

# 16 week 50k training plan

**16 week 50k training plan** offers a structured and effective approach to prepare for an ultramarathon distance of 31 miles. This comprehensive guide covers everything runners need to know to safely and successfully complete a 50k race, emphasizing progressive mileage buildup, recovery strategies, and race-specific training. Whether you are transitioning from marathon training or stepping up to ultradistance running for the first time, this plan provides essential insights on pacing, nutrition, and injury prevention. The article also highlights the importance of cross-training and mental preparation to enhance endurance and confidence. Detailed weekly training schedules, including long runs, speed work, and rest days, ensure balanced progress throughout the 16 weeks. The following sections break down the key components of a 16 week 50k training plan, making it easier to tailor the program to individual fitness levels and goals.

- Understanding the 50k Distance
- Building a Strong Base: Weeks 1-4
- Increasing Endurance: Weeks 5-8
- Peak Training Phase: Weeks 9-12
- Tapering and Race Preparation: Weeks 13-16
- Essential Training Components
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- Injury Prevention and Recovery

## Understanding the 50k Distance

The 50k race, equivalent to approximately 31 miles, is an ultramarathon distance that challenges a runner's physical and mental endurance beyond the standard marathon. Unlike shorter races, ultramarathons often involve varied terrain, including trails, hills, and sometimes technical sections, requiring specialized training. Understanding the unique demands of a 50k event is crucial for effective preparation. This distance requires sustained aerobic endurance, muscular strength, and efficient energy management over several hours. A 16 week 50k training plan focuses on gradually adapting the body to longer runs and increased training volume while minimizing the risk of injury and burnout.

## Differences Between Marathon and 50k Training

Training for a 50k differs from a marathon primarily in terms of volume, terrain, and pacing strategy. While marathon training emphasizes speed and race pace, 50k preparation incorporates longer

endurance runs at slower paces and more trail-specific workouts. The additional distance means runners must develop stamina to handle prolonged fatigue and manage nutrition during the race. Incorporating hill work and trail running is often necessary to simulate race conditions, especially if the 50k includes off-road sections.

## **Goals of a 16 Week 50k Training Plan**

The primary objectives of a 16 week 50k training plan include building aerobic capacity, increasing weekly mileage safely, improving muscular strength, and developing race-day strategies. The plan aims to balance hard training days with adequate recovery, progressively challenging the runner while preventing overtraining. By the end of the 16 weeks, athletes should feel confident in their ability to complete the 50k distance with proper pacing and fueling techniques.

## **Building a Strong Base: Weeks 1-4**

The first four weeks of a 16 week 50k training plan focus on establishing a solid aerobic foundation. During this phase, runners gradually increase weekly mileage and incorporate easy runs to build endurance without overwhelming the body. The emphasis is on consistency and developing a routine that supports long-term progression. Cross-training activities such as cycling or swimming can complement running sessions to improve cardiovascular fitness and reduce impact stress.

## **Weekly Mileage and Running Frequency**

Beginners or those new to ultradistance running should start with a manageable weekly mileage, typically between 15 to 25 miles, spread across 4 to 5 running days. The goal is to avoid sudden spikes in mileage that increase injury risk. Long runs during this phase should be comfortable and progressively lengthen from 6 to 10 miles.

## **Incorporating Easy Runs and Recovery**

Easy-paced runs dominate the early weeks to build aerobic capacity and promote recovery. Rest days or active recovery sessions are essential to allow muscles to repair and adapt. Flexibility exercises and foam rolling may be introduced to maintain mobility and reduce muscle tightness.

## **Increasing Endurance: Weeks 5-8**

During weeks 5 through 8, the 16 week 50k training plan intensifies by increasing long run distances and overall weekly mileage. This phase aims to boost endurance and introduce moderate intensity workouts to improve cardiovascular efficiency. Trail running, hill repeats, and tempo runs may be added to simulate race conditions and enhance strength.

