

Fifty Mile Training Schedule - David Sargent

Week Of	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Weekly Miles
28-Mar	0	4	0	4	0	15.5	0	23.5
4-Apr	4	4	0	8	4	22	0	42
11-Apr	4	4	0	12	4	8	0	32
18-Apr	4	4	0	4	0	0	26	38
25-Apr	4	4	0	4	4	8	0	24
2-May	4	4	x-train	8	0	16	0	32
9-May	8	4	x-train	12	4	26	x-train	54
16-May	8	4	x-train	8	0	16	0	36
23-May	8	4	x-train	12	4	30	x-train	58
30-May	8	4	x-train	8	0	16	4	40
6-Jun	8	4	x-train	12	4	34	x-train	62
13-Jun	4	4	x-train	8	0	16	0	32
20-Jun	0	4	0	4	0	8	0	16
27-Jun	0	4	0	2	0	50		56

Sat/Sun Total

19.5

22

8

26

8

16

26

16

30

20

34

16

8

50