



ULTRA-TRAIL AUSTRALIA: Plan Your Journey

Choose the
UTA race
distance that
best matches
your fitness



By Mark Green



ULTRA-TRAIL AUSTRALIA TRAINING GUIDE

The Ultra-Trail Australia: World-Class Trail Running Experience!

The Ultra-Trail Australia by UTMB is one of the most iconic trail running events in the Southern Hemisphere.

Held in the stunning Australian Blue Mountains, the event features a variety of terrain, including cliff tops, waterfalls, fire trails, native bush single tracks, and lots and lots of stairs!

Whether you're aiming for your first 11km trail race or taking on the recently added UTA Miler, this event is all about adventure, grit, and unforgettable scenery.

With five race distances to choose from — 11, 22, 50, 100, and Miler — the UTA caters to a broad spectrum of trail runners, from beginners to seasoned ultra-distance athletes. It is a celebration of community, endurance, and nature, and like all UTMB events, it is exceptionally well organised.





ULTRA-TRAIL AUSTRALIA TRAINING GUIDE

I have spent decades racing ultras and coaching runners. Having completed the UTA 11 times and won the UTA50 (a few years back), it is a personal favourite of mine.

Living in the Blue Mountains, I know exactly what it takes to prepare for this event.

I'm Mark Green — competitive runner for over 40 years, physiotherapist for almost 30, and founder of Streek, an online training platform built specifically to help trail runners improve performance while staying injury-free.

Our structured training plans have helped thousands of runners hit personal bests, cross big finish lines, and — most importantly — enjoy the journey along the way.

This guide is designed to help you choose the race distance that best matches your fitness, trail experience, and goals for UTA.

The training recommendations are drawn from our Streek UTA training plans. They outline the fitness level you should aim to reach 16 weeks before race day (or 12 weeks for UTA11 runners) in order to enjoy, and get maximum benefit from the plan.

If you complete our 12-week Base Training Plan before the race training block starts, you will arrive at the start of your race plan stronger, more resilient and better prepared to handle the training load.



Base Training and how it will help your UTA

The purpose of base training is to build a strong foundation of strength and aerobic fitness before moving into a race-specific plan. By preparing your body early, you'll handle more mileage, recover better, and reduce the risk of injury as training intensity increases.

Our base phase includes:

- Aerobic Runs – with guidance on using heart rate to train effectively.
- A Gradually Increasing Long Run – to steadily build endurance.
- Strides / Accelerations – short bursts to keep your form sharp and your legs quick.
- Stretching & Mobility – to improve flexibility and resilience.
- Progressive Strength & Stability Training (3x/week) – simple at-home workouts using kettlebells, a skipping rope, and a medicine ball if available.

Suggested starting fitness levels for the base training plan:

Beginner Plan

- Weekly volume: 19km (3–4 runs)
- Current long run: 6km

Intermediate Plan

- Weekly volume: 32km (4–5 runs)
- Current long run: 10km

Advanced Plan

- Weekly volume: 44km (4-5 runs)
- Current long run: 12km

Who benefits most from base training?

The base plan is highly recommended for anyone targeting the UTA50, UTA100, or UTA Miler, as well as runners aiming to race the UTA22 hard or chase a PB.

It's also ideal for athletes who have struggled with injuries or “niggles” when increasing mileage in the past.

The focus on low heart-rate runs, combined with stretching, mobility, and strength work, helps you build durability so you can train consistently and arrive at your goal event in peak condition.

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ULTRA-TRAIL AUSTRALIA TRAINING PLANS



**JOIN THE COMBINED BASE + RACE
PLANS AND SAVE**



ULTRA-TRAIL AUSTRALIA

DON'T JUST TAKE OUR WORD FOR IT

Testimonials: These training plans really work

"The UTA 22 program took me from a trail running novice to an age group podium in 12 weeks. I had only just purchased my first pair of trail shoes! The program is easy to follow and Mark is available to provide guidance along the way." Louise Rabbit, UTA 22km

Thanks for helping me tick a few things off my list this weekend.