## **Progression of Long Runs**

Long runs should progressively extend from 10 miles up to 15-18 miles during this period. It is important to maintain a comfortable pace that allows for conversation, focusing on time spent running rather than speed. Incorporating varied terrain during these runs prepares the body for the demands of the 50k race.

## **Adding Speed and Hill Workouts**

Moderate speed workouts such as tempo runs help improve lactate threshold, enabling the runner to sustain a faster pace for longer periods. Hill repeats build leg strength and improve running economy on inclines. These workouts should be balanced with easy recovery runs to avoid fatigue accumulation.

## **Peak Training Phase: Weeks 9-12**

The peak phase represents the most demanding segment of the 16 week 50k training plan. Weekly mileage reaches its highest point, and the longest runs approach or exceed 20 miles. This period tests endurance, mental toughness, and race preparedness. Proper nutrition, hydration, and recovery strategies become critical as training intensity and volume peak.

## **Longest Runs and Back-to-Back Days**

Long runs in this phase may range from 18 to 22 miles, often on terrain that mimics race conditions. Some training plans incorporate back-to-back long run days to simulate cumulative fatigue experienced during a 50k. For example, a 15-mile run on Saturday followed by a 10-mile run on Sunday helps condition the body to recover and perform under tiredness.

## **Race Pace and Simulation Runs**

Training at or near race pace during portions of the long run helps develop pacing strategies and mental familiarity with the effort required. Nutrition and hydration practiced during these runs allow athletes to fine-tune their race-day fueling plan. Including technical trail sections or elevation changes enhances readiness for the specific challenges of the 50k course.

## **Tapering and Race Preparation: Weeks 13-16**

The final four weeks of the 16 week 50k training plan focus on tapering—reducing volume while maintaining intensity—to allow the body to recover and peak on race day. Proper tapering helps maximize energy reserves and reduce injury risk. Mental preparation and logistical planning are also emphasized during this period.

## **Reducing Mileage and Maintaining Fitness**

Mileage decreases gradually by 20-40% each week during tapering, but intensity is preserved with shorter tempo or interval workouts. Long runs shorten significantly, often dropping to 8-10 miles two weeks before the race. This balance maintains cardiovascular fitness while promoting muscle recovery.

## **Race Week Strategies**

During the race week, runs are short and easy, focusing on rest and mobility. Attention to sleep, nutrition, and hydration is paramount. Reviewing race logistics, gear selection, and pacing plans ensures a smooth race experience. Mental visualization techniques can help build confidence and reduce pre-race anxiety.

## **Essential Training Components**

A successful 16 week 50k training plan incorporates several key components beyond just running volume. Strength training, flexibility work, and cross-training support overall fitness and injury prevention. Mental training also plays a vital role in preparing for the physical and psychological demands of ultradistance racing.

## **Strength Training**

Incorporating strength exercises 2-3 times per week helps improve running economy and reduce injury risk. Focus areas include the core, hips, glutes, and legs. Bodyweight exercises, resistance training, and plyometrics can be effective.

## **Flexibility and Mobility**

Regular stretching and mobility drills maintain joint range of motion and prevent tightness. Yoga or dedicated stretching sessions can complement running workouts and aid recovery.

## **Mental Preparation**

Developing mental resilience is critical for ultramarathon success. Visualization, goal setting, and mindfulness techniques help runners manage discomfort and maintain focus during long runs and race day.

## **Nutrition and Hydration Strategies**

Proper nutrition and hydration are vital throughout the 16 week 50k training plan and especially on race day. Fueling the body with balanced macronutrients supports training demands and recovery. Hydration strategies prevent dehydration and electrolyte imbalances during long efforts.

## Daily Nutrition for Training

A diet rich in carbohydrates, moderate in protein, and adequate in healthy fats supports endurance training. Frequent small meals and snacks ensure stable energy levels. Post-run nutrition focuses on replenishing glycogen stores and repairing muscle tissue.

## Race Day Fueling

During the 50k race, consuming easily digestible carbohydrates every 30-45 minutes helps maintain blood glucose levels. Hydration with water and electrolyte drinks prevents cramping and dehydration. Testing fueling strategies during long training runs ensures tolerance and effectiveness.

