

50km Trek Training Plan

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Barnardo's

50km Trek Training Plan

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1	Core and optional easy walk 30mins	30mins walk to include 3 x 5mins brisk effort, 2 min easy effort recovery	Rest	10mins steady walking + 8 x 90s brisk up hill efforts with easy walk back recovery + 10mins steady walking	Rest	Optional cross training (swim, run, bike, cross trainer, rowing) Easy 30mins	Easy walk 90mins off road if possible
2	Core and optional easy walk 30mins	30mins walk to include 5 x 4mins brisk effort, 90s easy recovery	Rest	10mins steady walking + 10 x 90s brisk up hill efforts with easy walk back recovery + 10mins steady walking	Rest	Optional cross training Easy 30mins	Easy 1hr 45min off road if possible
3	Core and optional easy walk 30mins	40mins walk to include 5 x 5mins brisk effort, 90s easy recovery	Rest	10mins steady walking + 12 x 90s brisk up hill efforts with easy walk back recovery + 10mins steady walking	Rest	Optional cross training Easy 30-40mins	Easy 2hrs off road if possible
4	Core and optional easy walk 30mins	40mins walk to include 5 x 5mins brisk effort, 90s easy recovery	Rest	10mins steady walking + 6-8 x 2min brisk up hill efforts with easy walk back recovery + 10mins steady walking	Rest	Optional cross training Easy 30-40mins	Easy 2hr 20-30mins off road if possible
5	Core and optional easy walk 30mins	30-40mins walk to include 4 x 4mins brisk effort over a hilly route, 2mins easy effort recovery	Rest	40mins walk to include 3 x 5min brisk effort, 90s easy recovery	Rest	Optional cross training Easy 30-40mins	Easy 1hr 30-45mins off road if possible
6	Core and optional easy walk 30mins	45mins walk to include 6 x 5mins brisk effort, 90s easy recovery	Rest	10mins steady walking + 8 x 2-3min brisk up and down hill efforts with easy walk back recovery + 10mins steady walking	Rest	Optional cross training Easy 30-40mins	Easy 2hr 45mins-3hr walk off road
7	Core and optional easy walk 30mins	45mins walk to include 3 x 10mins brisk effort, 120s easy recovery	Rest	Optional cross training Easy 30-40mins	Rest	30-45min hilly 'fartlek' walk using landmarks	Easy 3hrs 30mins off road
8	Core and optional easy walk 30mins	50-60mins walk to include 3 x 10mins brisk effort, 90s easy recovery	Rest	Optional cross training Easy 45-60mins	Rest	30-45mins hill 'fartlek' walk using landmarks	3hr 45mins off road

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WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
9	Core and optional easy walk 30mins	40min 'out and back' walk – walk out for 20mins, turn and get back to the start 2–3 mins quicker over an undulating route	Rest	Optional cross training Easy 45-60mins	Rest	30-45min 'fartlek' walk using landmarks	4hr walk with the final 60-90mins to include brisk up hill efforts
10	Core and optional easy walk 30mins	40min walk to include 4 x 5mins brisk effort, 90s easy recovery	Rest	Easy 40mins cross training	Rest	Easy 30-40min walk	All easy 2hrs
11	Core and optional easy walk 30mins	40min 'out and back' walk – walk out for 20mins, turn and get back to the start 2–3mins quicker over an undulating route	Rest	Optional cross training Easy 45-60mins	Rest	45-60min 'fartlek' walk using landmarks	25km off road walk with 3 x 3km at a brisk effort over a undulating route
12	Core and optional easy walk 30mins	50min 'out and back' walk – walk out for 25mins, turn and get back to the start 2–3mins quicker	Rest	Optional cross training Easy 45-60mins	Rest	60min 'fartlek' walk using landmarks over a hilly route	Easy 4-5hr walk
13	Core and optional easy walk 30mins	45–60min with the final 25mins at a brisk effort over and undulating route	Rest	Optional cross training Easy 45-60mins	Rest	60min 'fartlek' walk using landmarks	30-32km off road walk with the final 10km to include brisk hills
14	Core and optional easy walk 30mins	45–60min with the final 25mins at a brisk effort over and undulating route	Rest	Optional cross training Easy 45-60mins	Rest	45min 'fartlek' walk using landmarks	2hr 30min walk off road with the final 60mins at a brisk effort over hills
15	Core and optional easy walk 30mins	40min walk to include 5 x 5mins brisk effort, 90s easy recovery	Rest	Optional cross training Easy 30-45mins	Rest	30min 'fartlek' walk using landmarks	Easy 90min relaxed walk
16	Core and optional easy walk 30mins	30-40min walk to include 3 x 5mins brisk effort, 90s easy recovery	Rest	Easy 15-20min walk	Rest	50km Trek! Good Luck!	Rest

Always substitute cross training for walking if you are injured, very sore or it is not safe to train outdoors. Please add a Core conditioning, Pilates or Yoga classes once or twice a week if you have time. Try to stretch everyday for at least 10mins. Fuel your long walks well with regular snacking on healthy carbohydrate and protein and sipping water throughout.

Email: info@runningwithus.com
Website: www.runningwithus.com

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