

2022

TRAIL RUNNERS' HABITS



www.itra.run

01 TRAIL RUNNERS' HABITS

INTRODUCTION

After 2 disrupted years, life is getting back to normal and Trail Running events have restarted in most countries. Our community is finally able to meet again, and fully enjoy the sport we all love.

As a non-profit association representing Trail Running worldwide, it is one of ITRA's goals to provide our community with relevant information about our discipline.

With this worldwide survey, we gathered information on Trail Runners' behavior and habits while training and racing. The results are briefly summarized below.

We would like to thank all the respondents for participating in the survey. We hope that you find the survey results interesting, as we certainly do. If you would like us to conduct surveys on other topics in the future, do let us know.

ONE TRAIL, ONE HEART.

02 THE SAMPLE

RUNNERS

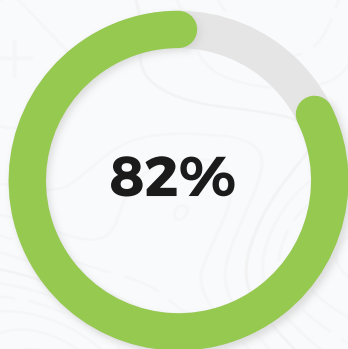


RUNNERS
9514

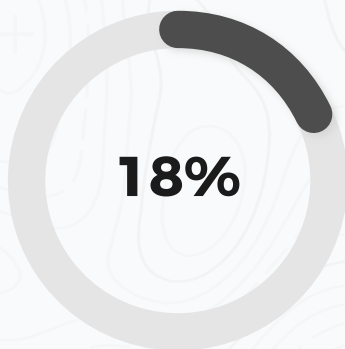


COUNTRIES
104

GENDER

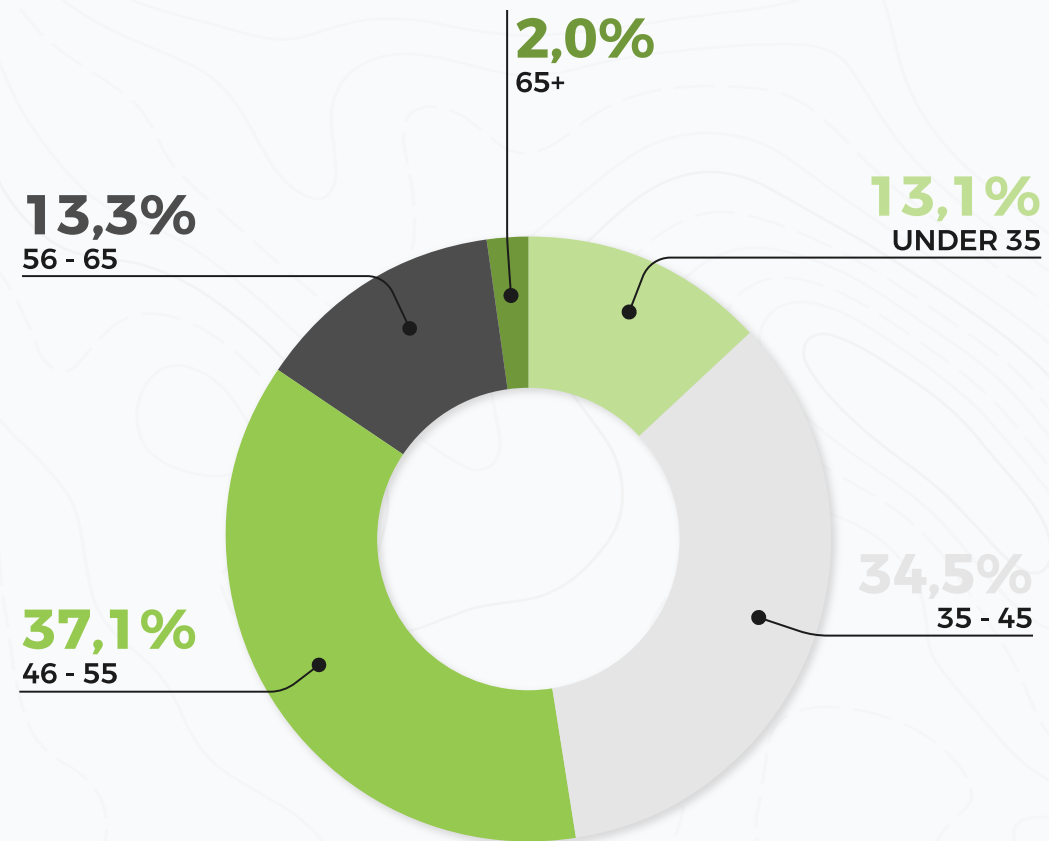


MEN
7801



WOMEN
1713

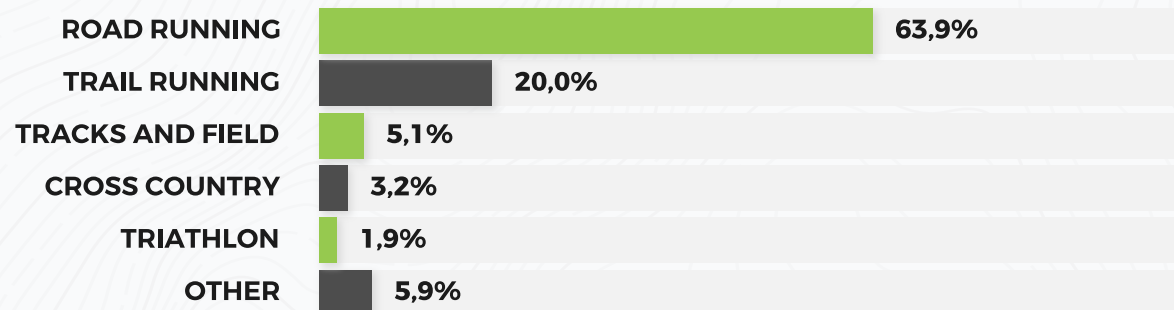
AGE



03 HOW IT STARTED

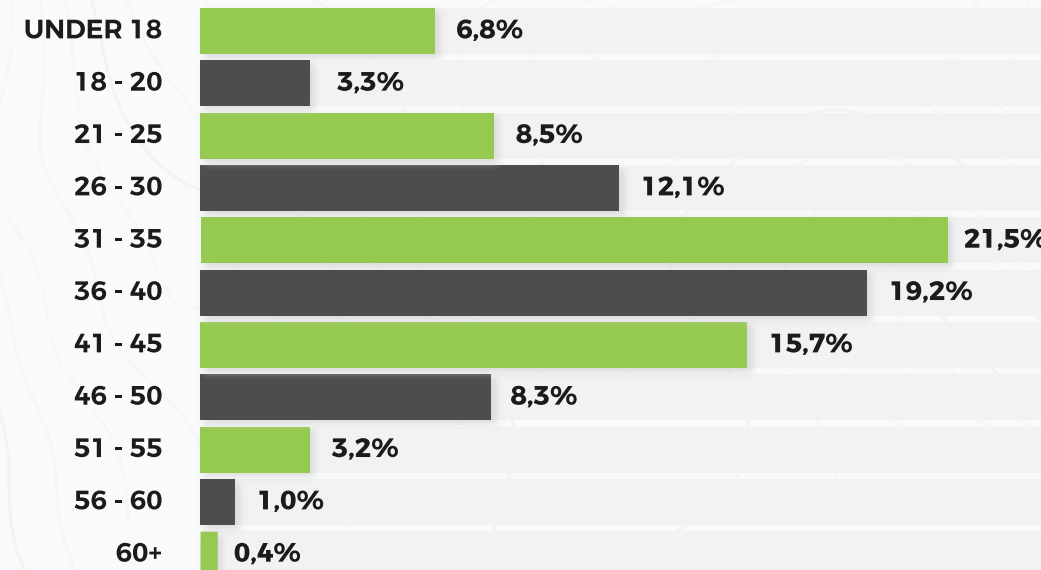
FIRST RUNNING EXPERIENCE

Your first running experience was?



START AGE

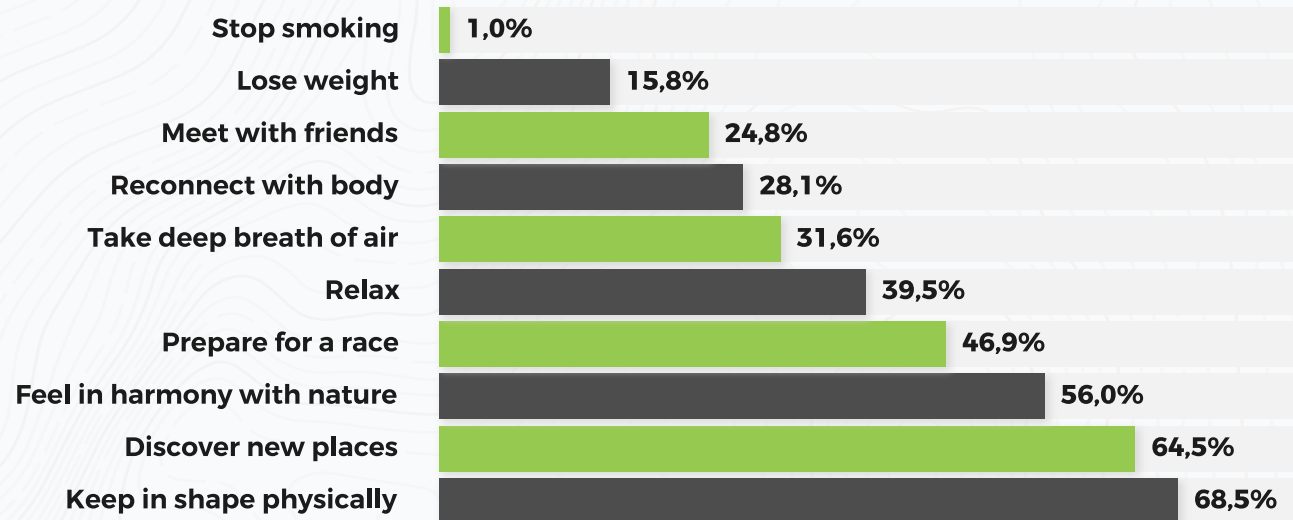
At what age did you start trail running?