## Injury Prevention and Recovery

Managing injury risk is essential in a 16 week 50k training plan due to the increased training load. Implementing preventive measures and prioritizing recovery allows consistent progress and avoids setbacks.

## Common Injuries and Prevention

Runners may experience issues such as shin splints, IT band syndrome, plantar fasciitis, and tendinitis. Prevention strategies include gradual mileage increases, proper footwear, strength training, and attention to running form.

## Recovery Techniques

Effective recovery methods include rest days, sleep hygiene, foam rolling, massage, and ice baths. Listening to the body and addressing pain early reduces the risk of chronic injuries.

## Monitoring Training Load

Keeping track of weekly mileage, intensity, and perceived exertion helps identify signs of overtraining. Adjusting the plan as needed based on fatigue and physical feedback ensures sustainable training progress.

1. Start with a manageable base mileage and gradually increase weekly volume.
2. Incorporate long runs that progressively approach race distance.
3. Include hill work and trail running to simulate race conditions.
4. Balance hard workouts with recovery and rest days.

5. Practice nutrition and hydration strategies during training runs.
6. Maintain strength training and flexibility routines.
7. Implement a proper taper to arrive at race day rested and prepared.

## **Frequently Asked Questions**

### **What is a 16 week 50k training plan?**

A 16 week 50k training plan is a structured running schedule designed to prepare runners to complete a 50-kilometer race over a period of 16 weeks, gradually increasing mileage and intensity to build endurance and strength.

### **How many days per week should I run in a 16 week 50k training plan?**

Most 16 week 50k training plans recommend running 4 to 5 days per week, incorporating a mix of easy runs, long runs, speed work, and rest days to optimize recovery and performance.

### **What types of workouts are included in a 16 week 50k training plan?**

A typical 16 week 50k training plan includes long runs, tempo runs, interval training, hill workouts, easy recovery runs, and rest days to build endurance, speed, and strength.

### **When should I start tapering in a 16 week 50k training plan?**

Tapering usually begins about 2 to 3 weeks before race day in a 16 week 50k training plan, reducing mileage and intensity to allow your body to recover and perform optimally on race day.

### **How important is cross-training in a 16 week 50k training plan?**

Cross-training is important as it helps improve overall fitness, reduces the risk of injury, and allows active recovery. Activities like cycling, swimming, or strength training are often recommended alongside running.

### **Can beginners follow a 16 week 50k training plan?**

Yes, beginners can follow a 16 week 50k training plan, but it is important to choose a plan tailored to their current fitness level and gradually build mileage to avoid injury.

# Additional Resources

## 1. *Ultimate 16-Week 50K Training Plan: From Beginner to Finisher*

This comprehensive guide takes runners through a carefully structured 16-week program designed to prepare them for their first 50K race. It covers essential topics such as endurance building, nutrition, injury prevention, and mental toughness. Perfect for beginners and intermediate trail runners aiming to complete their ultra marathon confidently.

## 2. *50K Ultra Marathon Training: A Step-by-Step 16-Week Plan*

Focused on the nuances of ultra-distance running, this book offers a detailed 16-week schedule that balances mileage, recovery, and cross-training. Readers will find tips on pacing strategies, gear selection, and race day preparation. It's an excellent resource for runners looking to improve performance while avoiding burnout.

## 3. *Trail Running for 50K: A 16-Week Training Blueprint*

This book specializes in trail running techniques within a 16-week framework tailored for 50K races. It emphasizes terrain adaptation, elevation training, and technical skills necessary for challenging courses. The author also includes motivational strategies to keep runners engaged throughout the training cycle.

## 4. *Building Endurance: 16 Weeks to Your First 50K Ultra*

Ideal for runners new to ultras, this book breaks down the training process into manageable weekly goals over 16 weeks. It combines physical training with mental preparation and recovery science to ensure readiness on race day. The clear guidance helps reduce injury risk and build confidence.

