



# 24 WEEK 50K PROGRAM

HEY THERE!

Thank you so much for wanting to be a part of the madness. This training program is 24 weeks to a 50K. If you are starting from ground zero, I would suggest the 28 week program! If you've run previously, but have been on a hiatus and believe you can run/walk ~2 miles (even if it is a bit of a struggle) this should be good! If you're looking for a training plan that is going to help you break records... this might not be it! I am a little low key... I'm all about making it to the finish line... and that's my race day goal!

How the schedule works:

This is the real world and we all have different schedules. I don't like to label the days as specific days because life is a little unpredictable, feel free to shuffle around the miles however you want. I'm also a big proponent of one long run. Some programs do back to back long runs, but like I said... this is the real world and we have lives and jobs and no offense... I don't have that kind of time TWO days! Rest days are for rest and they are just as important as run days! I take rest days seriously and you should too :).

Do they all have to be running miles?

Nope. I am a big believer in getting it in when you can. If you have 5 on the schedule and you're able to sneak in a 1 mile walk on your lunch break? Congrats, you only have 4 more miles for the day. Don't have a big enough stretch of time to get in your 10 mile long run? Try 6 in the morning and 4 in the evening. Time on the feet is the name of the game!

What if I miss a day?

Life is hard enough, if you miss one day in a week - nothing bad will happen to you! I promise! If you miss two days, maybe try to tack an extra mile on another day. This is about doing the best you can... and if your training doesn't go that well - you can always do a lot of work on race day! I have been there.

What else should I know?

The right shoes matter! A pair of running shoe's life span is only 300-500 miles and it will make a difference. If you have a local running store near you to get fitted at - do that!

Cross training makes a difference! Even if you just get in 10 minutes of strength or yoga a few days a week you'll be building other muscles that will take some of the strain off your running muscles.

Too much, too fast, is a killer! Ease into the plan... walk when you need to!

Got more questions?

E-mail me anytime! I mean it :) [akprzy@protonmail.com](mailto:akprzy@protonmail.com)



# 24 WEEK 50K PROGRAM

**WEEK 1: WELCOME!** Depending on the level you are starting at, take it easy this week! Ease into the miles, walk as much as you need to and just be sure to cover the distance!

| DATE | DAY  | DAY | DAY | DAY | DAY | DAY | DAY  | TOTAL MILES |
|------|------|-----|-----|-----|-----|-----|------|-------------|
|      | REST | 2   | 3   | 2   | 2   | 3   | REST | 12          |

*BASE BUILDING WEEK*

**WEEK 2:** You made it! We're still building our base! It's a good time to incorporate a few days of yoga or stretching to prepare for the weeks ahead!

| DATE | DAY  | DAY | DAY | DAY | DAY | DAY | DAY  | TOTAL MILES |
|------|------|-----|-----|-----|-----|-----|------|-------------|
|      | REST | 2   | 3   | 2   | 2   | 4   | REST | 13          |

*BASE BUILDING WEEK*

**WEEK 3:** 21 Days to make a habit! Hopefully after this week the day's run will feel like it fits in to your life! Try to throw in 2 days of strength training this week - think squats, lunges and core!

| DATE | DAY  | DAY | DAY | DAY | DAY  | DAY | DAY  | TOTAL MILES |
|------|------|-----|-----|-----|------|-----|------|-------------|
|      | REST | 3   | 3   | 3   | REST | 5   | REST | 14          |

*BASE BUILDING WEEK*

**WEEK 4:** Coming up on ONE MONTH! Even if you're run/walking your short runs this week, challenge yourself to run the ENTIRE long run!

| DATE | DAY  | DAY | DAY | DAY | DAY  | DAY | DAY  | TOTAL MILES |
|------|------|-----|-----|-----|------|-----|------|-------------|
|      | REST | 3   | 4   | 3   | REST | 6   | REST | 16          |

*BASE BUILDING WEEK*

**WEEK 5:** While you're still in a base building week, make sure you take your longer runs this week long and slow, don't worry about pace. Enjoy the run! Next week will be your first moderate effort week.

| DATE | DAY  | DAY | DAY | DAY | DAY  | DAY | DAY  | TOTAL MILES |
|------|------|-----|-----|-----|------|-----|------|-------------|
|      | REST | 4   | 4   | 3   | REST | 7   | REST | 18          |

*BASE BUILDING WEEK*

**WEEK 6:** You should have a SOLID base and you're ready to push yourself! On your 5 and 7 mile days this week, see if you can push yourselves for 3 or more of the total miles! If you need more rest, skip your 2M day.

| DATE | DAY  | DAY | DAY | DAY | DAY | DAY | DAY  | TOTAL MILES |
|------|------|-----|-----|-----|-----|-----|------|-------------|
|      | REST | 5   | 4   | 3   | 2   | 7   | REST | 20          |

