16 Weeks to 50k

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	2-4 miles easy (a pace you could hold forever!)	4-6 miles easy	2-3 miles forever effort	Rest	12 miles easy on trails	5-7 miles nice and relaxed
Rest	3-4 miles easy	4-6 miles easy + Mtn Legs + Core	2-3 miles recovery (slow as possible without walking)	Rest	14 miles easy, focus on fueling, + Mtn Legs + Core	5-7 miles forever effort
Rest	2-3 miles forever effort	3-5 miles easy + 4x20 sec hills	2-4 miles forever effort	Rest	10 miles easy on trails + Mtn Legs + Core	4-6 miles easy + 4x20 sec hills hard
Rest	3-4 miles easy	4-6 miles easy + 6x20 sec hills + Mtn Legs + Core	2-4 miles recovery effort	Rest	12-14 miles easy on trails, focus on fueling, + Mtn Legs + Core	4-6 miles easy + 4x20 sec hard in the middle
Rest	3-5 miles easy + 4x20 sec hills hard + Mtn Legs + Core	2-3 miles recovery effort	3-5 miles easy + 5x20 sec hills + Mtn Legs + Core	Rest	14-16 miles on trails, focus on strong uphills, + Mtn Legs + Core	5-7 miles easy + 4x30 sec hills hard
Rest	2-3 miles easy	4-5 miles easy + 4x20 sec hard in the middle	2-3 miles forever effort	Rest	12 miles nice and relaxed + Mtn Legs + Core	3-5 miles easy + 4x20 sec hills in the middle
Rest	3-4 miles easy + 4x20 sec hills in the middle	2 miles, (6x20 sec on/2 min off), 2 mi. easy	2-3 miles forever effort	Rest	14 miles easy, on trails if possible, + Mtn Legs + Core	4-6 miles easy + 4x20 sec hills hard

TRAIL RUNNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	3-4 miles easy + 4x30 sec hills hard	2 miles, (6x30 sec on/90 sec off), 2 miles + Mtn Legs + Core	2-3 miles forever effort	Rest	14-16 miles easy, focus on fueling, + Mtn Legs + Core	6-8 miles easy + 4x20 sec fast in the middle
Rest	3-4 miles easy + 4x20 sec hills in the middle	2 miles, (8x1 min on/2 min off), 2 miles + Mtn Legs + Core	2-3 miles forever effort	Rest	14 miles easy on trails + Mtn Legs + Core	4-6 miles easy + 4x20 sec hills hard
Rest	2-3 miles easy + 4x30 sec hills hard	2 miles, (5x2 min on/2 min off), 2 miles + Mtn Legs + Core	2-3 miles forever effort	Rest	16 miles easy, focus on strong fueling, + Mtn Legs + Core	6-8 miles easy + 4x20 sec hills hard
Rest	3-4 miles easy + 4x20 sec fast	2 miles, (6x1 min hill with jog down), 2 miles + Mtn Legs + Core	2-4 miles forever effort	Rest	16-18 miles very easy + Mtn Legs + Core	Back to back! 8-10 miles easy, focus on fueling
Rest	2-3 miles easy	2-4 miles easy + 5x20 sec fast in the middle + Mtn Legs + Core	2-3 miles easy recovery	Rest	14 miles easy, aim for a strong second half	6-8 miles easy + 4x30 sec hills hard
Rest	2-3 miles easy	3-4 miles easy + 6x30 sec hills in the middle + Mtn Legs + Core	2-3 miles easy recovery	Rest	20 miles easy on trails, strong second half + Mtn Legs + Core	8-10 miles forever effort
Rest	2-3 miles easy	4-6 miles easy + 4x20 sec fast + Mtn Legs + Core	2-3 miles easy recovery	Rest	20 miles easy on trails, fuel with purpose for back to back runs!	10-12 miles forever effort, strong fueling!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	2-4 miles easy + 4x20 sec fast	2 miles, (5x2 min hills with jog down), 2 miles	2-4 miles easy	Rest	10-12 miles easy on trails	4-6 miles forever effort
RACE WEEK	3-4 miles easy + 4x20 sec fast	2-3 miles very easy	2-3 miles recovery (slow as possible without walking)	Rest	20 min easy, nice and chill before race day!	RACE DAY! WOOHOO!

Important Notes

Forever Effort: a pace you could hold for hours and hours and have 3-4 sentence conversations without running out of breath.

Recovery Effort: the slowest you can run without walking or whatever your body needs to feel good. On these days, there's no such thing as too easy!

20-30 second strides: think as fast as you can go without straining. Keep it smooth and relaxed, shoulders down and strides strong.

Mountain Legs: A quick routine for strength and power that can be found here.

Core: Any combination of core exercises for 5-10 minutes. Can include planks, Russian twists, bicycles, leg lowers, or any of your favorites.