03 HOW IT STARTED

MOTIVATION

What motivates you the most to do trail running?*

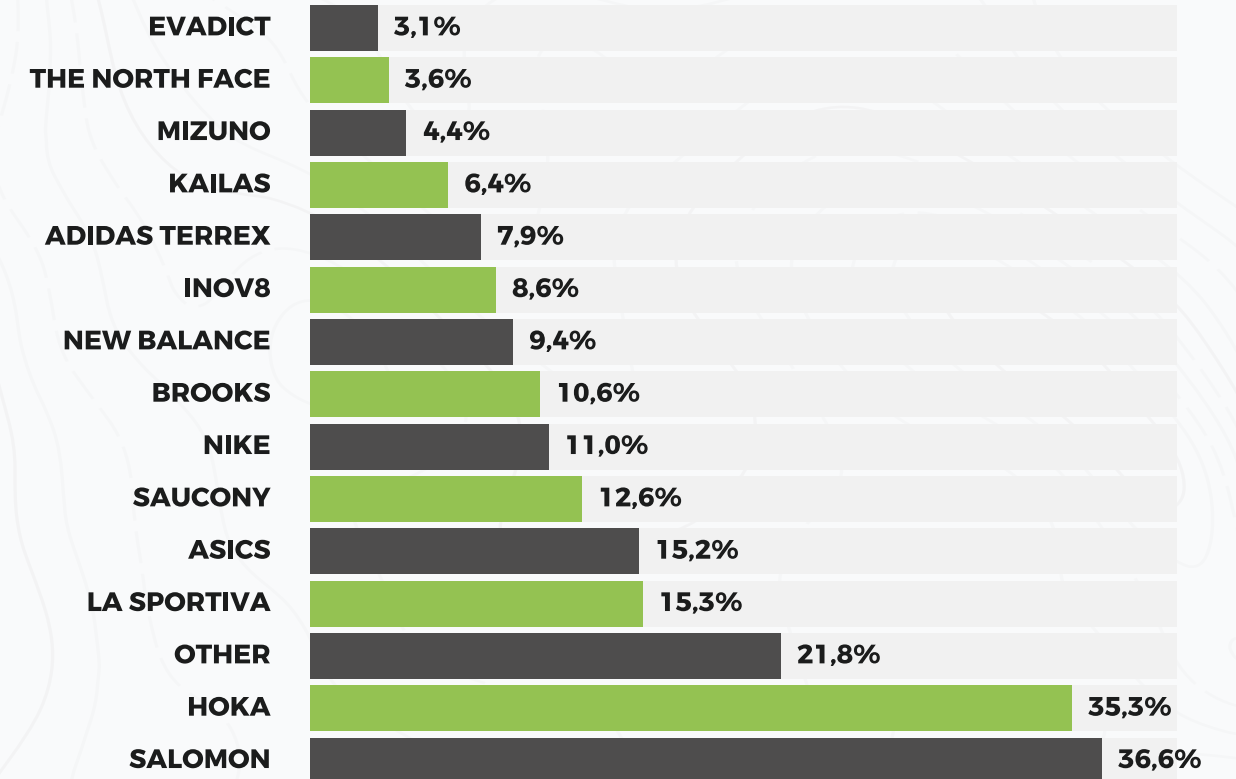
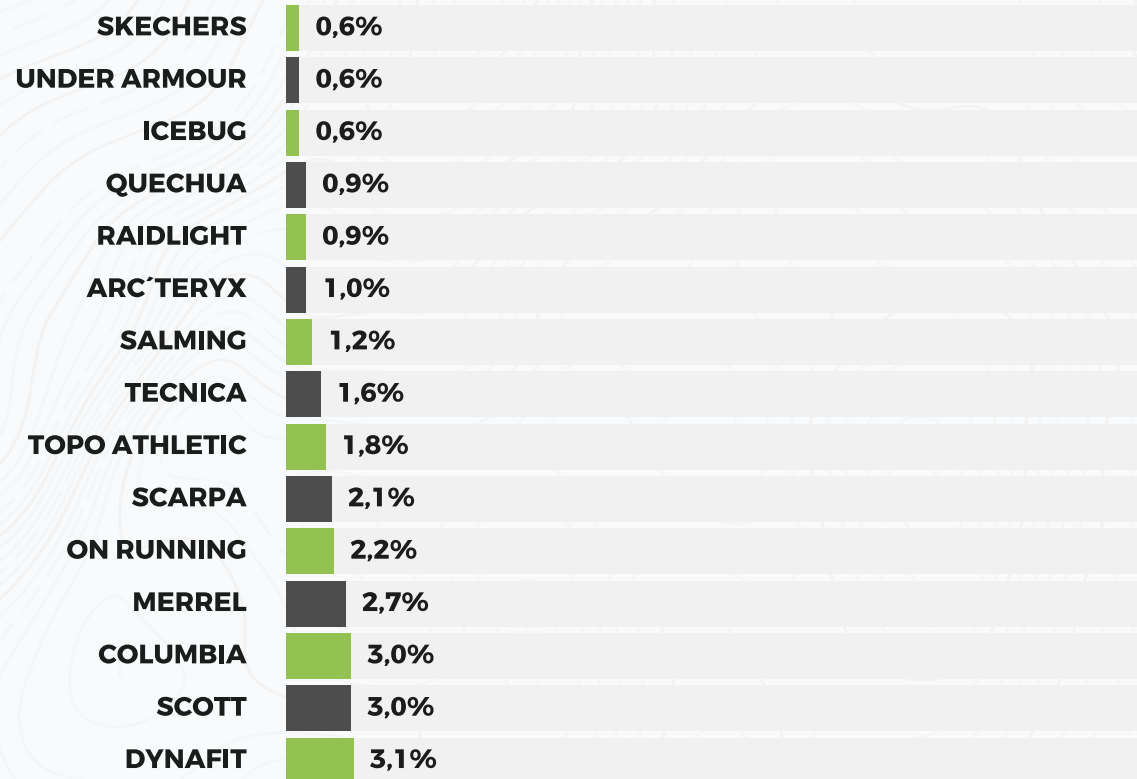


* This was a multiple-choice question and each runner could select multiple answers.
The percentages shown represent the choices of the 9.514 respondents.

