

TRAIL & HIKE FESTIVAL Wörthersee

HOW TO: TRAIL & HIKE FESTIVAL Wörthersee 10 week plans



You are used to run 3-4 times á week? Your longest distance is actually about 30-40k? You want to race a real ultra with 65k and 1800m vertical gain? You already finished a half-marathon and you want to take the step to 31k now with some up- & downhill sections? This time on trails? You want to see how it feels to run lovely trails, and want to start with 14k and 340m vertical gain?

Here are the plans for your goal! You will start with a test- week to get your zones right. Afterwards we will hop into the plan with 3-4 sessions a week. The gain is to get you used to the trail running specific setting of running on trails, hiking & running uphill & downhill and being out there for a few hours.

Therefore all the plans have a weekly strength-session, long run sessions and power build sessions. All to get you in shape for your chosen distance!

TO GET THE PLAN CLICK HERE

K65: <https://www.trainingpeaks.com/training-plans/running/trail/tp-535974/hike-trail-worthersee-10-weeks-for-65k-1800>

K31: [TRAIL & HIKE FESTIVAL Wörthersee 31k +800 | running Training Plan | TrainingPeaks](#)

K14: [TRAIL & HIKE FESTIVAL Wörthersee 14k +320 | running Training Plan | TrainingPeaks](#)

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