First trail race. First marathon. First ultra with the UTA50.

I think the consistency of training really helped me get there. I'll be back to knock some significant time off next year now I know what to expect and how the body reacts to it all.

Greg Cooke, UTA 50km

I just wanted to say thank you for the awesome program, without it I don't think I would have been able to cope with what the UTA50 throws at you!! It was hard to mimic some of the sessions in Mount Isa due to the lack of hills but I got there!! I even achieved my goal of under 10hrs with 9hrs and 34min 🙌😊. Thank you from a first time UTA50KM.

Kristy Wernowski, UTA 50

Finished just in time to run across the line with the kids! Thanks Mark I couldn't have done it (and actually enjoyed it) without your coaching! And actually managed to back it up with the kids for their race in the morning! Epic weekend. Mark Avery, UTA 100km

I used your Ultra 50 plan for a trail run in the Snowy's. I loved the content of the plan, so much great (transferable) information and right on point every step of the way. Your plan got my body ready and over the line perfectly. I had total confidence in my journey and on the day (even though I am a total beginner). Thank you from one happy novice runner!!!! (It is the day after my run and I feel good!. Tammy Manna

UTA11: Short and punchy

Course Summary

The UTA11 is a short but punchy introduction to trail running. The course begins with a quick out-and-back road section to spread the field before hitting the clifftop singletrack, which is made up mostly of stairs.

At 6km, you reach the top of Fern Bower / Amphitheatre — a 1,000+ stair descent into Leura Forest. From Leura Forest, you have 5km of undulating and technical singletrack through to the base of the Furber Stairs.

After climbing the 951 Furber stairs you will arrive at the finish line puffing but chuffed.

This is a spectacular course with amazing views. It is challenging but achievable for almost everyone, provided you do some specific hill and stair training.

NB: Changes for UTA2026: The start time has moved to 12:30pm to allow people to travel up from Sydney on race morning.





UTA11: Short and punchy

Suggested starting fitness levels for our UTA11 plan (12 weeks)



Beginner Plan

- Weekly volume: 10–15km (3–4 runs).
- Current long run: 3–4km.
- Training focus: Mix of run/walk intervals, technique drills, mobility and strength.
- Goal: finish confidently, enjoy the atmosphere, and build trail experience.



Intermediate Plan

- Weekly volume: 20–25km (4–5 runs).
- Current long run: 5–6km.
- Training focus: Structured intervals, hill repeats, and trail technique practice.
- Goal: run the whole course steadily, improve personal performance.



Advanced Plan

- Weekly volume: 30–35km+.
- Current long run: 8km, including hills and technical terrain.
- Training focus: Tempo sessions, longer trail runs, pacing practice, stair work.
- Goal: race UTA11 with intent, pushing strong from start to finish.

UTA22: Deceptively challenging

Course Summary:

The UTA22 is a deceptively challenging half-marathon. It features more fire trail and less technical singletrack than the other courses, which makes it both fast and demanding.

The race starts with an 8.5km fire trail descent, and it is this downhill that has the potential to cause you the most trouble. You'll need strong legs for the descent, but you'll also need to pace yourself for the 8km of climbing that comes immediately after the descent.

At 16km you enter Leura Forest for 5km of technical undulating singletrack before reaching the base of the Furber Stairs. The final climb of 951 stairs takes you to the Scenic World finish line.





UTA22: Deceptively challenging

Suggested starting fitness levels for our UTA22 plan (16 weeks)



Beginner Plan

- Weekly volume: 20–25km (4 runs).
- Current long run: 7km.
- Training focus: climbing and descending strength, gradual long-run progression, mobility and stability.
- Goal: complete the course strong and proud.



Intermediate Plan

- Weekly volume: 30–35km (4–5 runs).
- Current long run: 9km.
- Training focus: hill workouts, downhill running, tempo intervals, and longer weekend trail runs.
- Goal: run the full course confidently and possibly set a PB.



