

50-mile goal

This month-long training plan is planned for new runners and walkers that are looking to challenge themselves to get 50 miles done in one month. These workouts can be modified and changed based on the individual athlete. This is just a guideline set forth, so everyone has a framework to build off.

April						
28 Sunday	29 Monday	30 Tuesday	31 Wednesday	1 Thursday 2- mile run/walk	2 Friday Day off	3 Saturday 3- mile run/walk
4 Sunday Day off	5 Monday 2- mile run/walk	6 Tuesday Day off	7 Wednesday 2- mile run/walk	8 Thursday Day off	9 Friday 3- mile run/walk	10 Saturday Day off
11 Sunday 3- mile run/walk	12 Monday Day off	13 Tuesday 3- mile run/walk	14 Wednesday Day off	15 Thursday 4- mile run/walk	16 Friday Day off	17 Saturday 4- mile run/walk
18 Sunday Day off	19 Monday 3- mile run/walk	20 Tuesday 3- mile run/walk	21 Wednesday Day off	22 Thursday 3- mile run/walk	23 Friday 5- mile run/walk	24 Saturday
25 Sunday 3- mile run/walk	26 Monday 5- mile run/walk	27 Tuesday Day off	28 Wednesday 4- mile run/walk	29 Thursday 6- mile run/walk	30 Friday Day Off	1 Saturday

Total Mileage: 56 Miles