50 Mile Walking Training Program - 16 Weeks

WEEK 1	MONDAY 14-Jan	TUESDAY 15-Jan	WEDNESDAY 16-Jan	THURSDAY 17-Jan	FRIDAY 18-Jan	SATURDAY 19-Jan	SUNDAY 20-Jan	NOTES:
Goal Workout Heart Rate	Rest - CT	5.0 miles	Rest - CT	Endurance - SSD 5.0 miles	Rest - CT Endurance - SSD 4 miles	Endurance - LSD 10 miles	Rest	
Exercises		Zone 1 (easy pace) None dynamic strech exercise		Zona 1 (easy pace)	4 mins	Zone 1 (easy pace)		
Warm up Cold down Suggestions	static stretch exer	cises, including abdomina	al and back exercises					
Notes: WEEK	Get your equipment	before, during and after shoes, socks, nutrition of TUESDAY	and hydration, start you WEDNESDAY	r training jurnal THURSDAY	FRIDAY	SATURDAY	SUNDAY	WEEKLY MILES
2 Goal	21-Jan Rest - CT	22-Jan Endurance - SSD	23-Jan Rest - CT	24-Jan Greuit Training	25-Jan Endurance - SSD	26-Jan Endurance - LSD	SUNDAY 27-Jen Rest	
Workout Heart Rate		5.0 miles Zone 1 (easy pace)		2 X (15 strength exercises for whole body)	4.0 miles Zone 1	13 miles Zone 1 (easy pace)		
Exercises Warm up		None dynamic strech exercise		20 - 25 repeats 2 miles - zone 1				
Cold down Suggestions		cises, including abdomina before, during and after shoes, socks, nutrition of		2 miles - zone 1 v training jurnal				
WEEK 3	MONDAY 28-Jan	TUESDAY 29-Jan	WEDNESDAY 30-Jan	THURSDAY 31-Jan	FRIDAY 1-Feb	SATURDAY 2-Feb	SUNDAY 3-Feb	WEEKLY MILES
Goal	Rest - CT	Endurance - SSD S.0 miles	Rest - CT	Hill Training	Endurance - SSD	Endurance - LSD 16 miles	Rest	
Workout Heart Rate Exercises		Zone 1 (easy pace) None		20 x 30" hill repeats Zone 2	4.0 miles Zone 1	Zone 1 (easy pace)		
Warm up Cold down	static stretch exer	dynamic strech exercise cises, including abdomini	al and back exercises	2 miles - zone 1 2 miles - zone 1				
Suggestions Notes:	Hydrate Get your equipment	before, during and after shoes, socks, nutrition of	workouts and hydration, start you	v training jurnal				
WEEK 4	MONDAY 4-Feb	TUESDAY 5-Feb	WEDNESDAY 6-Feb	THURSDAY 7-Feb	FRIDAY 8-Feb	SATURDAY 9-Feb	SUNDAY 10-Feb	WEEKLY MILE
Goal Workout Heart Rate	Rest - CT	Endurance - SSD 5.0 miles	Rest - CT	Circuit Training 2 X (12 strength exercises for whole body)	4.0 miles Zone 1	Endurance - LSD 13 miles	Rest	
Exercises		Zone 1 (easy pace) None		(20 repeats each exercise) 2 miles - zone 1	Zone 1	Zone 1 (easy pace)		
Warm up Cold down	static stretch exer	dynamic streen exercise cises, including abdomina before, during and after	al and back exercises	2 miles - zone 1 2 miles - zone 1				
Suggestions Notes: WEEK	MONDAY	before, during and after ergizers and electrolites TUESDAY	WEDNESDAY	Long walks THURSDAY	FRIDAY	SATURDAY	SUNDAY	WEEKLY MILE
5 Goal	11-Feb Rest - CT	12-Feb Endurance - SSD	13-Feb Rest - CT	14-Feb Hill Training	FRIDAY 15-Feb Endurance - SSD	16-Feb	SUNDAY 17-Feb Rest	
Workout Heart Rate		5.0 miles Zone 1 (easy pace)		20 x 60" hill repeats Zone 3	4.0 miles Zone 1	Endurance - LSD 16 miles Zone 1 (easy pace)		
Exercises Warm up		None dynamic strech exercise		2 miles - zone 1				
Cold down Suggestions	static stretch exer	cises, including abdomina before, during and after	al and back exercises workouts	2 miles - zone 1				
WEEK	MONDAY 18-Feb	TUESDAY	WEDNESDAY 20-Feb	THURSDAY 21-Feb	FRIDAY 22-Feb	SATURDAY	SUNDAY	WEEKLY MILES
6 Goal	18-Feb Rest or CT	19-Feb Endurance - SSD S.O miles	20-Feb Rest - CT	Circuit Training a Spend	22-Feb Endurance - SSD 4.0 miles	23-Feb Endurance - LSD	24-Feb Rest	
Workout Heart Rate		5.0 miles Zone 1 (easy pace)		2 X (18 strength exercises for whole body) Alternate 1 exercise, 1 speed stride	4.0 miles Zone 1	19 miles Zone 1 (easy pace)		
Warm up Cold down	ctatic ctentels com-	dynamic stretch exercise	S I and hark everiese	18 x 45" speed strides - zone 2 2 miles - zone 1 2 miles zone 1				
Suggestions WEEK	Hydrate MONDAY	cises, including abdomina before, during and after TUESDAY	workouts WEDNESDAY	2 miles zone 1 THURSDAY	EBIDAY	SATURDAY	PUBLICAY	WEEKLY MILES
7 Goal	25-Feb Rest or CT	26-Feb	27-Feb Rest - CT	28-Feb	1-Mar Forturance - SSD	2-Mar	SUNDAY 3-Mar Rest	WEEKLY MILES
Workout Heart Rate	must or Ci	5.0 miles Zone 1 (easy pace)	IMER - CT	Hill Training 20 x 90" hill repeats Zone 3	4.0 miles Zone 1	Endurance - LSD 22 miles Zone 1 (easy pace)	Ne.s.	