04 TRAIL RUNNING EQUIPMENT

SHOES

Which brand(s) of trail running shoes do you use?*

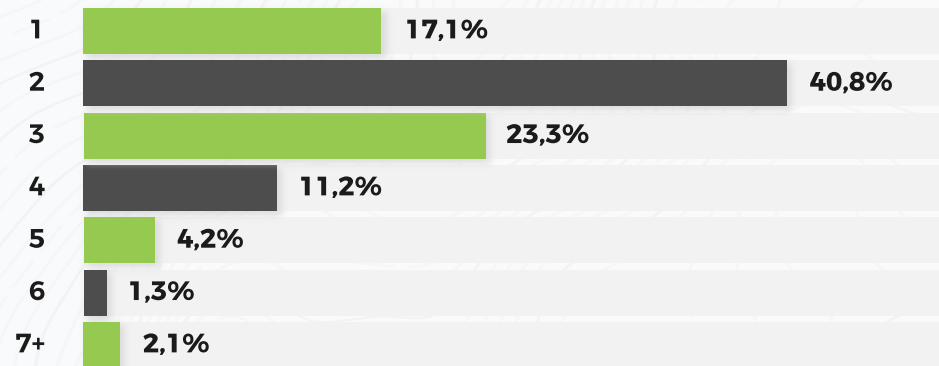


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04 TRAIL RUNNING EQUIPMENT

PAIRS OF SHOES PER YEAR

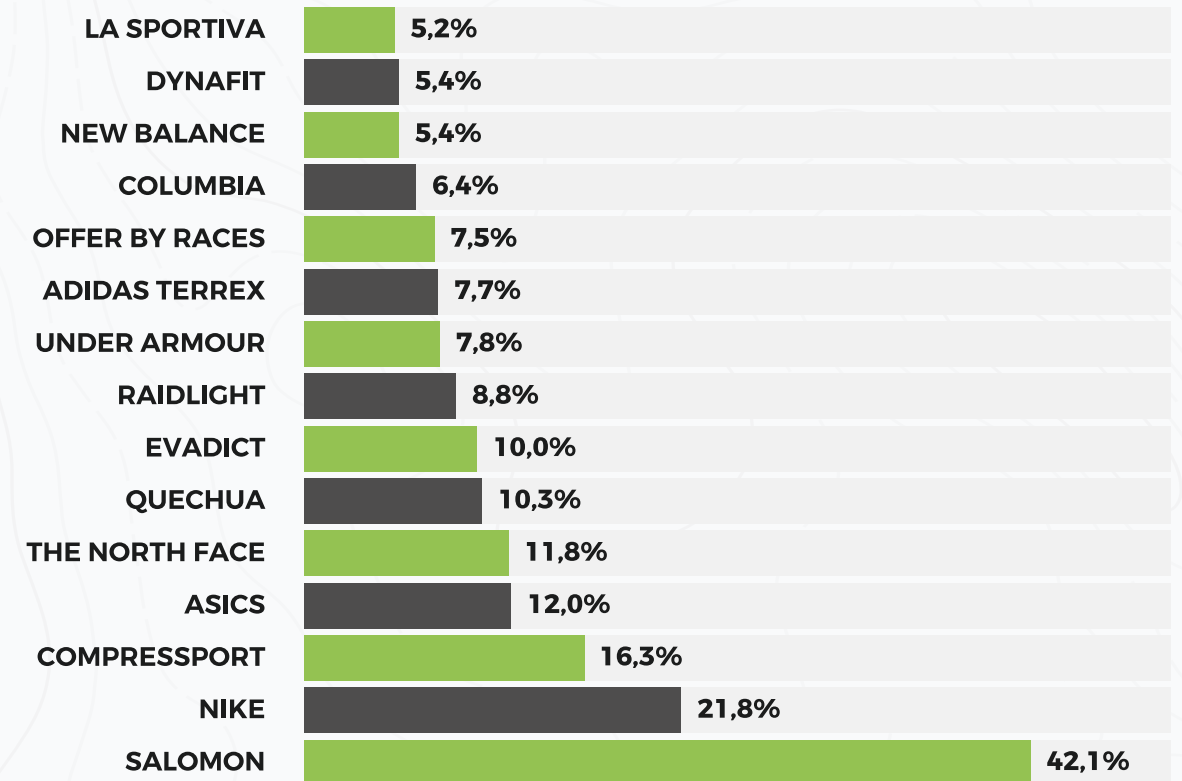
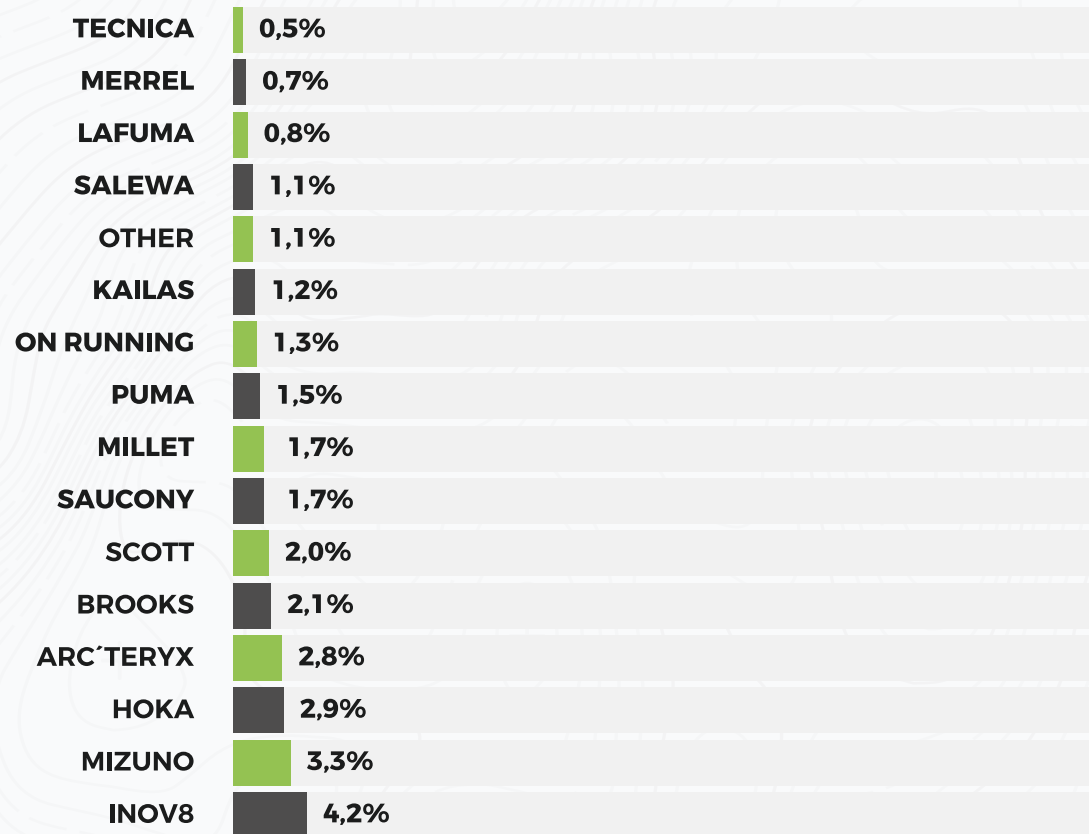
How many pairs of trail running shoes do you use per year?



