26-Week 100K Trail Training Plan

Printable week-by-week summary (not a day-by-day calendar).

Plan page: https://26weeks.ai/blog/training/ultra/26-week-100k-plan
Race date: (not set)

Week-by-week

Use this as a high-level map. Keep easy days easy, protect the long run, and avoid panic make-up workouts.

Week 1 — Base
Focus: Build time-on-feet and durability; keep it easy.
Long: Long easy time-on-feet (trail/road) + hiking practice
Key: Easy running + purposeful hiking
Key: Low-soreness strength

Week 2 — Base
Focus: Build time-on-feet and durability; keep it easy.
Long: Long easy time-on-feet (trail/road) + hiking practice
Key: Easy running + purposeful hiking
Key: Low-soreness strength

Week 3 — Base
Focus: Build time-on-feet and durability; keep it easy.
Long: Long easy time-on-feet (trail/road) + hiking practice
Key: Easy running + purposeful hiking
Key: Low-soreness strength

Week 4 — Base
Focus: Build time-on-feet and durability; keep it easy.
Long: Long easy time-on-feet (trail/road) + hiking practice
Key: Easy running + purposeful hiking
Key: Low-soreness strength
Cutback: yes (reduce load, keep rhythm).

Week 5 — Base
Focus: Build time-on-feet and durability; keep it easy.
Long: Long easy time-on-feet (trail/road) + hiking practice
Key: Easy running + purposeful hiking
Key: Low-soreness strength

Week 6 — Base
Focus: Build time-on-feet and durability; keep it easy.
Long: Long easy time-on-feet (trail/road) + hiking practice
Key: Easy running + purposeful hiking
Key: Low-soreness strength

Week 7 — Base
Focus: Build time-on-feet and durability; keep it easy.
Long: Long easy time-on-feet (trail/road) + hiking practice
Key: Easy running + purposeful hiking
Key: Low-soreness strength

Week 8 — Build
Focus: Add terrain specificity and back-to-back durability.
Long: Back-to-back long sessions (scaled) + fueling rehearsal
Key: Course-relevant hills + controlled descent
Key: Optional scaled back-to-back
Cutback: yes (reduce load, keep rhythm).

Week 9 — Build
Focus: Add terrain specificity and back-to-back durability.
Long: Back-to-back long sessions (scaled) + fueling rehearsal
Key: Course-relevant hills + controlled descent
Key: Optional scaled back-to-back

Week 10 — Build
Focus: Add terrain specificity and back-to-back durability.
Long: Back-to-back long sessions (scaled) + fueling rehearsal
Key: Course-relevant hills + controlled descent
Key: Optional scaled back-to-back

Week 11 — Build
Focus: Add terrain specificity and back-to-back durability.
Long: Back-to-back long sessions (scaled) + fueling rehearsal
Key: Course-relevant hills + controlled descent
Key: Optional scaled back-to-back

Week 12 — Build
Focus: Add terrain specificity and back-to-back durability.
Long: Back-to-back long sessions (scaled) + fueling rehearsal
Key: Course-relevant hills + controlled descent
Key: Optional scaled back-to-back
Cutback: yes (reduce load, keep rhythm).

Week 13 — Build
Focus: Add terrain specificity and back-to-back durability.
Long: Back-to-back long sessions (scaled) + fueling rehearsal
Key: Course-relevant hills + controlled descent
Key: Optional scaled back-to-back

Week 14 — Build
Focus: Add terrain specificity and back-to-back durability.
Long: Back-to-back long sessions (scaled) + fueling rehearsal
Key: Course-relevant hills + controlled descent
Key: Optional scaled back-to-back

Week 15 — Build
Focus: Add terrain specificity and back-to-back durability.
Long: Back-to-back long sessions (scaled) + fueling rehearsal
Key: Course-relevant hills + controlled descent
Key: Optional scaled back-to-back

Week 16 — Build
Focus: Add terrain specificity and back-to-back durability.
Long: Back-to-back long sessions (scaled) + fueling rehearsal
Key: Course-relevant hills + controlled descent
Key: Optional scaled back-to-back
Cutback: yes (reduce load, keep rhythm).

Week 17 — Build
Focus: Add terrain specificity and back-to-back durability.
Long: Back-to-back long sessions (scaled) + fueling rehearsal
Key: Course-relevant hills + controlled descent
Key: Optional scaled back-to-back

Week 18 — Peak
Focus: Race-specific long sessions + cutoff-aware pacing.
Long: Key long session with terrain focus + cutoff pacing practice
Key: Course-specific rehearsal + fueling
Key: Cutoff, kit or darkness practice

Week 19 — Peak
Focus: Race-specific long sessions + cutoff-aware pacing.
Long: Key long session with terrain focus + cutoff pacing practice
Key: Course-specific rehearsal + fueling
Key: Cutoff, kit or darkness practice

Week 20 — Peak
Focus: Race-specific long sessions + cutoff-aware pacing.
Long: Key long session with terrain focus + cutoff pacing practice
Key: Course-specific rehearsal + fueling
Key: Cutoff, kit or darkness practice
Cutback: yes (reduce load, keep rhythm).

Week 21 — Peak
Focus: Race-specific long sessions + cutoff-aware pacing.
Long: Key long session with terrain focus + cutoff pacing practice
Key: Course-specific rehearsal + fueling
Key: Cutoff, kit or darkness practice

Week 22 — Peak
Focus: Race-specific long sessions + cutoff-aware pacing.
Long: Key long session with terrain focus + cutoff pacing practice
Key: Course-specific rehearsal + fueling
Key: Cutoff, kit or darkness practice

Week 23 — Taper
Focus: Reduce load; keep a touch of specificity; arrive healthy.
Long: Shorter long session + mobility
Key: Short familiar terrain touch
Key: Recovery + race logistics

Week 24 — Taper
Focus: Reduce load; keep a touch of specificity; arrive healthy.
Long: Shorter long session + mobility
Key: Short familiar terrain touch
Key: Recovery + race logistics

Week 25 — Taper
Focus: Reduce load; keep a touch of specificity; arrive healthy.
Long: Shorter long session + mobility
Key: Short familiar terrain touch
Key: Recovery + race logistics

Week 26 — Taper
Focus: Race week: arrive rested. Any load range covers pre-race training only, excluding the race.
Long: The race replaces the long trail session. Keep other outings short and easy on familiar terrain.
Key: Brief familiar strides only if recovered; no back-to-back long sessions
Key: Rest, kit checks and practiced fueling preparation

Generated by 26weeks.ai. Always adjust for health, sleep, and life constraints.