*HIGH MILES, MODERATE EFFORT WEEK*

# 24 WEEK 50K PROGRAM

**WEEK 7:** Your first “rest” week! If you were able to push yourself last week, you’re probably ready for a break! Listen to your body this week, STRETCH, STRETCH, STRETCH, and gear up for the weeks to come!

| DATE | DAY  | DAY | DAY | DAY | DAY  | DAY | DAY  | TOTAL MILES |
|------|------|-----|-----|-----|------|-----|------|-------------|
|      | REST | 3   | 4   | 3   | REST | 6   | REST | 16          |

*LOW AND SLOW EASY WEEK*

**WEEK 8:** Rested up and ready to rock and roll! Try to regularly incorporate 10 minutes of yoga and 10 minutes of strength 3 days per week until your next hard week!

| DATE | DAY  | DAY | DAY | DAY | DAY | DAY | DAY  | TOTAL MILES |
|------|------|-----|-----|-----|-----|-----|------|-------------|
|      | REST | 4   | 3   | 4   | 3   | 8   | REST | 22          |

*MILEAGE BUILDING WEEK*

**WEEK 9:** 10 MILE THURSDAYS! Kidding, you do not need to do your 10 on Thursday... but for whatever reason, my favorite thing to do on a Thursday morning is get a mid-week 10 miler in... Try it? Or not!

| DATE | DAY  | DAY | DAY | DAY | DAY | DAY | DAY  | TOTAL MILES |
|------|------|-----|-----|-----|-----|-----|------|-------------|
|      | REST | 4   | 3   | 4   | 3   | 10  | REST | 24          |

*MILEAGE BUILDING WEEK*

**WEEK 10:** Less days, longer mileage! If you need to spread the miles out over more days, I totally support that! Mix up your efforts between easy and moderate and see how ya feel!

| DATE | DAY  | DAY | DAY | DAY | DAY  | DAY | DAY  | TOTAL MILES |
|------|------|-----|-----|-----|------|-----|------|-------------|
|      | REST | 4   | 4   | 6   | REST | 12  | REST | 26          |

*MILEAGE BUILDING WEEK*

**WEEK 11:** SECOND HARD WEEK! Hey, this training plan aint so bad! 11 weeks in and we’ve only had 2 “HARD” weeks! I’m so excited for you to hit the 14 mile mark! If you can find a half marathon this is a great week 4 it!

| DATE | DAY  | DAY | DAY | DAY | DAY  | DAY | DAY  | TOTAL MILES |
|------|------|-----|-----|-----|------|-----|------|-------------|
|      | REST | 4   | 5   | 6   | REST | 14  | REST | 29          |

*HIGH MILEAGE, HIGH EFFORT WEEK!*

**WEEK 12:** Time to zen out! Find a great Youtube for stretching this week and work out week 11’s kinks. Up the strength to 15 or 20 minutes 3 times. Let me know if you’ve fallen off the wagon! I’ll get you back on <3

| DATE | DAY  | DAY | DAY | DAY | DAY | DAY | DAY  | TOTAL MILES |
|------|------|-----|-----|-----|-----|-----|------|-------------|
|      | REST | 4   | 3   | 4   | 3   | 10  | REST | 24          |

*LOW AND SLOW EASY WEEK*

# 24 WEEK 50K PROGRAM

**WEEK 13:** Lucky number 13! I don't have much to say about this week, take it however you need to. Mix up your effort, incorporate different terrain... A good we to experiment!

| DATE | DAY  | DAY | DAY | DAY | DAY | DAY | DAY  | TOTAL MILES |
|------|------|-----|-----|-----|-----|-----|------|-------------|
|      | REST | 3   | 4   | 5   | 3   | 12  | REST | 27          |

*MILEAGE BUILDING WEEK*

**WEEK 14:** If you're still hanging in there at week 14... just know I'm super proud of you! This is a mixed effort week, but 30 miles is a huge milestone! Take an evening to **celebrate** before next week's hard effort!

| DATE | DAY  | DAY | DAY | DAY | DAY | DAY | DAY  | TOTAL MILES |
|------|------|-----|-----|-----|-----|-----|------|-------------|
|      | REST | 3   | 4   | 6   | 3   | 14  | REST | 30          |

*MILEAGE BUILDING WEEK*

**WEEK 15:** THESE ARE THE BIG LEAGUES BABY! For real, I always say if you can run 16 miles, you can run a 50K. We have 8 weeks to go but just know... you could do your race THIS WEEK (not recommended :))

| DATE | DAY  | DAY | DAY | DAY | DAY  | DAY | DAY  | TOTAL MILES |
|------|------|-----|-----|-----|------|-----|------|-------------|
|      | REST | 6   | 5   | 6   | REST | 16  | REST | 33          |

