

# SDW50 Training Plan

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
1	20 Dec	Easy 10 k	Fartlek 10 k	Double 7 k 6 k	Additional 10 k	Easy & Strides 6 k <i>Xmas Eve</i>	Long Run 24 k <i>Xmas Day</i>	Easy 14 k <i>Boxing Day</i>	87 k
		Rest	Fartlek 10 k <i>Bank Holiday</i>	Easy 13 k	Easy 13 k	Easy & Strides 6 k <i>New Year's Eve</i>	Long Run 27 k <i>New Year's Day</i>	Easy 14 k	83 k -4.05%
3	3 Jan	Rest	Fartlek 13 k <i>Bank Holiday</i>	Double 8 k 8 k	Additional 10 k	Easy 10 k	Long Run 32 k	Easy 18 k	99 k 19.28%
		Rest	Easy 13 k	Easy & Strides 13 k	Tempo 13 k	Easy 13 k	Long Run 24 k	Easy 14 k	90 k -10.00%
5	17 Jan	Rest	Easy 13 k	Hill Reps 7 k 6 k	Double 8 k 8 k	Easy 13 k	Long Run 28 k	Easy 18 k	101 k 10.89%
		Rest	Double 8 k 8 k	Easy 13 k	Tempo 10 k	Easy 10 k	Long Run 29 k	Long Run 24 k	102 k 0.98%
7	31 Jan	Rest	Easy 13 k	Easy & Strides 13 k	Easy 13 k	Easy 10 k	Long Run 35 k	Long Run 21 k	105 k 2.86%
		Rest	Easy 13 k	Double 6 k 7 k	Additional 13 k	Easy 10 k	Long Run 40 k	Long Run 21 k	110 k 4.55%
9	14 Feb	Rest	Easy 13 k	Double 6 k 7 k	Fartlek 13 k	Easy 13 k	Long Run 21 k	Long Run 21 k	94 k -17.02%
		Rest	Easy 13 k	Easy 10 k	Tempo 10 k	Easy 10 k	Long Run 32 k	Long Run 24 k	99 k 5.05%
11	28 Feb	Rest	Easy 13 k	Easy 10 k	Additional 10 k	Easy 6 k	Race 50 k	Recovery 11 k	100 k 1.00%
		Rest	Easy 10 k	Easy 10 k	Easy 13 k	Easy 6 k	Long Run 40 k	Long Run 30 k	109 k 8.26%
13	14 Mar	Rest	Rest	Double 8 k 8 k	Additional 10 k	Easy & Strides 10 k	Long Run 32 k	Long Run 26 k	94 k -15.96%
		Rest	Double 8 k 8 k	Easy 10 k	Hill Reps 7 k 6 k	Easy 10 k	Long Run 24 k	Easy 11 k	84 k -11.90%
15	28 Mar	Rest	Easy 13 k	Fartlek 10 k	Easy 10 k	Easy & Strides 10 k	Long Run 16 k	Easy 11 k	70 k -20.00%
		Rest	Easy 10 k	Easy & Strides 6 k	Easy 6 k	Easy 5k	SDW50 81 k	Rest	103 k