

ANNAPOLIS STRIDERS, INC.

JFK 50 MILE TRAINING

Note: The most important aspects of this training are (a) two marathons as training runs, one at the end of September/early October and a second about 3 weeks out from JFK; and (b) the Sunday 10 mile runs. With proper preparation, dedication and a little luck, you can run 50 miles. Contact Bob Cawood, rhbc@masoncawoodlaw.com with questions.

Week ¹	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	CT	5	7	5	R ²	10	6
2	CT	6	8	6	R	12	6
3	CT	4	R	4	R	14	6
4	CT	6	8	6	R	16	6
5	CT	6	8	6	R	14	8
6	CT	6	8	6	R	16	5-8 ³ (Dog Days 8k)
7	CT	4	R	4	R	16	10
8	CT	5	7	5	R	18	10
9	CT	6	8	6	R	20	8
10	CT	4	R	4	R	12-14	(Annapolis 10 mile) ⁴
11	CT	5	7	5	R	16-18	10
12	CT	5	7	5	R	20	10
13	CT	5	7	5	R	18	10
14	CT	7	R	5	R	20-22	8

¹ The "week" starts on Monday.

² R= Rest, or short jog

³ The Dog Days 8K would be a good race for you to do. Slot it in where it falls on the calendar.

⁴ The Annapolis 10 would be a good race for you to do. Slot it in where it falls on the calendar.

15	CT	7	R	5	R	16 ⁵	10
16	CT	5-6	R	1-2	R	26.2 ⁶	R
17	CT	5	7	5	R	16-18	10
18	CT	5	7	5	R	16-18	10
19	CT	5-6	R	1-2	R	26.2	R
20	CT	6	8	6	R	14	4
21	CT	7	R	5	R	10	4
22	CT	5-6	R	1-2	R	50!	R



DISCLAIMER

This generalized training schedule and exercise program is not to be interpreted as recommendations for a specific treatment plan or course of action. Exercise is not without its risks, and this or any other exercise program may result in injury. To reduce the risk of injury, before beginning this or any exercise program, please consult a healthcare provider for appropriate exercise prescription and safety precautions. The training schedule and exercise program presented are in no way intended as a substitute for medical consultation. As with any exercise program, if at any point during your workout you begin to feel faint, ill, dizzy, or have physical discomfort, you should stop immediately and consult a healthcare provider. The participants in this generalized training schedule and exercise assume all risks associated with involvement in this generalized training schedule and exercise program. The Annapolis Striders, Inc., the Road Runners Club of America, and its agents and representatives, disclaim any and all liability from and in connection with this generalized training schedule and exercise program.

⁵ The Metric Marathon would be a good race for you to do. If so, run 10 on Saturday and Metric on Sunday. Slot it in where it falls on the calendar.

⁶ The Baltimore Marathon would be a good training run.