Exercises Warm up		dynamic stretch exercise		2 mile - Zone 1				
Cold down Suggestions		ises including abdomina	and back excises s workouts	2 mile - Zone 1				
WEEK 8	MONDAY 4-Mar	TUESDAY 5-Mar	WEDNESDAY 6-Mar	THURSDAY 7-Mar	FRIDAY 8-Mar	SATURDAY 9-Mar	SUNDAY 10-Mar	WEEKLY MILES
Goal Workout	Rest or CT	Endurance - SSD 5.0 miles	Rest - CT	Endurance - SSD 7.0 miles	Endurance - SSD 4.0 miles	Endurance - LSD 22 miles	Rest	
Heart Rate Exercises		Zone 1 (easy pace)		Zone 1	Zone 1	Zone 1 (easy pace)		
Warm up Cold down	static stretch ex Hydr	dynamic strech ex sercises, including abdom	inal and back execises	10 x 20" speed strides zone 2				
WEEK	MONDAY 11-Mar	ate, before, during and a TUESDAY 12-Mar	WEDNESDAY 13-Mar	THURSDAY 14-Mar	FRIDAY 15-Mar	SATURDAY 16-Mar	SUNDAY 17-Mar	WEEKLY MILES
Goal Workout	Rest or CT	Endurance - SSD 5.0 miles	Rest - CT	Tempo Run 7.0 miles	Endurance - SSD 4.0 miles	Endurance - LSD 25 miles	Rest	
Heart Rate Exercises		Zone 1 (easy pace) None		1st, 3rd, 5th, 7th-Zone 2; 2nd, 4th, 6th Zone :	Zone 1	Zone 1 (easy pace)		
Warm up Cold down	static stretch exer	dynamic strech exercise cises, including abdomina	al and back exercises	1 mile zone 1 1 mile zone 1				
Suggestions WEEK	Hydrate, MONDAY 18-Mar	before, during and after TUESDAY 19-Mar	workouts WEDNESDAY	THURSDAY 21-Mar	FRIDAY 22-Mar	SATURDAY 23-Mar	SUNDAY 24-Mar	WEEKLY MILES
10 Goal	18-Mar Rest or CT	19-Mar Endurance - SSD 5.0 miles	20-Mar Rest - CT	21-Mar Tempo Run 6 x 2 mile	22-Mar Endurance - SSD 4.0 miles	23-Mar Endurance - LSD 28 miles	24-Mar Rest	
Workout Heart Rate		Zone 1 (easy pace)		6 x 2 mile Zone 2 (moderate pace)	4.0 miles Zone 1	28 miles Zone 1 (easy pace)		
Exercises Warm up		None dynamic strech exercise cises, including abdomina		1 mile Zone 1 1 mile zone 1				
Cold down Suggestions	Hydrate,		workouts					
11	MONDAY 25-Mar	TUESDAY 26-Mar	WEDNESDAY 27-Mar	THURSDAY 28-Mar	FRIDAY 29-Mar	SATURDAY 30-Mar	SUNDAY 31-Mar	WEEKLY MILES
Goal Workout Heart Rate	RESCOTE	Endurance - SSD 5.0 miles Zone 1 (easy pace)	MIST-CI	Tempo Run 4 x 3 mile Zone 2 (moderate pace)	4.0 miles Zone 1	Endurance - LSD 31 miles Zone 1 (easy pace)	Rest	
Exercises Warm up		None dynamic strech exercise		1 mile Zone 1	2018/1	Lone 1 (easy pace)		
Cold down Suggestions	static stretch exer Hydrate,	cises, including abdomina before, during and after	workouts	1 mile zone 1				
WEEK 12	MONDAY 1-Apr	TUESDAY	WEDNESDAY 3-Apr	THURSDAY 4-Apr	FRIDAY 5-Apr	SATURDAY 6-Apr	SUNDAY 7-Apr	WEEKLY MILES
Goal Workout	Rest or CT		3-Apr					
		2-Apr Endurance - SSD 5.0 miles	3-Apr Rest - CT	Interval Training 10 x 800 meters	4.0 miles	Endurance - LSD 24 miles	Endurance - LSD 10 miles	
Heart Rate Exercises		2-Apr Endurance - SSD 5.0 miles Zone 1 (easy pace) None	3-Apr Rest - CT	Interval Training 10 x 800 meters Zone 3	Endurance - SSD 4.0 miles Zone 1	Endurance - LSD 24 miles Zone 1 (easy pace)	Endurance - LSD 10 miles Zone 1 (easy pace)	
Exercises Warm up Cold down		2-Apr Endurance - SSD 5.0 miles Zone 1 (easy pace) None dynamic strech exercise	Rest - CT	Interval Training 10 x 800 meters	4.0 miles	Endurance - LSD 24 miles	Endurance - LSD 10 miles	
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By Johnson. Neverling IBV controlling Price Cloud.

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