04 TRAIL RUNNING EQUIPMENT

APPAREL

Which brand(s) of trail running apparel do you use?*

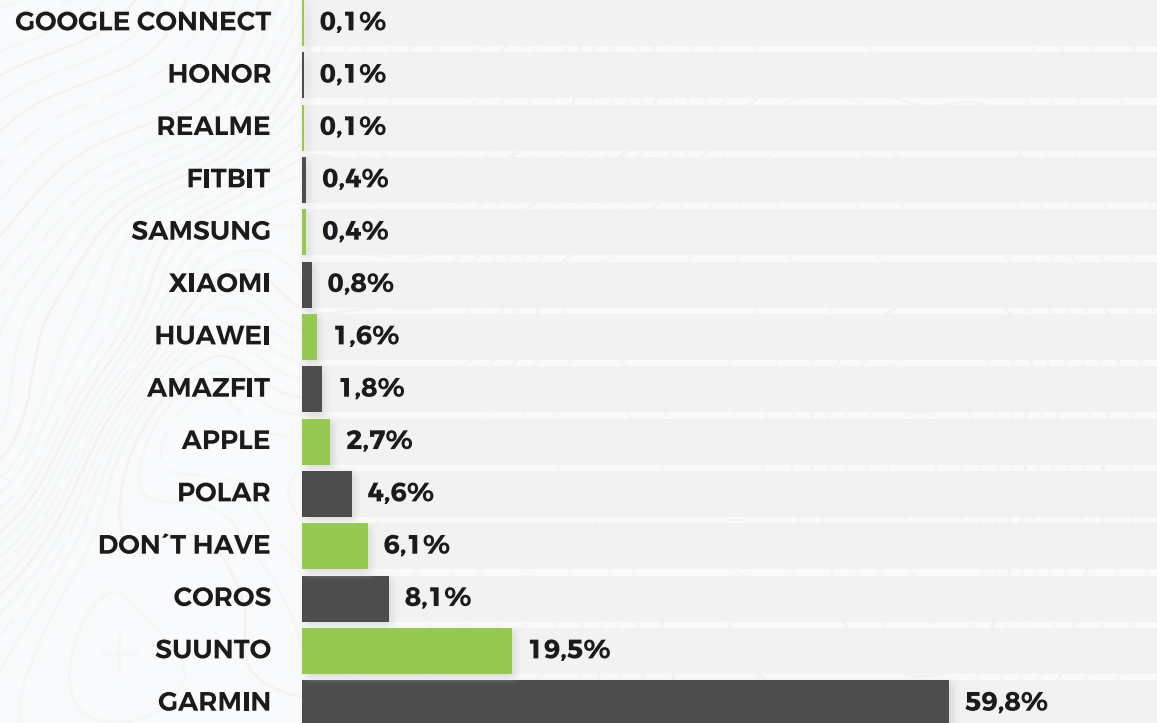


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04 TRAIL RUNNING EQUIPMENT

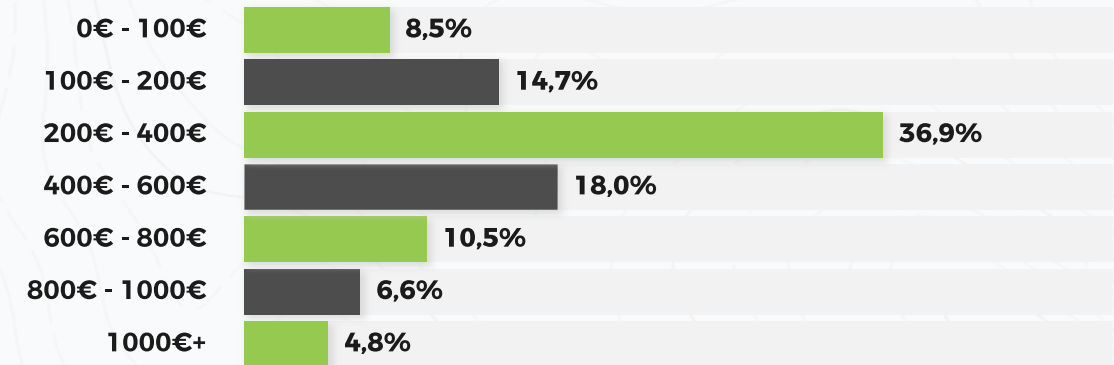
SMART WATCH

Which smart watch do you have?*



ANNUAL BUDGET FOR TRAIL RUNNING EQUIPMENT

What is your annual budget for trail running equipment?

