



HEALING MOTION
PHYSICAL THERAPY



50k Training Plan

50K

Week	Monday	Tuesday	Wednesday*	Thursday	Friday**	Saturday	Sunday	Total Miles
Week 1	7-8 miles	4-5 miles	3-5 miles	8-9 miles	Rest	18 miles	Rest	40-45
Week 2	6 miles	4 miles	3-5 miles	7 miles	Rest	15 miles	Rest	35-37
Week 3	7 miles	4-5 miles	3-5 miles	9 miles	Rest	20 miles	Rest	43-46
Week 4	8-10 miles	6 miles	3-5 miles	10 miles	Rest	22 miles	Rest	51-55
Week 5	6-8 miles	4 miles	3-5 miles	7 miles	Rest	15 miles	Rest	35-39
Week 6	8-10 miles	4-6 miles	Rest	6-10 miles	Rest	20 mile	Rest	38-46
Week 7	7 miles	4 miles	3-5 miles	8 miles	Rest	10-15 miles	Rest	32-39
Week 8	10 miles	5-6 miles	3-5 miles	10 miles	Rest	25 miles	Rest	53-56
Week 9	8 miles	4 miles	3-5 miles	6 miles	Rest	7-10 miles	Rest	28-33
Week 10	4 miles	4 miles	Rest	Rest	2 miles	50K		

*Optional Run vs. Core/Hip Strength

**Optional Bike vs. Core Hip Strength

RACE WEEKEND!

Cross training examples: Walk, Bike, Swim, Weight Lifting, Other Sports (Soccer, Ultimate Frisbee, Basketball, etc)

Consider making Thursday a tempo run or other speed work

For a more advanced plan, consider the HOTV Track Workout either Tuesday or Wednesday and flip-flop cross training days as needed

This is a very loose schedule. Take it and modify it as needed to work with your life

The specific days are not as important as the number of days and overall mileage per session

Created by Dr. Peter McMillan, PT, DPT - Healing Motion Physical Therapy - Corvallis
For more content, including our Running Tips and Resources, and to follow us on Social Media, scan the QR code to the right.





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