

16-WEEK 50K TRAINING PLAN (1500M 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 with 1,500m elevation gain/loss

Week ▼	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Weekly Distance / Elevation ▼
1	Rest	ZONE 2 6 km easy (↑ 100m)	ZONE 4 5 km hill repeats (↑ 250m)	CORE 30 mins cross train	ZONE 3 5 km (↑ 100m)	Rest	ZONE 2 10 km long run (↑ 350m)	26 km ↑ 800m
2	Rest	ZONE 2 8 km easy (↑ 150m)	ZONE 4 5 k hill repeats (↑ 300m)	CORE 30 mins cross train	ZONE 3 5 km (↑ 150m)	Rest	ZONE 2 12 km long run (↑ 400m)	30 km ↑ 1000m
3	Rest	ZONE 2 8 km easy (↑ 150m)	ZONE 4 5 km hill repeats (↑ 300m)	CORE 30 mins cross train	ZONE 3 6 km (↑ 200m)	Rest	ZONE 2 14 km long run (↑ 450m)	33 km ↑ 1100m
4	Rest	ZONE 2 8 km easy (↑ 150m)	ZONE 4 6 km hill repeats (↑ 350m)	CORE 30 mins cross train	ZONE 3 6 km (↑ 250m)	Rest	ZONE 2 15 km long run (↑ 450m)	35 km ↑ 1200m
5	Rest	ZONE 2 10 km easy (↑ 200m)	ZONE 3 7 km hill repeats (↑ 400m)	CORE 30 mins cross train	ZONE 3 6 km (↑ 300m)	Rest	ZONE 2 15 km long run (↑ 450m)	38 km ↑ 1350m
6	Rest	ZONE 2 10 km easy (↑ 200m)	ZONE 3 7 km hill repeats (↑ 400m)	CORE 30 mins cross train	ZONE 3 8 km (↑ 350m)	Rest	ZONE 2 17 km long run (↑ 500m)	42 km ↑ 1450m
7	Rest	ZONE 2 10 km easy (↑ 200m)	ZONE 3 7 km hill repeats (↑ 400m)	CORE 30 mins cross train	ZONE 3 10 km (↑ 400m)	Rest	ZONE 2 19 km long run (↑ 550m)	46 km ↑ 1550m
8	Rest	ZONE 2 13 km easy (↑ 250m)	ZONE 3 8 k hill repeats (↑ 450m)	CORE 30 mins cross train	ZONE 3 10 km (↑ 400m)	Rest	ZONE 2 21 km long run (↑ 700m)	52 km ↑ 1800m
9	Rest	ZONE 2 14 km easy (↑ 300m)	ZONE 3 9 km hill repeats (↑ 500m)	CORE 30 mins cross train	ZONE 3 12 km (↑ 500m)	Rest	ZONE 2 23 km long run (↑ 750m)	58 km ↑ 2050m
10	Rest	ZONE 2 14 km easy (↑ 300m)	ZONE 3 10 km hill repeats (↑ 550m)	CORE 30 mins cross train	ZONE 3 13 km (↑ 550m)	Rest	ZONE 2 25 km long run (↑ 800m)	62 km ↑ 2200m
11	Rest	ZONE 2 17 km easy (↑ 400m)	ZONE 3 10 km hill repeats (↑ 550m)	CORE 30 mins cross train	ZONE 3 13 km (↑ 550m)	Rest	ZONE 2 30 km long run (↑ 900m)	70 km ↑ 2400m

Week ▼	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Weekly Distance / Elevation ▼
12 <i>Peak Week</i>	Rest	ZONE 2 18 km easy (↑400m)	ZONE 3 10 km hill repeats (↑550m)	CORE 30 mins cross train	ZONE 3 10 km (↑400m)	Rest	ZONE 2 42 km long run (↑1250m)	80 km ↑2600m
13	Rest	ZONE 2 14 km easy (↑300m)	ZONE 3 8 km hill repeats (↑450m)	CORE 30 mins cross train	ZONE 3 10 km (↑400m)	Rest	ZONE 2 36 km long run (↑1100m)	68 km ↑2250m
14 <i>Taper</i>	Rest	ZONE 2 10 km easy (↑200m)	ZONE 3 7 km hill repeats (↑400m)	CORE 30 mins cross train	ZONE 3 10 km (↑400m)	Rest	ZONE 2 25 km long run (↑800m)	55 km ↑1800m
15 <i>Taper</i>	Rest	ZONE 2 10 km easy (↑200m)	ZONE 3 5 km hill repeats (↑300m)	CORE 30 mins cross train	ZONE 3 8 km (↑300m)	Rest	ZONE 2 15 km long run (↑450m)	40 km ↑1250m
16	Rest	ZONE 2 6 km easy (↑150m)	ZONE 3 4 km mild hills (↑150m)	Rest	Light jog or rest	Rest	ZONE 2 50 km RACE DAY (↑1500m)	60 km ↑1800m

This plan assumes a base level of experience, including regularly running half marathon distances and some experience of running off-road and tackling 500m+ of elevation gain/loss.
All runs should be on trail (not road) where possible, unless otherwise noted!