

TRAIL RUNNING TRAINING PLAN 20-50 km

Requirement: Some trail running experience or completion of the beginner plan.

Ziel: A trail running race over 20-50 km with 1,000-2,000 m of elevation gain.

Week	Phase	Session 1	Session 2	Session 3	Session 4	Strength & Stability
1	Base	50 min easy run	60 min trail run on flat terrain, focus on technique	50 min easy run	-	2x basic strength: single leg squats, step ups, plank
2	Base	55 min easy run	65 min trail run with the first climbs, 200-300 m elevation gain	55 min easy run	-	2x strength: lunges, calf raises, core
3	Base	60 min easy run	70 min trail run with uphill and downhill focus, 300-400 m elevation gain	60 min easy run	-	2x strength: single leg exercises plus ankle stability
4	Recovery	40 min easy run	45 min trail run on easy terrain	-	-	1x light mobility session
5	Build	65 min easy run	75 min trail run with 4 hill intervals, 3 min each, 400 m elevation gain	60 min easy run	-	2x strength: step downs, single leg squats
6	Build	65 min easy run	80 min trail run with a long climb and downhill sections, 500 m elevation gain	65 min easy run	-	2x strength plus core stability
7	Build	70 min easy run	85 min trail run with 5 hill intervals, 4 min each, 500-600 m elevation gain	65 min easy run	-	2x strength with an eccentric focus
8	Recovery	45 min easy run	50 min trail run on easy terrain	-	-	1x light mobility session

9	Development	70 min easy run	90 min trail run with 600-700 m elevation gain, test your race pace	70 min easy run	45 min easy run	2x strength plus balance
10	Development	75 min easy run	95 min trail run with a long climb and technical downhill, 700 m elevation gain	70 min easy run	50 min easy run	2x strength: step downs plus core
11	Development	75 min easy run	100 min trail run with 800 m elevation gain, consciously practise your uphill hiking strategy	70 min easy run	50 min easy run	2x strength with an eccentric focus
12	Recovery	50 min easy run	55 min trail run on easy terrain	-	-	1x light mobility session
13	Specific	80 min easy run	110 min trail run with 900 m elevation gain, using race gear and nutrition	75 min easy run	55 min easy run	2x race specific strength
14	Specific	80 min easy run	115 min trail run with a long climb and downhill focus, 1,000 m elevation gain	75 min easy run	55 min easy run	2x strength plus core
15	Specific	85 min easy run	120 min trail run with 1,000-1,100 m elevation gain, test your nutrition strategy	80 min easy run	60 min easy run	2x strength
16	Recovery	55 min easy run	60 min trail run on easy terrain	-	-	1x light mobility session
17	Peak	85 min easy run	130 min trail run with 1,100-1,200 m elevation gain, back to back day 1	120 min trail run with 800 m elevation gain, back to back day 2	60 min easy run	1x light strength
18	Peak	90 min easy run	140 min trail run, your longest run, 1,200-1,400 m elevation gain	80 min easy run	60 min easy run	2x strength

19	Peak	85 min easy run	135 min trail run, back to back day 1, 1,000 m elevation gain	110 min trail run, back to back day 2, 700 m elevation gain	60 min easy run	1x light strength
20	Recovery	55 min easy run	60 min trail run on easy terrain	-	-	1x light mobility session
21	Tapering	75 min easy run	90 min trail run with 700-800 m elevation gain at an easy pace	70 min easy run	-	1x light strength
22	Tapering	65 min easy run	75 min trail run with 500 m elevation gain, easy pace	60 min easy run	-	1x light mobility session
23	Tapering	50 min easy run	55 min trail run with 300 m elevation gain and a few short pick ups	40 min easy run	-	1x light mobility session
24	Race	20 min easy warm up jog	Race day	Recovery	-	No strength training

Notes on the Plan:

- An easy run means an effort of around RPE 4-5 out of 10. You should still be able to chat comfortably.
- Run hill intervals uphill at a strong, controlled effort, around RPE 7-8. Walk back down easily and use the descent for active recovery.
- Start using your hiking strategy consciously from week 11. On climbs steeper than 20-25 %, brisk hiking is often more efficient than running.
- Only introduce back to back sessions from week 17 onwards. Before that, the training load is too high for productive adaptation.
- From week 13 onwards, test your nutrition during every long session. Practise with gels, bars and fluids under realistic conditions.
- Recovery weeks every 4 weeks are essential, not optional.
- From week 13 onwards, use your race gear consistently during longer sessions.

And most importantly: listen to your body. It is always better to shorten a session than to push through at all costs. If you notice signs of overload, irritation or similar issues, speak to a medical professional sooner rather than later so you can react properly.