Hills	Easy	Trail day	Cross-train	Trail day	Trail day
	7	5	6		18	10
	.5xwarm up 4x.75mi hill .5xcool down	Foam Roller	BUTS Red Mtn. Run, 5:30 a.m.			Foam Roller

Week 14					Mileage:	50
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Cross-train	Speed	Easy	Trail day	Cross-train	Trail day	Easy
	7	5	6		17	15
	1xwarm up 4(1mi fast/ .25mi easy) 1xcool down	Foam Roller	BUTS Red Mtn. Run, 5:30 a.m.			Foam Roller

Week 15					Mileage:	55
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Cross-train	Hills	Easy	Trail day	Cross-train	Trail day	Trail day
	8	5	7		22	13
	1xwarm up 2(.5mi hill/ 1mi hill) 1xcool down	Foam Roller	BUTS Red Mtn. Run, 5:30 a.m.			Foam Roller

Week 16					Mileage:	24
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Cross-train	Trail day	Cross-train	Trail day	Cross-train	Trail day	Slow Recovery
	5		6		10	3
	BUTS Red Mtn. TNT, 6 p.m.		BUTS Red Mtn. Run, 5:30 a.m.			Foam Roller

Week 17					Mileage:	55
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Cross-train	Hills	Easy	Trail day	Cross-train	Trail day	Easy
	8	5	7		30	5
	1xwarm up 3x1mi hill 1xcool down	Foam Roller	BUTS Red Mtn. Run, 5:30 a.m.			Foam Roller

Week 18					Mileage:	36
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Cross-train	Speed	Easy	Trail day	Cross-train	Trail day	Easy
	6	3	6		15	6
	1xwarm up 4(.5mi fast/ .5mi easy) 1xcool down	Foam Roller	BUTS Red Mtn. Run, 5:30 a.m.			Foam Roller

Week 19					Mileage:	22
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
Cross-train	Trail day	Cross-train	Trail day	Rest	Trail day	Slow Recovery
	4		**5**		**10**	**3**
	BUTS Red Mtn. TNT, 6 p.m.	Foam Roller	BUTS Red Mtn. Run, 5:30 a.m.			Foam Roller

Week 20					Mileage:	58
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
No Running	Trail day	No Running	Shakeout Run	Rest	Your 50 Miler!	Rest
	5		**3**		**50**	
Foam Roller	BUTS Red Mtn. TNT, 6 p.m.		Super slow!		Your body will argue that there is no justifiable reason to continue. Your only recourse is to call on your spirit, which fortunately functions independently of logic. Tim Noakes	