



CANCER
RESEARCH
UK

Together we are
beating cancer

Trek training plan 50k

running
withus



Trek training plan

50k

Getting started

Performance training and fitness development can feel complicated, with lots of conflicting advice – but it doesn't have to be.

Training

Your running, cross-training and conditioning sessions in this plan will progress over the weeks and become more specific to the distance you're training for.

Nutrition

You need to fuel your training and recovery correctly, so you have the right macro- and micro-nutrients in your body for energy to train hard, repair muscles and cells between sessions, and support your immune system, blood and bones.

Rest

Recovery between sessions is as critical to success as the training itself. Your body improves and progresses during these rest phases, rest days and as you sleep.

Things to consider

- Always substitute cross-training for walking if you're injured, very sore or it's not safe to walk.
- If you have time, add core conditioning, Pilates or yoga classes once or twice a week.
- Try to stretch every day for at least 10 minutes.
- Always eat within 20–30 minutes of finishing a walk.
- Always train at the specified efforts – don't walk too hard.
- Tiredness always catches up, so take extra rest if required.

'Fartlek' is Swedish term that literally means speed play. It involves several bursts of effort over a variety of distances with a variable recovery.



Trek training plan

50k

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Core + optional easy walk: 30 min	Walk: 30 min with 3 x (5 min brisk, 2 min easy)	Rest	Walk: 10 min steady, 8 x (1 min 30 sec brisk uphill, easy walk back), 10 min steady	Rest	Optional easy cross-training: 30 min	Long walk: 1 hr 30 min easy, off road if possible
2	Core + optional easy walk: 30 min	Walk: 30 min with 5 x (4 min brisk, 1 min 30 sec easy)	Rest	Walk: 10 min steady, 10 x (1 min 30 sec brisk uphill, easy walk back), 10 min steady	Rest	Optional easy cross-training: 30 min	Long walk: 1 hr 45 min easy, off road if possible
3	Core + optional easy walk: 30 min	Walk: 40 min with 5 x (5 min brisk, 1 min 30 sec easy)	Rest	Walk: 10 min steady, 12 x (1 min 30 sec brisk uphill, easy walk back), 10 min steady	Rest	Optional easy cross-training: 30–40 min	Long walk: 2 hr easy, off road if possible

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4	Core + optional easy walk: 30 min	Walk: 40 min with 4 x (4 min brisk over hill route, 2 min easy)	Rest	Walk: 10 min steady, 6–8 x (2 min brisk uphill, easy walk back recovery), 10 min steady	Rest	Optional easy cross-training: 30–40 min	Long walk: 2 hr 20 min– 2 hr 30 min easy, off road if possible
5	Core + optional easy walk: 30 min	Walk: 40 min with 4 x (4 min brisk over hill route, 2 min easy)	Rest	Walk: 10 min steady, 6–8 x (2 min brisk uphill, easy walk back recovery), 10 min steady	Rest	Optional easy cross-training: 30–40 min	Long walk: 1 hr 30 min– 1 hr 45 min easy, off road if possible
6	Core + optional easy walk: 30 min	Walk: 45 min with 6 x (5 min brisk, 1 min 30 sec easy)	Rest	Walk: 10 min steady, 8 x (2–3 min brisk uphill, easy walk back recovery), 10 min steady	Rest	Optional easy cross-training: 30–40 min	Long walk: 2 hr 45 min– 3 hr easy, off road
7	Core + optional easy walk: 30 min	Walk: 45 min with 3 x (10 min brisk, 2 min easy)	Rest	Optional easy cross-training: 30–40 min	Rest	Fartlek: 30–45 min hilly using landmarks	Long walk: 3 hr 30 min easy, off road

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8	Core + optional easy walk: 30 min	Walk: 50 min–1 hr with 3 x (10 min brisk, 1 min 30 sec easy)	Rest	Optional easy cross-training: 45 min–1 hr	Rest	Fartlek: 30–45 min using landmarks	Long walk: 3 hr 45 min, off road
9	Core + optional easy walk: 30 min	Out and back walk: 40 min, with 20 min out, get back 2–3 min quicker	Rest	Optional easy cross-training: 45 min–1 hr	Rest	Fartlek: 30–45 min using landmarks	Long walk: 4 hr 30 min with navigation with hills and off- road sections
10	Core + optional easy walk: 30 min	Walk: 40 min with 4 x (5 min brisk, 1 min 30 sec easy)	Rest	Easy cross-training: 40 min	Rest	Easy walk: 30–40 min	Long walk: 2 hr easy
11	Core + optional easy walk: 30–40 min	Out and back walk: 40 min, walk out for 20 min, turn and get back to the start 2–3 min quicker over an undulating route	Rest	Optional easy cross-training: 45 min–1 hr	Rest	Fartlek: 45 min–1 hr using landmarks	Long walk: 25k off road with 3 x 3k brisk on undulating route

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12	Core + optional easy walk: 30 min	Out and back walk: 50 min, walk out for 25 min, turn and get back to the start 2-3 min quicker	Rest	Optional easy cross-training: 45 min-1 hr	Rest	Fartlek: 45 min-1 hr hilly using landmarks	Long walk: 25k off road with 3 x 3k brisk on undulating route
13	Core + optional easy walk: 30 min	Walk: 45 min-1 hr with last 25 min brisk on undulating route	Rest	Optional easy cross-training: 45 min-1 hr	Rest	Fartlek: 1 hr using landmarks	Long walk: 30-32k off road with final 10k to include brisk hills
14	Core + optional easy walk: 30 min	Walk: 45 min-1 hr with last 25 min brisk on undulating route	Rest	Optional easy cross-training: 45 min-1 hr	Rest	Fartlek: 45 min using landmarks	Long walk: 2 hr 30 min off road with last 1 hr brisk over hills
15	Core + optional easy walk: 30 min	Walk: 40 min with 5 x (5 min brisk, 1 min 30 easy)	Rest	Optional easy cross-training: 30-45 min	Rest	Fartlek: 30 min using landmarks	Long walk: 1 hr 30 min easy
16	Core + optional easy walk: 30 min	Walk: 30-40 min with 3 x (5 min brisk, 1 min 30 sec easy)	Rest	Easy walk: 15-20 min	Rest	Event day – good luck!	Rest