

50 Mile Goal

This month-long training plan is devised 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. This will use an every-other day workout cycle and will work to a longer 2 days 1 day off cycle.

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

Total Mileage: 53 Miles