

TRAIL RUNNING TRAINING PLAN 50+ km

Note: Unlike the plans up to 50 km, this is not a fixed weekly schedule. For advanced runners, personal experience, training history and individual routines play a much bigger role. Instead, this plan gives you a 6 month phase structure, for example as preparation for your first ultra.

Requirement: Solid trail running base and first race experience on distances up to 50 km. | Recommended duration: 20-24 weeks.

Phase	Duration	Focus	Key sessions	Special considerations
1. Base	4-5 weeks	Build aerobic endurance and get used to elevation gain	Easy runs with a gradually increasing share of elevation gain, first longer trail sessions of 2-3 h, strength training 2x per week	No high intensity. Build volume before adding speed. Plan recovery weeks every 3-4 weeks
2. Build	5-6 weeks	Improve load tolerance and intensify downhill training	Longer trail runs of 3-4 h, targeted hill intervals, eccentric strength training, first nutrition strategy tests during training	Introduce the first back to back sessions: two runs on consecutive days, starting at a moderate level
3. Specific	5-6 weeks	Simulate race conditions	Long runs with race gear and nutrition, 4-6 h, higher volume back to back sessions, first night run with a headlamp	Test your nutrition strategy consistently: practise eating solid food under load. Deliberately include bad weather sessions

4. Peak	3-4 weeks	Reach the highest race specific training load	The longest sessions of the entire plan, 5-7 h, back to back sessions on tired legs, night run as a mandatory session, full race simulation with required gear	Train mental resilience: do selected sessions when you are already tired and without an easy bail out option. Stick to recovery with discipline
5. Tapering	3 weeks	Let the body recover and build energy	Reduce volume to around 60 %, short easy runs, no strength training in the final week	Do not try to make up for missed sessions. Prioritise sleep, nutrition and mental preparation

Notes on the Phase Plan:

- Recovery weeks belong in every phase. Reduce volume by around 40-50 % every 3 weeks.
- Increase back to back sessions gradually. Introduce them moderately in phase 2, then make them a regular part of training in phases 3 and 4.
- Night runs become relevant from phase 3 onwards, especially for races where your expected time on course extends into the night.
- Start testing nutrition actively from phase 2. Practise with gels, solid food and electrolytes under realistic conditions.
- Individualisation matters: This plan is a framework. Adapt volume, intensity and session length to your personal situation.