*HIGH MILEAGE, MODERATE EFFORT WEEK!*

**WEEK 16:** TAKE A LOAD OFF! Get a massage if you have the resources or up the stretching this week. You are like... a serious runner! Take your miles SLOW this week. Walk if you need, cut it short if that feels right!

| DATE | DAY  | DAY | DAY | DAY | DAY  | DAY | DAY  | TOTAL MILES |
|------|------|-----|-----|-----|------|-----|------|-------------|
|      | REST | 4   | 4   | 6   | REST | 12  | REST | 30          |

*LOW AND SLOW EASY WEEK*

**WEEK 17:** I find once my training is in the 30 mile range I have to get creative, if you need to get creative too, that's ok! Run/Walk/Split runs... whatever it takes to get 36 miles on your feet!

| DATE | DAY  | DAY | DAY | DAY | DAY | DAY | DAY  | TOTAL MILES |
|------|------|-----|-----|-----|-----|-----|------|-------------|
|      | REST | 6   | 4   | 6   | 4   | 16  | REST | 36          |

*MILEAGE BUILDING WEEK*

**WEEK 18:** Time to put the hammer down! Next week, you rest... but for now - up the effort on the longer days. If you need to walk your 4 and 3 mile days, totally understandable. A lot of high miles this week!

| DATE | DAY  | DAY | DAY | DAY | DAY | DAY | DAY  | TOTAL MILES |
|------|------|-----|-----|-----|-----|-----|------|-------------|
|      | REST | 6   | 4   | 8   | 3   | 18  | REST | 39          |

*HIGH MILEAGE, HIGH EFFORT WEEK!*

# 24 WEEK 50K PROGRAM

**WEEK 19:** Next week is going to be a doozy, make sure you're icing and resting up this week after your runs!

|               |      |     |     |     |     |     |      |             |
|---------------|------|-----|-----|-----|-----|-----|------|-------------|
| DATE          | DAY  | DAY | DAY | DAY | DAY | DAY | DAY  | TOTAL MILES |
|               | REST | 6   | 6   | 6   | 4   | 12  | REST |             |
| SLOW AND EASY |      |     |     |     |     |     |      |             |

**WEEK 20:** See if you can find an official marathon this week! It will make getting the longest run in a bit easier. Power through this week and get ready for some lower mileage coming up!

| DATE                       | DAY  | DAY | DAY | DAY | DAY | DAY   | DAY  | TOTAL MILES |
|----------------------------|------|-----|-----|-----|-----|-------|------|-------------|
|                            | REST | 4   | 3   | 8   | 3   | 24-26 | REST | 42-44       |
| HIGH MILEAGE, HIGH EFFORT! |      |     |     |     |     |       |      |             |

---

**WEEK 21:** Take a load off! Walk if you need to. We're nearing the finish line!

| DATE          | DAY | DAY | DAY | DAY | DAY  | DAY | DAY  | TOTAL MILES |
|---------------|-----|-----|-----|-----|------|-----|------|-------------|
|               | 3   | 4   | 4   | 9   | REST | 16  | REST |             |
| SLOW AND EASY |     |     |     |     |      |     |      |             |

**WEEK 22:** All of the hard work is done and it is time to taper down! It is normal in these weeks to feel a little sluggish - that means it's working! If you miss runs in these weeks - it will not be detrimental for race day!

|                  |      |     |     |     |      |     |      |             |
|------------------|------|-----|-----|-----|------|-----|------|-------------|
| DATE             | DAY  | DAY | DAY | DAY | DAY  | DAY | DAY  | TOTAL MILES |
|                  | REST | 7   | 5   | 8   | REST | 14  | REST |             |
| TAPER DOWN TIME! |      |     |     |     |      |     |      |             |

**WEEK 23:** All of the hard work is done and it is time to taper down! It is normal in these weeks to feel a little sluggish - that means it's working! If you miss runs in these weeks - it will not be detrimental for race day!

| DATE             | DAY  | DAY | DAY | DAY | DAY  | DAY | DAY  | TOTAL MILES |
|------------------|------|-----|-----|-----|------|-----|------|-------------|
|                  | REST | 6   | 4   | 6   | REST | 10  | REST | 26          |
| TAPER DOWN TIME! |      |     |     |     |      |     |      |             |

**RACE WEEK!** Time to get excited. Make sure you're eating and hydrating all week! Rest, ice, hydrate and fuel! On race day - hydrate before you need to! Make sure you're fueling your body at least once per hour!

|            |      |     |     |     |      |     |      |                |
|------------|------|-----|-----|-----|------|-----|------|----------------|
| DATE       | DAY  | DAY | DAY | DAY | DAY  | DAY | DAY  | TOTAL<br>MILES |
|            | REST | 4   | 3   | 2   | REST | 31  | REST |                |
| RACE WEEK! |      |     |     |     |      |     |      |                |