## 5. *50K Race Ready: A Practical 16-Week Training Guide*

Designed for time-conscious runners, this guide provides an efficient 16-week plan that maximizes results with minimal time investment. It includes sample workouts, nutrition plans, and gear checklists to streamline training. The author's practical advice helps runners balance training with busy lifestyles.

## 6. *Mastering Ultra Running: The 16-Week 50K Training Strategy*

This book delves into advanced training methodologies over a 16-week period, focusing on optimizing speed, strength, and endurance. It addresses common challenges such as plateauing and fatigue, offering solutions to overcome them. Suitable for experienced runners aiming to set personal bests in 50K events.

## 7. *From 5K to 50K: A Progressive 16-Week Ultra Training Plan*

Targeting runners transitioning from shorter distances, this book lays out a progressive 16-week plan that gradually increases volume and intensity. It covers essential topics like nutrition adaptation, mental resilience, and race tactics. The friendly tone encourages sustainable progress and injury prevention.

## 8. *Conquer the 50K: 16 Weeks to Ultra Marathon Success*

This motivational training manual provides a holistic 16-week approach to preparing for a 50K, combining physical workouts with mindset coaching. It emphasizes goal setting, visualization, and overcoming mental barriers. The book also includes inspirational stories from successful ultra runners.

## 9. *The 16-Week 50K Roadmap: Training, Nutrition, and Recovery*

Offering a balanced approach, this book integrates training plans with detailed nutrition and recovery protocols over 16 weeks. It helps runners understand how to fuel their bodies and optimize rest for

peak performance. The author's science-backed advice makes it ideal for runners aiming for a healthy and strong 50K finish.

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**16 week 50k training plan:** *Trail Running* Jasper Quincy, AI, 2025-03-10 Trail Running offers a comprehensive guide to thriving in the world of off-road running, emphasizing that conquering trails requires resilience, skill, and environmental understanding, not just speed. It moves beyond conventional notions of running by integrating physical conditioning with terrain navigation and ecological awareness. Did you know that efficient foot placement and body positioning can significantly impact your ability to tackle steep inclines and rocky paths? Or that understanding weather patterns and wildlife behavior is crucial for safety and responsible trail use? The book's approach is both practical and accessible, bridging the gap between scientific theory and real-world application. It progresses from fundamental concepts like trail etiquette and gear selection to mastering diverse terrains, building endurance through tailored training methodologies (such as hill repeats), and adapting to environmental factors like altitude and weather. Ultimately, Trail Running aims to equip runners of all levels with the knowledge and tools to enjoy safer, more effective, and environmentally conscious adventures in the great outdoors.

**16 week 50k training plan: Hal Koerner's Field Guide to Ultrarunning** Hal Koerner, 2014-08-01 Ultramarathons don't leave much room for mistakes. Don't learn the hard way: get a jump on training for an ultramarathon with Hal Koerner's Field Guide to Ultrarunning, a comprehensive handbook to running 30 to 100 miles and beyond, written by one of the most experienced and recognized athletes in the sport. Hal Koerner is among America's best ultrarunners with podium results in more than 90 ultramarathons. In his smart, down-to-earth handbook, Koerner shares hard-earned wisdom, field-tested habits, and insider tips to help you prepare for your ultra. You'll find guidance on exactly what you need to know to prepare for ultramarathon, including: best gear for ultrarunning fueling and hydration guidelines choosing an ultra trail-running technique first-aid advice beating altitude, storms, and heat race-day game plans crew and pacer tips mental strategies to get you to the finish line The guide offers three detailed training plans to prepare for 50K, 50-mile to 100K, and 100-mile ultramarathons. Start your ultra with confidence and finish it strong with Hal Koerner's Field Guide to Ultrarunning!

