



50K TRAINING

16 WEEKS

	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
1	STRENGTH 20 MINUTES	4 MILES @ BUTS TNT, 6 P.M.	STRENGTH 20 MINUTES	4 MILES @ EASY PACE	REST	10 TRAIL MILES	2 MILES @ RECOVERY PACE	20 MILES
2	STRENGTH 25 MINUTES	4 MILES @ BUTS TNT, 6 P.M.	STRENGTH 25 MINUTES	4 MILES @ EASY PACE	REST	11 TRAIL MILES	3 MILES @ RECOVERY PACE	22 MILES
3	STRENGTH 30 MINUTES	4 MILES @ BUTS TNT, 6 P.M.	STRENGTH 30 MINUTES	5 MILES @ BUTS TMT, 5:30 A.M.	REST	12 TRAIL MILES	3 MILES @ RECOVERY PACE	24 MILES
4	STRENGTH 20 MINUTES	3 MILES @ BUTS TNT, 6 P.M.	STRENGTH 20 MINUTES	3 MILES @ EASY PACE	REST	7 TRAIL MILES	3 MILES @ RECOVERY PACE	16 MILES
5	STRENGTH 35 MINUTES	HILLS 1xwarm-up 4x.25mi hill repeats 1xcool- down	STRENGTH 35 MINUTES	5 MILES @ BUTS TMT, 5:30 A.M.	REST	13 TRAIL MILES	4 MILES @ RECOVERY PACE	26 MILES
6	STRENGTH 40 MINUTES	5 MILES @ BUTS TNT, 6 P.M.	STRENGTH 40 MINUTES	HILLS 1.5xwarm- up 5x.25mi hill repeats 1xcool- down	REST	14 TRAIL MILES	4 MILES @ RECOVERY PACE	28 MILES
7	STRENGTH 45 MINUTES	SPEED 1xwarm-up 4(.25mi faster/.25m i easy) 1xcool- down	STRENGTH 45 MINUTES	5 MILES @ BUTS TMT, 5:30 A.M.	REST	15 TRAIL MILES	5 MILES @ RECOVERY PACE	30 MILES
8	STRENGTH 25 MINUTES	4 MILES @ BUTS TNT, 6 P.M.	STRENGTH 25 MINUTES	5 MILES @ BUTS TMT, 5:30 A.M.	REST	8 TRAIL MILES	3 MILES @ RECOVERY PACE	20 MILES



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	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
9	STRENGTH 45 MINUTES	5 MILES @ BUTS TNT, 6 P.M.	STRENGTH 45 MINUTES	HILLS 1xwarm-up 3x.5mi hill repeats 1xcool- down	REST	17 TRAIL MILES	6 MILES @ EASY PACE	33 MILES
10	STRENGTH 50 MINUTES	SPEED 1xwarm-up 4(.5mi faster/.25 mi easy) 1xcool- down	STRENGTH 50 MINUTES	5 MILES @ BUTS TMT, 5:30 A.M.	REST	19 TRAIL MILES	7 MILES @ EASY PACE	36 MILES
11	STRENGTH 55 MINUTES	5 MILES @ BUTS TNT, 6 P.M.	STRENGTH 55 MINUTES + 4 MILES @ EASY PACE	HILLS 1xwarm-up 4x.5mi hill repeats 1xcool- down	REST	15 TRAIL MILES	10 TRAIL MILES	40 MILES
12	STRENGTH 30 MINUTES	4 MILES @ BUTS TNT, 6 P.M.	STRENGTH 30 MINUTES	5 MILES @ BUTS TMT, 5:30 A.M.	REST	10 TRAIL MILES	3 MILES @ RECOVERY PACE	27 MILES
13	STRENGTH 60 MINUTES	SPEED 1xwarm-up 4(.5mi faster/.25 mi easy) 1xcool- down	STRENGTH 60 MINUTES + 4 MILES @ EASY PACE	5 MILES @ BUTS TMT, 5:30 A.M.	REST	21 TRAIL MILES	9 TRAIL MILES	44 MILES
14	STRENGTH 45 MINUTES	4 MILES @ BUTS TNT, 6 P.M.	STRENGTH 30 MINUTES + 4 MILES @ EASY PACE	HILLS 1xwarm-up 3x.75mi hill repeats .75xcool- down	REST	14 TRAIL MILES	3 MILES @ RECOVERY PACE	29 MILES
15	STRENGTH 30 MINUTES	3.5 MILES @ BUTS TNT, 6 P.M.	REST	3.5 MILES @ EASY PACE	REST	9 TRAIL MILES	3 MILES @ RECOVERY PACE	19 MILES
16	REST	3 MILES @ EASY PACE	REST	3 MILES @ EASY PACE	REST	YOUR 50K!	1 MILE WALK	YOU FREAKING ROCK!