Advanced Plan

- Weekly volume: 45–50km.
- Current long run: 11km on hilly trails.
- Training focus: race-specific pacing, nutrition practice, uphill/downhill reps, technical skills.
- Goal: race the course hard and finish fast.

UTA50: Stunning Ultra Event

Course Summary:

The UTA50 is an incredible step into the world of ultrarunning. After a short out and back on the road, you join the clifftop track which consists almost entirely of short punchy stair climbs and descents.

The clifftop takes you through to around 25km, where you cross Wentworth Falls and make your way onto a rocky, and usually muddy singletrack to QVH, the main race checkpoint.

From QVH, you follow the UTA22 course: a long fire trail descent followed by a long firetrail climb, then 5km through Leura Forest, and finally up the Furber Stairs to the finish.

The UTA50 showcases some of the Blue Mountains' very best trails and views. To run it well, you need stair strength and confidence on steep fire trail descents.

NB: Changes for UTA2026:

- The descent down the Giant Stairs and back up Fernbower has been removed to help reduce congestion on the course. This reduces the total vert on the course and should make it approximately 20 – 30 minutes faster.
- The start group window has been extended from 1.5hrs up to 3hrs to also help reduce congestion.

Here is a more detailed course description: [UTA50 Course Breakdown](#)

UTA50: Stunning Ultra Event

Suggested starting fitness levels for our UTA50 plan (16 weeks)

Beginner Plan

- Weekly volume: 35–40km.
- Current long run: 15km, including hills.
- Training focus: endurance, stairs, strength, mobility, progressive long runs.
- Goal: finish the event strong and steady.

Intermediate Plan

- Weekly volume: 45–50km.
- Current long run: 17km, including hills.
- Training focus: tempo intervals, progressive long runs, stair/hill training.
- Goal: steady, confident 50km with solid pacing and fuelling.

Advanced Plan

- Weekly volume: 60–65km+.
- Current long run: 19km, including hills and stairs.
- Training focus: Includes race-specific stair sessions, tempo runs, endurance-building long runs.
- Goal: race UTA50 at sustained effort from start to finish.





UTA100: Tough but rewarding

Course Summary:

The UTA100 is tough, demanding specific training to complete it in good shape. The first half of the course is more runnable, with plenty of hilly fire trail.

Between checkpoints 2 and 3, you'll tackle the out-and-back along Ironpot Ridge and a tricky farm paddock diagonal descent back to Megalong Road.

At around 50km, you climb Nellies Glen — a steep, technical stair section that really saps the energy from your legs. You'll reach the Aquatic Centre checkpoint tired, so refuelling here is critical for the next 45km.

From the Aquatic Centre you follow the UTA50 course along the clifftop past Wentworth Falls to QVH. The final stretch is the UTA22 course, finishing up the Furber Stairs.

Success in the UTA100 depends on stair strength, uphill endurance, downhill technique, pacing, and nutrition. That might sound daunting, but it's also the reason this event is so rewarding.



UTA100: Tough but rewarding

NB: Changes for UTA2026:

- The reintroduction of the Tarros Ladders – meaning there will now be two routes off Narrowneck – Tarros Ladders and Duncans Pass - this should make a big difference to congestion
- CP1 is now going to be on the Narrowneck firetrail before you reach Tarros Ladders – this should help to break up the flow of runners.
- The start group window is being increased from 1.5 hours up to 3 hours
- The descent down Giants and up Fernbower is being removed – this will remove the potential congestion with tourists using the Giant Stairs and also make the course approximately 20 – 30 minutes faster.
- Interestingly there is no talk of using the original Golden Stairs route again at the start of the UTA100 – which is probably due to the somewhat inconsistent weather-affected nature of them remaining open.