**16 week 50k training plan: Running Your First Ultra: Customizable Training Plans for Your First 50K to 100-Mile Race** Krissy Moehl, 2022-03-08 \*\*\*Updated and expanded new edition\*\*\* An Updated, Interactive Guide to Take Your Running to the Next Level With 20 years of running and competing around the world under her belt, Krissy Moehl is a top female ultramarathon runner, respected by her peers and an inspiration to runners everywhere. With enhanced chapter information, quotes from pillars in the sport and her updated training plans—including write-in running logs to keep track of progress—you'll be able to train for your first ultra like a pro. Moehl's experience translates into the most effective and easy-to-follow training method, broken down into phases to help all runners take it to the next level and accomplish their goals. She will guide you on everything from choosing the right race for you to injury prevention and picking the right gear. She also shares her love of the sport by providing helpful tips, bonus content and personal stories. With



this book, you will find all the resources and encouragement you need to succeed in challenging your mind and body with an ultramarathon!

**16 week 50k training plan:** *Relentless Forward Progress* Bryon Powell, 2013-10-04 Ready to Run an Ultramarathon? When you consider marathons, do you think, been there, done that? Like so many others, do you believe that humans were born to run? Do you seek a new challenge that tests your mental and physical limits? If you answered yes to any of these questions, then it's time to read *Relentless Forward Progress* and give ultramarathons a try! Veteran ultramarathoner and coach Bryon Powell shares insider know-ledge about training, racing, fueling, hydration, and much more. In this guide, you'll find: --Daily training plans for races from 50k to 100 miles --A crash course in how to trail run --Advice from some of the world's top ultrarunners --Proven strategies for race day success --Useful approaches for running uphill and downhill --What to look for in ultramarathon gear --Practical wisdom on speed work --Cross training ideas for running fitness and recovery --Tips on running barefoot --Inspiration to go farther than you've ever gone before

**16 week 50k training plan: 50-Mile Ultra-Marathon Training Schedule** Elite R N, 2020-01-09 An ultramarathon, also called ultra distance or ultra running, is any footrace longer than the traditional marathon length of 42.195 kilometres (26.219 mi). If Marathons have become too easy for you. What was once the pinnacle of achievement in a runner's life is now a stepping stone for extraordinary adventure in ultramarathoning. This book is training program In a more 16 weeks you can be ready for a 50-miles. This schedule is ideal for busy runners looking to take on an ultra-marathon. 50-Mile Ultra-Marathon Training schedule includes: 16 Week training plan — In a 16 weeks you can be ready for a 50-miles. This schedule is ideal for busy runners looking to take on an ultra-marathon. The Ultra Marathon training plan key.. Running Log — 16 Week for keep record training (Duration, Distance, Average Pace)

**16 week 50k training plan:** *Running Times*, 2007-12 *Running Times* magazine explores training, from the perspective of top athletes, coaches and scientists; rates and profiles elite runners; and provides stories and commentary reflecting the dedicated runner's worldview.

**16 week 50k training plan: Running Past 50** Caolan MacMahon, 2024-10-28 As you move past the age of 50, the physiological demands of running require adjustments in training intensity, recovery, goal setting, and mental outlook. *Running Past 50* is your guide to addressing those demands so you can continue to enjoy, compete, and excel in the sport you love. Accomplished runner and coach Caolan MacMahon shares practical advice and her personal stories to guide and inspire you to set realistic yet challenging goals; adapt to the body's changing realities, including the female-specific changes brought on by menopause; identify the building blocks of successful training; establish and maintain an aerobic base; maximize training while minimizing injury; and incorporate rest and recovery more effectively into workouts or training cycles. Additionally, you will find 10-week training programs for beginner, intermediate, and advanced runners aiming to conquer a 5K or 10K; a half-marathon program for novice and intermediate runners; and 18-week training programs for marathon beginners, intermediate and advanced marathoners, and ultramarathoners. Both inspirational and practical, *Running Past 50* will help you achieve your goals by making the necessary shifts in thinking and training that lead to personal bests, fewer injuries, and a lifetime of running.

