

20K TRAIL TRAINING PLAN

+ OUR TIPS

UTMB®
WORLD SERIES

**RUN
MOTION** COACH

RUNNERS SERVICE

OFFICIAL ONLINE COACH OF THE UTMB® WORLD SERIES

20K TRAIL TRAINING PLAN

SUCCEED IN YOUR 20K 🏆

	DAY 1	DAY 2	DAY 3	DAY 4
W-12	Strength training	Easy Jog 20min + Hills 3x5min r5'	Easy Jog 1h00	Hike/Run 2h00
W-11	Strength training	Easy Jog 30min + Downhills 8x1' r2'30	Easy Jog 1h15	Hike/Run 2h30
W-10	Strength training	Cycling 2h00	Active Endurance 50min	Hike/Run 1h30
W-9	Strength training	Easy Jog 40min + Hills 12x1min r1'30	Easy Jog 20min + 2x8km Active Endurance r4min	Hike/Run 2h30
W-8	Strength training	Easy Jog 20min + Hills 6x3min r3'	Easy Jog 1h15	Hike/Run 2h30
W-7	Strength training	Easy Jog 30min + Downhills 8x1' r2'	Easy Jog 30min + 3x6min Threshold r5min	Hike/Run 2h30
W-6	Strength training	Cycling 2h00	Easy Jog 1h00 + 5 strides	Hike/Run 2h00
W-5	Strength training	Easy Jog 30min + Downhills 8x1' r2'	Easy Jog 1h15	Hike/Run 2h30
W-4	Strength training	Easy Jog 40min + Hills 10x1min r1'30	Easy Jog 30min + 2x10min Threshold r5min	Hike/Run 2h30
W-3	Strength training	Easy Jog 20min + 2x6km Active Endurance r4min	Easy Jog 1h15	Hike/Run 2h00
W-2	Strength training	Easy Jog 30min + Hills 8x1min r1'30	Easy Jog 1h15 + 5 strides	Hike/Run 1h30
W-1	Easy Jog 50min	Easy Jog 30min + 3km Active Endurance	Easy Jog 20min + strides 4x15sec	D-Day



KEY WORKOUTS

Before each session, warm up for 15 to 20 minutes.

Afterwards, take 5 minutes to cool down and do some gentle stretching 🧘

SHORT & LONG UPHILLS 🏔️

Short (30s): To work on explosiveness ⚡ and power. Go all out uphill, then walk back down to recover.

Long (2 to 6 min): To build muscular endurance. Keep a steady, rhythmic stride at 70–80% of your max aerobic speed (MAS).

 [Our tips](#)

DOWNHILLS TIPS 👁️

On descents, focus on control rather than speed. Keep your knees bent, feet flat, and gradually relax your body.

Regularly practice 'letting go of the brakes' and challenging your muscles to become more efficient and protect your joints 🦵

 [Our tips](#)

HIKE-AND-RUN 🔥

The hike-and-run combines the muscular effort of **fast uphill walking** with the **cardio of running** on flat terrain. Its benefits:

- 🦵 Protect your joints on climbs
- 🧠 Train your mental toughness when facing difficulty
- 🦶 Improve your ability to change pace

 [Our tips](#)

STRENGTH TRAINING & CROSS-TRAINING ⚡

Strength work and complementary sports are your best allies 🤝

GENERAL STRENGTH TRAINING 💪

📌 2 × 15 MIN PER WEEK

Focus on core exercises, squats, and balance work. These movements strengthen your support muscles and help prevent injuries.

📱 [Full strength routine available on the app](#)

🦵 SQUAT

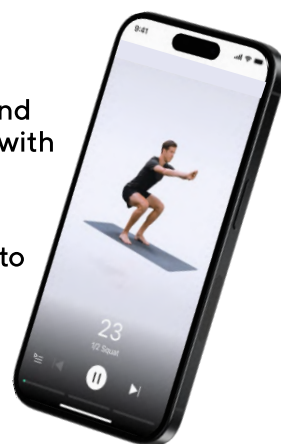
Strengthen your quads, hamstrings, and glutes to improve power and stability with every stride.

⚡ SINGLE-LEG SQUAT

Build balance and unilateral strength to help prevent imbalances and injuries.

🦵 LUNGE

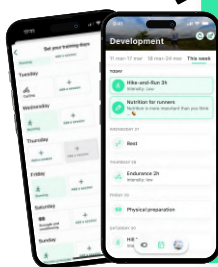
Strengthen your legs while improving hip mobility and stability.



 [Workouts available in RunMotion Coach](#)



🚴 [Improve with cycling](#)



🚴 CYCLING & SWIMMING 🏊

📌 STARTING FROM 1 SESSION PER WEEK

Perfect for building cardio without putting too much strain on your joints. Cycling simulates **uphill effort**, while swimming **improves your breathing** and overall core strength.

🔍 FOCUS ON THE "SHOCK WEEKEND"

Shock weekends are 2 to 3 days of **high training volume** (mixing hill work, hike-run sessions, etc.) designed to trigger a supercompensation effect and **better prepare** you for race conditions — **terrain, gear, and nutrition**.

📱 [Improve your trail performance with shock weekends](#)

Enjoy **1 month of Premium for free** 🎁 to try shock weekends in the app with the code: **UTMB1M** using [this link](#) (no commitment, no credit card required)

 [Discover recommended shock weekends on the app](#) 📱

🏔️ **Sample shock weekend for a 50K race**

Friday evening

40' easy run + 6 x 15" strides

Saturday morning

30' easy + 2 x 20' threshold + 10' easy

Saturday afternoon

3h cycling endurance or 2h easy run

Sunday

5h hike and run

