50 Mile Training 20-Week Program

Foam Roller

	luterunnin		Г			ek Progra
Week 1					Mileage:	20
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cross-train	Easy	Cross-train	Easy	Rest	Trail day	Slow Recove
	4		3		10	3
		Foam Roller				Foam Roll
Week 2					Mileage:	22
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cross-train	Hills	Cross-train	Easy	Rest	Trail day	Slow Recove
	4		4		11	3
	1xwarm up 4x.25mi hill 1xcool down	Foam Roller				Foam Roll
Week 3					Mileage:	24
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cross-train	Speed	Cross-train	Easy	Rest	Trail day	Slow Recove
	4		5		12	3
	1xwarm up 4(.25mi fast/ .25mi easy) 1xcool down	Foam Roller				Foam Roll
Week 4					Mileage:	16
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cross-train	Trail day	Cross-train	Easy	Rest	Trail day	Slow Recove
	3		4		6	3
	BUTS Red Mtn. TNT, 6 p.m.	Foam Roller				Foam Roll
Week 5					Mileage:	26
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cross-train	Hills	Cross-train	Trail day	Rest	Trail day	Slow Recove
	4		5		13	4
	1xwarm up		BUTS Red			-
	4x.25mi hill	Foam Roller	Mtn. Run,			Foam Roll
	1xcool down		5:30 a.m.			
Week 6					Mileage:	29
TT CCIN U	To a sed see	Wednesday	Thursday	Friday	Saturday	Sunday
Monday	Tuesday	wednesday	i ii di Saay	. i i di di y		
	Hills	Cross-train	Trail day	Rest	Trail day	
Monday			_			Slow Recove

Mtn. Run, 5:30 a.m.

Foam Roller

3x.5mi hill

1xcool down

Mtn. TNT, 6 p.m.

Foam Roller

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Week 7					Mileage:	32
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cross-train	Speed	Easy	Trail day	Rest	Trail day	Slow Recove
	5	2	5		16	4
	1xwarm up 3(.5mi fast/		BUTS Red			
	.5mi easy)	Foam Roller	Mtn. Run,			Foam Roll
	1xcool down		5:30 a.m.			
Week 8					Mileage:	19
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cross-train	Trail day	Cross-train	Trail day	Rest	Trail day	Slow Recove
	4		5		8	2
	BUTS Red		BUTS Red			
	Mtn. TNT,	Foam Roller	Mtn. Run,			Foam Roll
	6 p.m.		5:30 a.m.			
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		BUTS Red			
	2x1mi hill	Foam Roller	Mtn. Run,			Foam Roll
	.5xcool down		5:30 a.m.			
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		BUTS Red			_
	4(.75mi fast/ .25mi easy)	Foam Roller	Mtn. Run,			Foam Roll
	1xcool down		5:30 a.m.			
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	•	BUTS Red			
	3x1mi hill	Foam Roller	Mtn. Run,			Foam Roll
	.5xcool down		5:30 a.m.			
Week 12					Mileage:	22
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cross-train	Trail day	Cross-train	Trail day	Rest	Trail day	Slow Recove
	4		5		10	3

Mtn. Run, 5:30 a.m.

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		BUTS Red			
	4x.75mi hill	Foam Roller	Mtn. Run,			Foam Rollei
	.5xcool down		5:30 a.m.			
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/		BUTS Red			
	.25mi easy)	Foam Roller	Mtn. Run,			Foam Rolle
	1xcool down		5:30 a.m.			
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		BUTS Red			
	2(.5mi hill/ 1mi hill)	Foam Roller	Mtn. Run,			Foam Rolle
	1xcool down		5:30 a.m.			
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		BUTS Red			
	Mtn. TNT,		Mtn. Run,			Foam Rolle
	6 p.m.		5:30 a.m.			
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		BUTS Red			
	3x1mi hill	Foam Roller	Mtn. Run,			Foam Rolle
	1xcool down		5:30 a.m.			
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		BUTS Red			
	4(.5mi fast/ .5mi	l l				
	easy)	Foam Roller	Mtn. Run,			Foam Rolle

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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		BUTS Red			
	Mtn. TNT,	Foam Roller	Mtn. Run,			Foam Roller
	6 p.m.		5:30 a.m.			

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 no justifiable reason to continu Your only recourse is to call or your spirit, which fortunately functions independently of logical Tim Noakes	