**NOT READY TO GO BACK TO MARATHONS!**

by Lisa Jones

Hey there. Thank you so much for such a great training program. I used it to complete my first 50 miler and had a lot of fun. I ran the Rock'n Auburn October 15 and am still not ready to go back to marathons so signed up for the Avalon Benefit 50m January 12. My question for you is whether I still need to log in the miles 2 weeks on and one off or can I modify that since I now have the base fitness. Thanks!!