

16-WEEK 50K TRAINING PLAN (5000FT GAIN)

Visit <https://www.trailandkale.com/tips/trail-marathon-50k-training-plan/> for our ultimate 50k training plan guide.

Target Race Stats for this plan: 50k trail race (~31 miles) & around 5,000ft elevation gain/loss

Week ↓	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Weekly Distance / Elevation ↓
1	Rest	ZONE 2 🏃 4 miles easy (↑ 300ft)	ZONE 4 🏃 3 miles hill repeats (↑ 800ft)	CORE 🚴 30 mins cross train	ZONE 3 🏃 3 miles (↑ 300ft)	Rest	ZONE 2 🏃 6 miles long run (↑ 1100ft)	16 miles ↑ 2500ft
2	Rest	ZONE 2 🏃 5 miles easy (↑ 500ft)	ZONE 4 🏃 3 miles hill repeats (↑ 800ft)	CORE 🚴 30 mins cross train	ZONE 3 🏃 3 miles (↑ 500ft)	Rest	ZONE 2 🏃 7 miles long run (↑ 1300ft)	18 miles ↑ 3100ft
3	Rest	ZONE 2 🏃 5 miles easy (↑ 500ft)	ZONE 4 🏃 3 miles hill repeats (↑ 800ft)	CORE 🚴 30 mins cross train	ZONE 3 🏃 4 miles (↑ 650ft)	Rest	ZONE 2 🏃 9 miles long run (↑ 1500ft)	21 miles ↑ 3450ft
4	Rest	ZONE 2 🏃 5 miles easy (↑ 500ft)	ZONE 4 🏃 4 miles hill repeats (↑ 1100ft)	CORE 🚴 30 mins cross train	ZONE 3 🏃 4 miles (↑ 800ft)	Rest	ZONE 2 🏃 10 miles long run (↑ 1500ft)	23 miles ↑ 3900ft
5	Rest	ZONE 2 🏃 6 miles easy (↑ 650ft)	ZONE 3 🏃 5 miles hill repeats (↑ 1300ft)	CORE 🚴 30 mins cross train	ZONE 3 🏃 4 miles (↑ 800ft)	Rest	ZONE 2 🏃 10 miles long run (↑ 1500ft)	25 miles ↑ 4250ft
6	Rest	ZONE 2 🏃 6 miles easy (↑ 650ft)	ZONE 3 🏃 5 miles hill repeats (↑ 1300ft)	CORE 🚴 30 mins cross train	ZONE 3 🏃 5 miles (↑ 1100ft)	Rest	ZONE 2 🏃 11 miles long run (↑ 1600ft)	27 miles ↑ 4650ft
7	Rest	ZONE 2 🏃 6 miles easy (↑ 650ft)	ZONE 3 🏃 5 miles hill repeats (↑ 1300ft)	CORE 🚴 30 mins cross train	ZONE 3 🏃 6 miles (↑ 1300ft)	Rest	ZONE 2 🏃 12 miles long run (↑ 1800ft)	29 miles ↑ 5050ft
8	Rest	ZONE 2 🏃 8 miles easy (↑ 800ft)	ZONE 3 🏃 5 miles hill repeats (↑ 1500ft)	CORE 🚴 30 mins cross train	ZONE 3 🏃 6 miles (↑ 1300ft)	Rest	ZONE 2 🏃 13 miles long run (↑ 2300ft)	32 miles ↑ 5900ft
9	Rest	ZONE 2 🏃 9 miles easy (↑ 1000ft)	ZONE 3 🏃 5 miles hill repeats (↑ 1600ft)	CORE 🚴 30 mins cross train	ZONE 3 🏃 7 miles (↑ 1600ft)	Rest	ZONE 2 🏃 14 miles long run (↑ 2500ft)	35 miles ↑ 6700ft
10	Rest	ZONE 2 🏃 9 miles easy (↑ 1000ft)	ZONE 3 🏃 6 miles hill repeats (↑ 1800ft)	CORE 🚴 30 mins cross train	ZONE 3 🏃 8 miles (↑ 1800ft)	Rest	ZONE 2 🏃 16 miles long run (↑ 2700ft)	39 miles ↑ 7300ft
11	Rest	ZONE 2 🏃 10 miles easy (↑ 1300ft)	ZONE 3 🏃 6 miles hill repeats (↑ 1800ft)	CORE 🚴 30 mins cross train	ZONE 3 🏃 8 miles (↑ 1800ft)	Rest	ZONE 2 🏃 18 miles long run (↑ 3000ft)	42 miles ↑ 7900ft

Week ▼	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Weekly Distance / Elevation ▼
12 <i>Peak Week</i>	Rest	ZONE 2 🏃 11 miles easy (↑ 1300ft)	ZONE 3 🏃 6 miles hill repeats (↑ 1800ft)	CORE 🚴 30 mins cross train	ZONE 3 🏃 6 miles (↑ 1300ft)	Rest	ZONE 2 🏃 26 miles long run (↑ 4000ft)	49 miles ↑ 8400ft
13	Rest	ZONE 2 🏃 9 miles easy (↑ 1000ft)	ZONE 3 🏃 4 miles hill repeats (↑ 1500ft)	CORE 🚴 30 mins cross train	ZONE 3 🏃 6 miles (↑ 1300ft)	Rest	ZONE 2 🏃 22 miles long run (↑ 3600ft)	41 miles ↑ 7400ft
14 <i>Taper</i>	Rest	ZONE 2 🏃 6 miles easy (↑ 600ft)	ZONE 3 🏃 4 miles hill repeats (↑ 1300ft)	CORE 🚴 30 mins cross train	ZONE 3 🏃 6 miles (↑ 1300ft)	Rest	ZONE 2 🏃 15 miles long run (↑ 2600ft)	31 miles ↑ 5800ft
15 <i>Taper</i>	Rest	ZONE 2 🏃 6 miles easy (↑ 600ft)	ZONE 3 🏃 3 miles hill repeats (↑ 1000ft)	CORE 🚴 30 mins cross train	ZONE 3 🏃 5 miles (↑ 1000ft)	Rest	ZONE 2 🏃 9 miles long run (↑ 1500ft)	23 miles ↑ 4100ft
16	Rest	ZONE 2 🏃 4 miles easy (↑ 500ft)	ZONE 3 🏃 3 miles mild hills (↑ 500ft)	Rest	Light jog or rest	Rest	ZONE 2 🏃 50 km RACE DAY (↑ 5000ft)	38 miles ↑ 6000ft

This plan assumes a base level of experience, including regularly running half marathon distances and some experience of running off-road and tackling 1,600ft+ of elevation gain/loss.
All runs should be on trail (not road) where possible, unless otherwise noted!