**16 week 50k training plan: Military Personnel Managers Mobilization Handbook**, 1987

**16 week 50k training plan: In It for the Long Run** Scott Ludwig, Vanessa Stroud, 2012-09 Multiple races of marathon distance or greater in a month...or perhaps in a weekend. Several unsupported runs of 50 and 100 miles through the mountains and forests several times a year. Have you ever considered running through a desert, across a frozen tundra or over multiple mountain ranges? Why not run for three days straight to see how many miles you can accrue? Welcome to a place where no locale is too inhospitable and no distance impossible. Welcome...to the Darkside. The Darkside Running Club, established in 2002 is a place where runners meet to express their love for distance running and camaraderie by spending countless hours and miles committed to doing what they enjoy most. They share a singular focus towards achieving goals far off in the distance, both

literally and figuratively. With their dedication and commitment you may believe the Darksider to be a professional athlete, or perhaps an Olympian. But you would be wrong: they are simply ordinary people doing extraordinary things in the sport they love: running. Highly competitive while never taking themselves too seriously, they strive to shave off minutes or perhaps hours while adding a mile or two...or twenty while pushing their limits further and further. The impossible becomes possible; dreams become reality. They won't take 'no' for an answer as they persevere to move beyond physical and emotional discomfort to finish what they started. Excuses don't exist. Their passion is contagious. So reader be warned: they're in it for the long run.

**16 week 50k training plan:** Good Housekeeping , 1975

**16 week 50k training plan:** **Working Mother** , 2002-10 The magazine that helps career moms balance their personal and professional lives.

**16 week 50k training plan:** **Directory of Legal Employers** , 1994

**16 week 50k training plan:** Running Through the Wall Neal Jamison, 2014-04-30 WHAT'S IT LIKE TO RUN FOR 30, 50, OR 100 MILES? This book is a great inspiration not only to current ultrarunners, and to marathoners looking for the next challenge—but also to runners of all abilities, who will see that there is nothing you can't do if you have the desire. What makes ultrarunners tick? What goes through their minds at mile 93? How can you train for such a colossal undertaking? These questions and many more are answered in this inspiring collection of 39 personal stories from ultramarathoners. Ultramarathoning is the logical next step for those who burn with a desire to explore their limits, and beyond. It is impossible to run ultra distances without coming away with at least one fascinating story. This book is full of them. There are stories of fatigue, blisters, nausea, and despair. But the ultrarunner prevails to find hope, love, healing, self-discovery, friendship, selflessness, and in the end, for most, triumph. Learn what it feels like to run an ultra from the champions, the newcomers, and the veterans of the sport. A few brief excerpts: "I left Edinburg witnessing my second sunrise on this run. Most ultrarunners dread dawn—the hours from 4:00 to 6:00 a.m.—primarily because this is when fatigue sets in." —Keith Knipling "It would be hours before we'd see the first aid station, and probably close to two days before we'd have dry feet again!" —Deb Pero "I'm 95 miles into a 100-miler, it's over 100 degrees out, my legs are shot, I'm a few scant minutes ahead of Ann and Gabriel, and my pacer is stopped dead in the trail for fear of a skunk?" —Tim Twietmeyer "Ultrarunning is without question the most feared aspect of adventure racing." —Ian Adamson "The urge to quit right there was overwhelming, but I was still in the race. Perhaps a miracle would happen and I could get in under the four hours it would take to make the next cutoff. I thanked the aid station captain and plunged into the darkness." —Will Brown "It was time to put all the viable excuses aside and look inside." —Tracy Baldyga "I think I quit about 20 times during the race, mostly between the time the sun went down and the time that I finally walked away. Reality sets in when it gets dark. The trail gets lonely." —Jason Hodde "During every race you are faced with a moment of truth, a point in the race when you either quit or persevere to the end. Every person who finishes an ultramarathon has accomplished a great feat, simply because they finished." —Bethany Hunter

**16 week 50k training plan:** **Federal Register** , 1992-01-12

**16 week 50k training plan:** **Computerworld** , 1985-01-14 For more than 40 years, Computerworld has been the leading source of technology news and information for IT influencers worldwide. Computerworld's award-winning Web site (Computerworld.com), twice-monthly publication, focused conference series and custom research form the hub of the world's largest global IT media network.

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