### 50 Mile Walking Training Program - 16 Weeks

<table>
<thead>
<tr>
<th>DAY</th>
<th>WEEKLY MILES</th>
<th>EXERCISES</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAY</td>
<td>14</td>
<td>Rest - CT</td>
<td>Notes: Get your equipment: shoes, socks, nutrition and hydration, start your training journal.</td>
</tr>
<tr>
<td>TUESDAY</td>
<td>18-Feb</td>
<td>Warm up</td>
<td>Hydrate, before, during and after workouts.</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>28-Jan</td>
<td>Workout</td>
<td>Dynamic stretch exercises, including abdominal and back exercises.</td>
</tr>
<tr>
<td>THURSDAY</td>
<td>4-Mar</td>
<td>Workout</td>
<td>Tempo Run - Ladder.</td>
</tr>
<tr>
<td>FRIDAY</td>
<td>3-Mar</td>
<td>Workout</td>
<td>Circuit Training + Strength.</td>
</tr>
<tr>
<td>SATURDAY</td>
<td>17-Jan</td>
<td>Endurance - LSD</td>
<td>Zone 1 (easy pace).</td>
</tr>
<tr>
<td>SUNDAY</td>
<td>2-Mar</td>
<td>Workout</td>
<td>Rest - CT.</td>
</tr>
</tbody>
</table>

### Zone 1 (Easy Pace)
- Each week you need to take a minimum of 2 full rest days (maximum 3).
- Rest is just as important as your workouts.
- Rest allows the body to recover and repair so that you will be able to run a little farther the next day.

### Zone 2 (Moderate Pace)
- Zone 2 exercises focus on improving endurance and building strength.
- You can increase your distance by 1 mile each week.

### Zone 3 (Tempo Pace)
- Tempo runs help improve your running form and technique.
- You can increase your speed by 0.5 mph each week.

### Endurance - LSD
- Long Slow Distance sessions help you build stamina and endurance.
- You can increase your distance by 2 miles each week.

### Static Stretching Exercises
- Static stretching is important for preventing injuries and improving flexibility.
- You can include one static stretching exercise each day.

### Hydration
- Hydrate before, during and after workouts to prevent dehydration and fatigue.

### Miscellaneous
- Lilly Johnson: Running Lilly Coaching Head Coach

---

**Get your equipment**: shoes, socks, nutrition and hydration, start your training journal.

---

Note: All activities are subject to change based on physical condition and weather. Please check your shoes and socks 3 weeks before the event if an active recovery week with less volume. This will give you the endurance and mental advantage of doing more than your 10 mile walk distance.