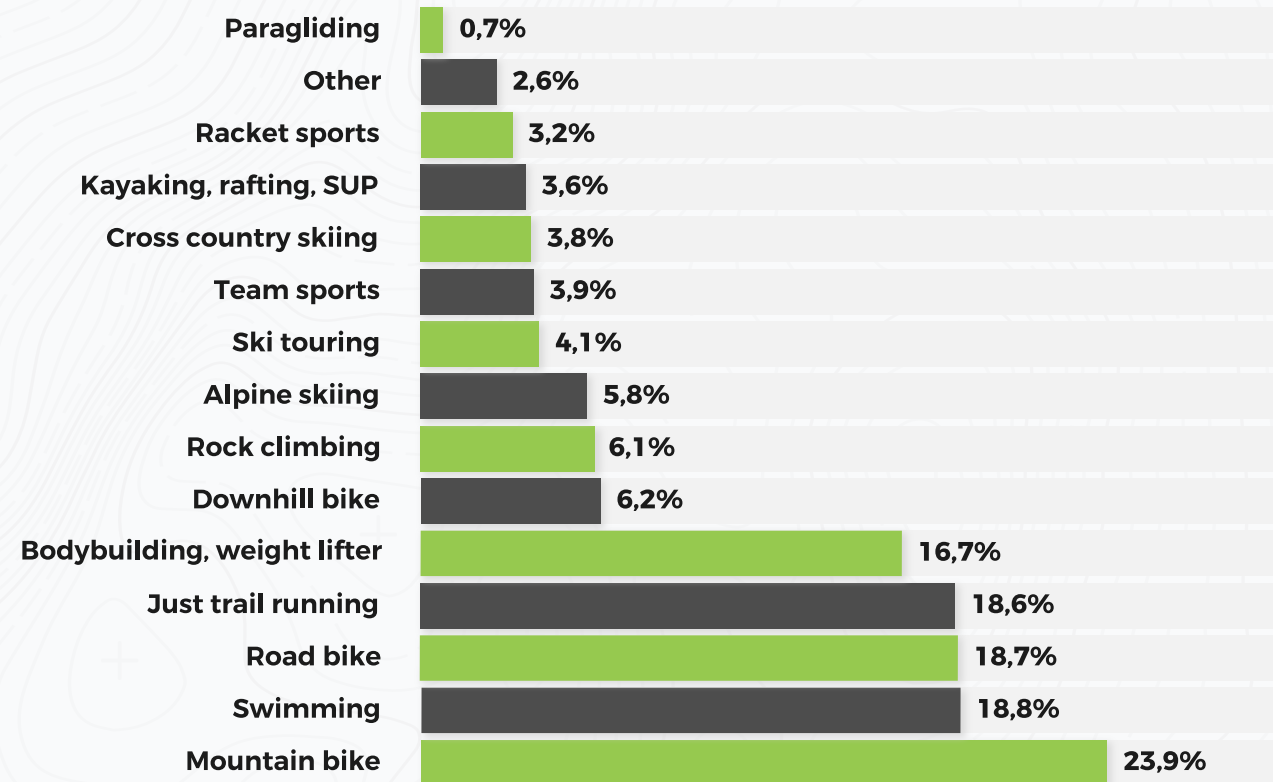


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05 TRAINING

OTHER SPORTS

Do you practise any other sports?*

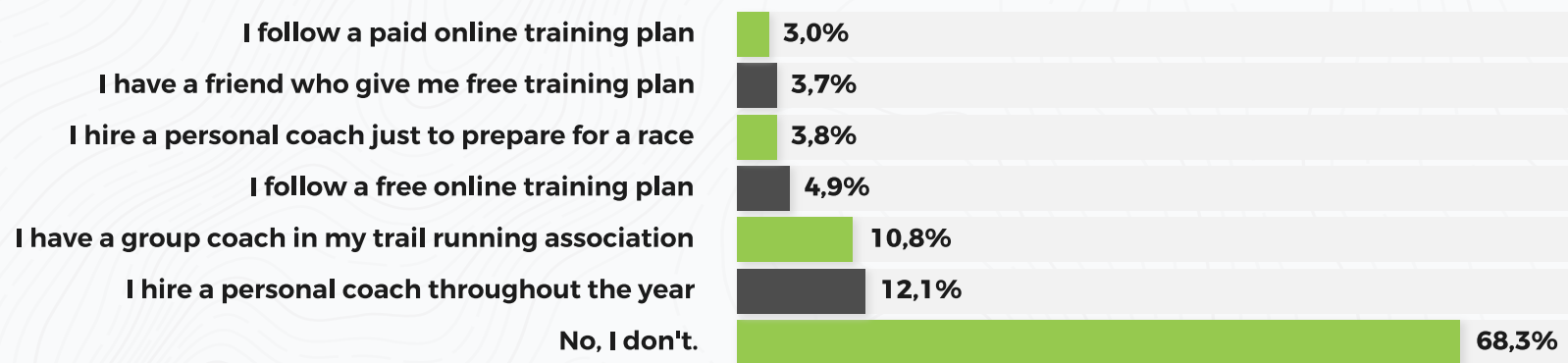


* This was a multiple-choice question and each runner could select multiple answers.
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05 TRAINING

COACH

Do you have a coach?*

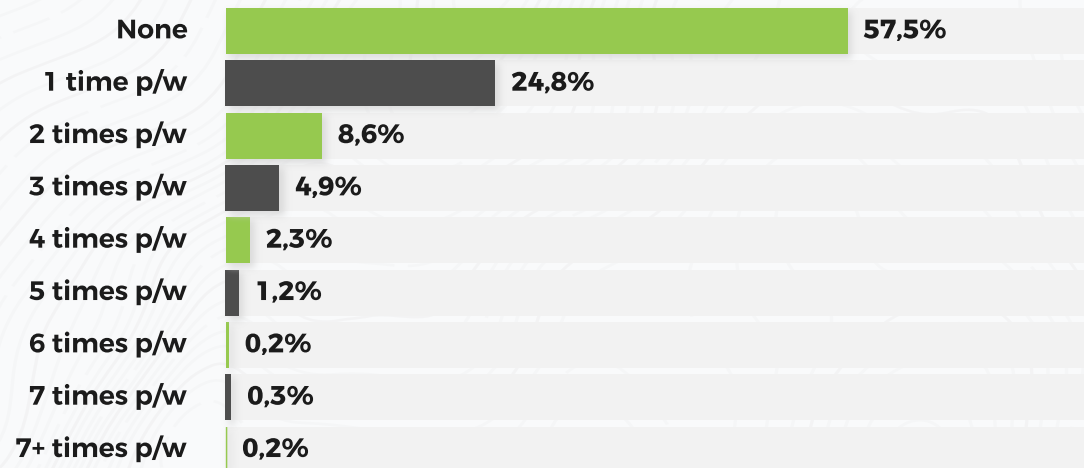


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05 TRAINING

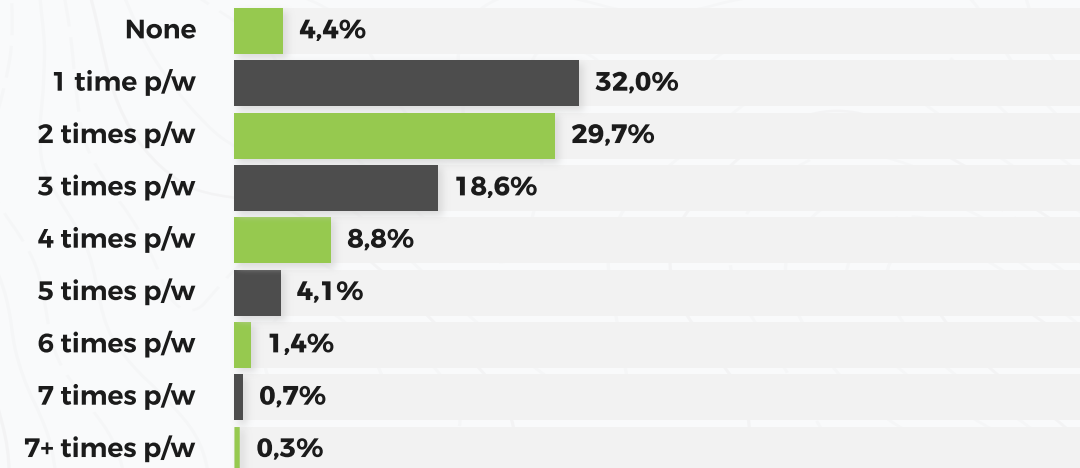
ROAD TRAINING

How many sessions do you run on road per week?



