

North Face 50K Training Plan

January

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Easy swim/ ride or rest plus strength	45-60 min easy run plus core	50 min hilly run	1:15-1:30 easy run plus strength	Easy swim/ run or rest plus core	14 miles	1-hour medium effort run
Easy swim/ ride or rest plus strength	45-60 min easy run plus core	Hill repeats: 5 x 600m	1:15-1:30 easy run plus strength	Easy swim/ run or rest plus core	16 miles	1-hour medium effort run

February

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Easy swim/ ride or rest plus strength	45-60 min easy run plus core	55 min hilly run	1:15-1:30 easy run plus strength	Easy swim/ run or rest plus core	18 miles	1-hour medium effort run
Easy swim/ ride or rest plus strength	45-60 min easy run plus core	Hill repeats: 7 x 600m	1:15-1:30 easy run plus strength	Easy swim/ run or rest plus core	20 miles	1-hour medium effort run
Easy swim/ ride or rest plus strength	45-60 min easy run plus core	60 min hilly run	1:15-1:30 easy run plus strength	Easy swim/ run or rest plus core	16 miles	1-hour medium effort run
Easy swim/ ride or rest plus strength	45-60 min easy run plus core	Hill repeats: 8 x 600m	1:15-1:30 easy run plus strength	Easy swim/ run or rest plus core	22 miles	1-hour medium effort run

March

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Easy swim/ ride or rest plus strength	45-60 min easy run plus core	65 min fartlek run	1:15-1:30 easy run plus strength	Easy swim/ run or rest plus core	16 miles	1-hour medium effort run
Easy swim/ ride or rest plus strength	45-60 min easy run plus core	Speed work: 8 x 400 m	1:15-1:30 easy run plus strength	Easy swim/ run or rest plus core	24 miles	1-hour medium effort run
Easy swim/ ride or rest plus strength	45-60 min easy run plus core	65 min fartlek run	1:15-1:30 easy run plus strength	Easy swim/ run or rest plus core	16 miles	1-hour medium effort run
Easy swim/ ride or rest plus strength	45-60 min easy run plus core	Speed work: 8 x 400 m	1:15-1:30 easy run plus strength	Easy swim/ run or rest plus core	26 miles	1-hour medium effort run

April

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Easy swim/ ride or rest plus strength	45-60 min easy run plus core	70 min fartlek run	1:15-1:30 easy run plus strength	1-hour medium effort run	Easy swim/ run or rest plus core	Reston Half Marathon race
Easy swim/ ride or rest plus strength	45-60 min easy run plus core	Speed work: 4 x 800 m	1:15-1:30 easy run plus strength	Easy swim/ run or rest plus core	30 min easy	SMHS Makin Hay 10K race
Easy swim/ ride or rest plus strength	45-60 min easy run plus core	Speed work: 6 x 800 m	1:15-1:30 easy run plus strength	90-min run	Easy swim/ run or rest plus core	GW Parkway 5K race
Easy swim/ ride or rest	45-60 min easy run	1 hour easy	Rest	Rest	North Face 50K!	Rest/recovery