

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
	CROSS TRAINING	4 MILES	CROSS TRAINING	5 MILES		8 MILES EASY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 4 MILES	2 CROSS TRAINING FOCUS ON CORE/FLEXIBILITY	3 5 MILES	4 CROSS TRAINING	5 6 MILES	6	7 2 x 5K with 20 MIN BETWEEN
8 5 MILES	9 CROSS TRAINING	10 6 MILES	11 CROSS TRAINING	12 5 MILES	13	14 10 MILES
15 5 MILES	16 CROSS TRAINING	17 6 MILES	18 CROSS TRAINING	19 6 MILES	20	21 12 MILES
22 6 MILES	23 CROSS TRAINING	24 7 MILES	25 CROSS TRAINING	26 6 MILES	27	28 3 x 5K with 20 MIN BETWEEN
29 6 MILES	30 CROSS TRAINING	31 6 MILES				

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 CROSS TRAINING	2 6 MILES	3	4
5 4 MILES	6 CROSS TRAINING	7 8 MILES	8 CROSS TRAINING	9 6 MILES	10	11 14 MILES EASY
12 6 MILES	13 CROSS TRAINING	14 6 MILES	15 CROSS TRAINING	16 6 MILES	17	18 4 x 5K with 20 MIN BETWEEN
19 5 MILES	20 CROSS TRAINING	21 6 MILES	22 CROSS TRAINING	23 8 MILES	24	25 15 MILES
26 4 MILES	27 CROSS TRAINING	28 5 MILES	29 CROSS TRAINING	30 4 MILES	31	

**SUN UP TO SUN DOWN
50K TRAINING GUIDE**

February

2024-2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 8 MILES
2 3 MILES	3 CROSS TRAINING	4 4 MILES	5 CROSS TRAINING	6 3 MILES	7	8 SUN UP TO SUN DOWN 50K
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	