TRACK TRAINING

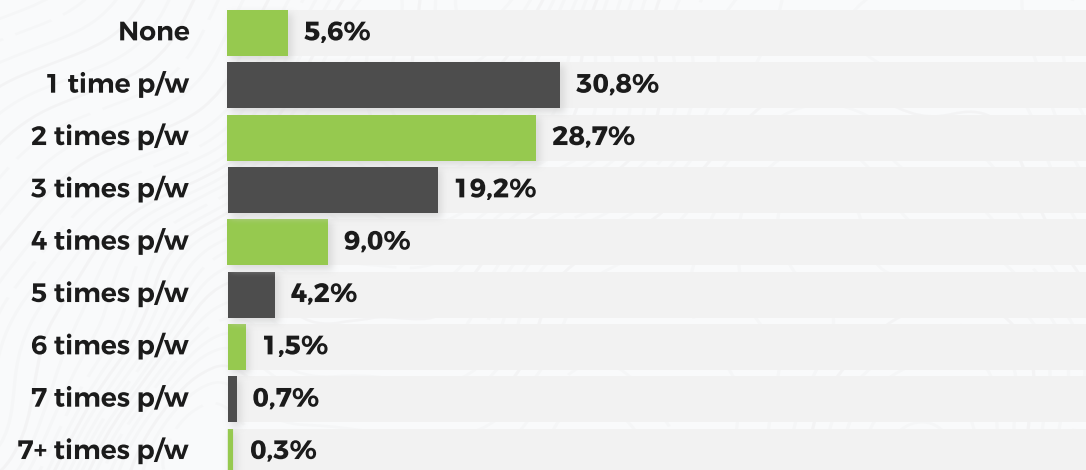
How many sessions do you run on track per week?



05 TRAINING

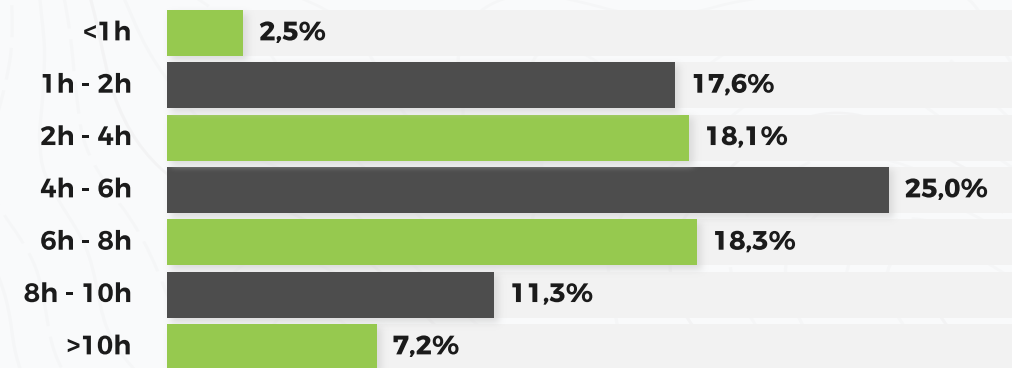
TRAIL TRAINING

How many sessions do you run on trail per week?



HOURS PER WEEK

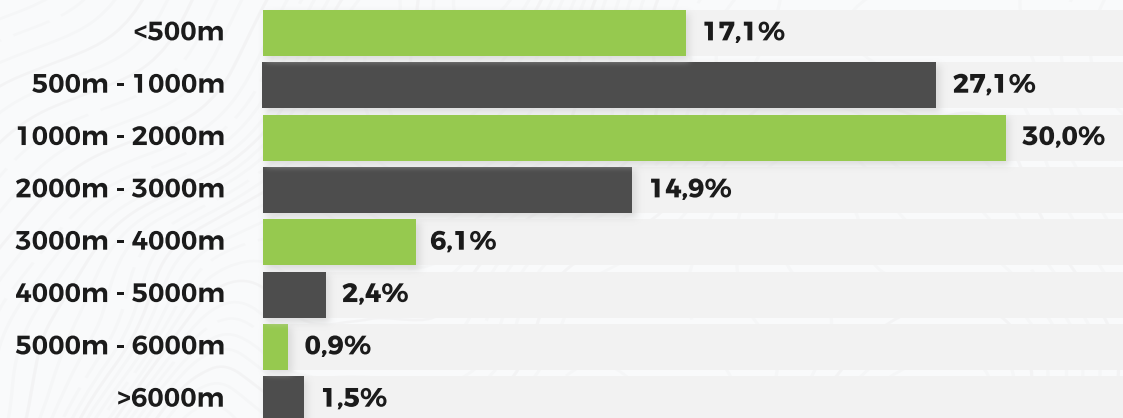
How many hours on average do you train per week? (running only)



05 TRAINING

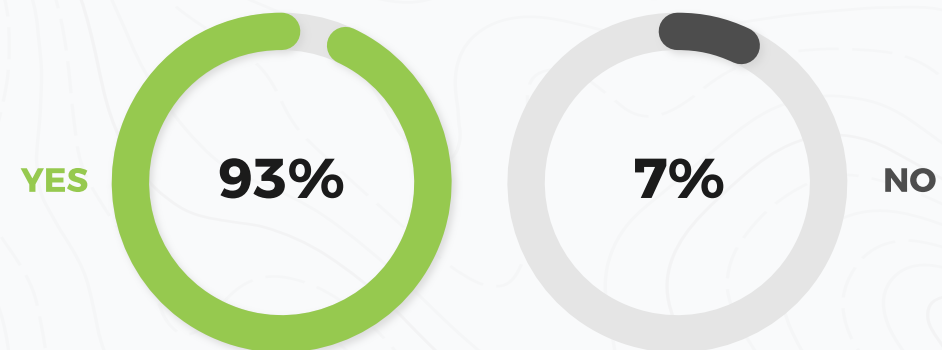
ELEVATION GAIN PER WEEK

How much elevation gain in meters on average do you do per week?
(excluding races)



