**NOW I CAN JUST ENJOY RUNNING!**

by Margaret Marks

Thank you so much for all your info for training for 50k. It has been so helpful. I am terrified that I have done too little training for my 56k but seeing your program has given me some hope. I am a bit under trained but now have some reasonable simple schedule to work from. All other info would include fartleks, hill work and times that would completely baffle me. Now I can just enjoy running again and know roughly what distance to aim for everyday. Many thanks