Here are some race reports for more insight:

- [Greg Jenkins UTA100 2024](#)
- [Katy Woods UTA100 2025](#)





UTA100: Tough but rewarding

Suggested starting fitness levels for our UTA100 plan (16 weeks)

Beginner Plan

- Weekly volume: 40–45km.
- Current long run: 17km, including hills and stairs.
- Training focus: climbing strength, pacing skills, mental endurance.
- Goal: complete the course steady, treat it as an adventure.

Intermediate Plan

- Weekly volume: 55–60km.
- Current long run: 20km, including hills and stairs.
- Training focus: long trail runs, stair/hill reps, tempo efforts, nutrition strategy.
- Goal: run smart, pace well, finish in control.

Advanced Plan

- Weekly volume: 70–75km.
- Current long run: 25km, including hills and stairs.
- Training focus: race-specific terrain training, stair reps, downhill strength, pacing and nutrition.
- Goal: competitive race effort and strong finish.



UTA MILER: Unlike any other UTA events

Course Summary:

The UTA Miler is a different beast than the other UTA events, and not only because of the distance. It starts in the Grose Valley, with huge climbs and descents that are unlike anything else at UTA. The scenery here is spectacular.

After a tough, technical, and relatively slow first 45km, you will cross the highway and make your way back to Narrowneck to connect with the UTA100 course. From 50–120km, expect a mix of steep singletrack and long hilly fire trails.

At 120km, you arrive at the Aquatic Centre checkpoint, and from there you will have 20km of stair running followed by the final descent down Kedumba into the Jamison Valley.

You climb out of the valley with a final last push up the Furber Stairs to the Scenic World finish line.

This is not an easy miler — far from it — but that's what makes it so rewarding.

Success depends heavily on pacing, especially in the early stages.



UTA MILER: Unlike any other UTA events

NB: Changes for UTA2026:

The start time is being shifted to Friday afternoon instead of Friday morning. The major impact of this will mean a lot more people having to run through the second night. It will also mean negotiating the hardest and most technical section of the course in the dark.

To help set your expectations of what can happen if you run through two full nights, watch this interview with [Kim Loane who ran UTMB](#) and experienced some fairly dramatic issues with hallucinating during his second night of running

Planning some strategic sleep breaks / power naps might need to be part of your race plan.

For more insight into the UTA miler and training for milers generally:

- [Greg Jenkins UTA Miler 2025 Race Report](#)
- [How to Train for a 100-Mile Event](#)



UTA MILER: Unlike any other UTA events

Suggested starting fitness levels for our UTA Miler plan (16 weeks)

Beginner Plan

- Weekly volume: 50–60km.
- Current long run: 20km, including hills, stairs, and technical terrain.
- Training focus: long back-to-back weekends, pacing strategies, fuelling and recovery planning.
- Goal: finish steady, embrace the journey.

Intermediate Plan

- Weekly volume: 60–70km.
- Current long run: 22km, including hills, stairs, and technical terrain.
- Training focus: fuelling, hydration, mental strength, hills and stairs.
- Goal: efficient pacing, finish strong through the night.

Advanced Plan

- Weekly volume: 70–80km+.
- Current long run: 25km, including hills, stairs, and technical terrain.
- Training focus: back-to-back strategy weekends, terrain-specific sessions.
- Goal: sustained, competitive performance over the full 160km.





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FINAL COMMENTS

- ✓ Be ready when entries open. The UTA will fill up in hours
- ✓ Book your accommodation in the mountains now
- ✓ There really is a distance for everyone
- ✓ Strength, stability, and technique will make a huge difference
- ✓ Join our training plans now and make every session count

Ready to Train Smarter?

Whether you're trying to make it to the finish line or you're chasing a personal best, your best chance of success is with a solid plan.

You will invest a lot of time in your training over the next few months, so investing in the right guidance will make every minute count.

Our Ultra-Trail Australia training plans are built by runners, for runners — with strength, technique, mobility, and smart periodisation baked in.

➡ Start [UTA Training Now](#)

Best of luck with your training,
Mark Green



**JOIN OUR ULTRA-TRAIL AUSTRALIA
TRAINING PLANS NOW**

[Join Now](#)