LONG SESSIONS

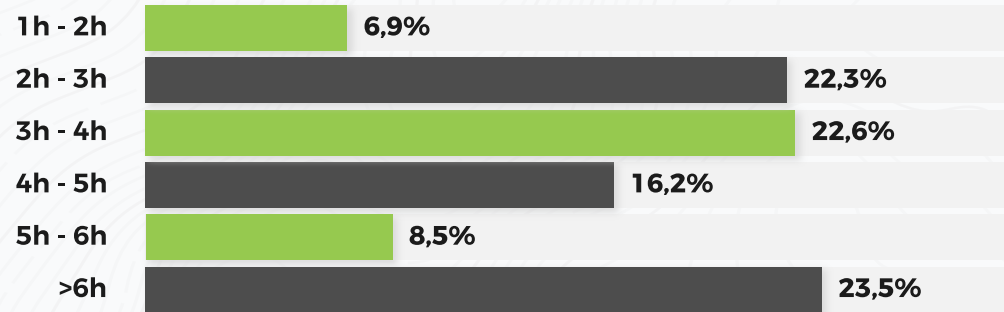
Do you include long running sessions in your training program?



05 TRAINING

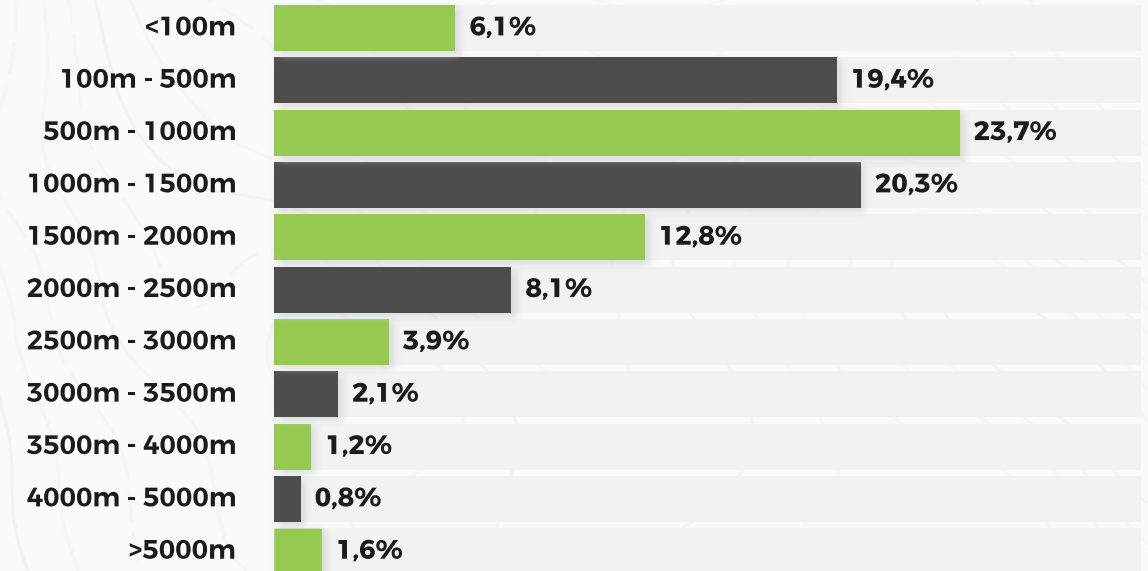
LONG SESSION DURATION

What is the duration of your longest running session?



ELEVATION GAIN

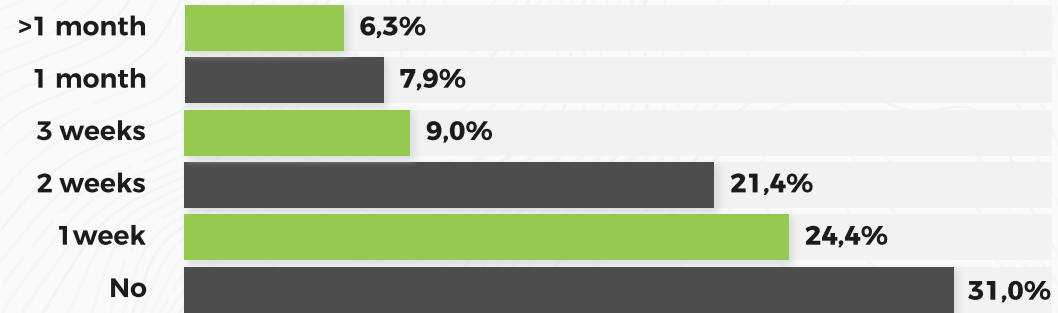
What is the average elevation gain of your long running sessions?



05 TRAINING

RUNNING BREAKS

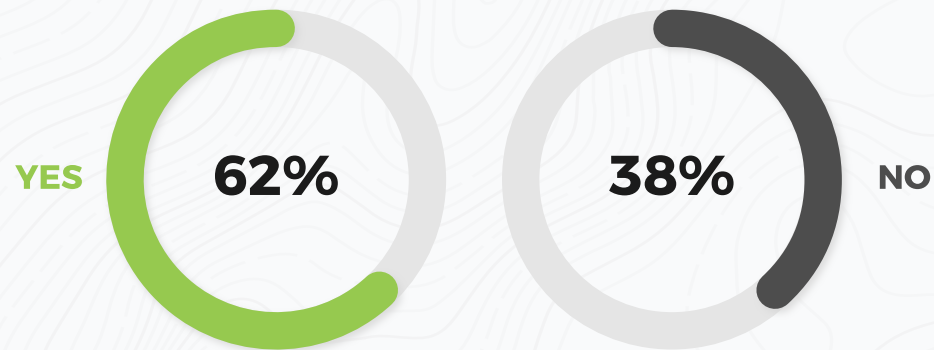
Do you take running breaks during seasons?



05 TRAINING

INJURIES

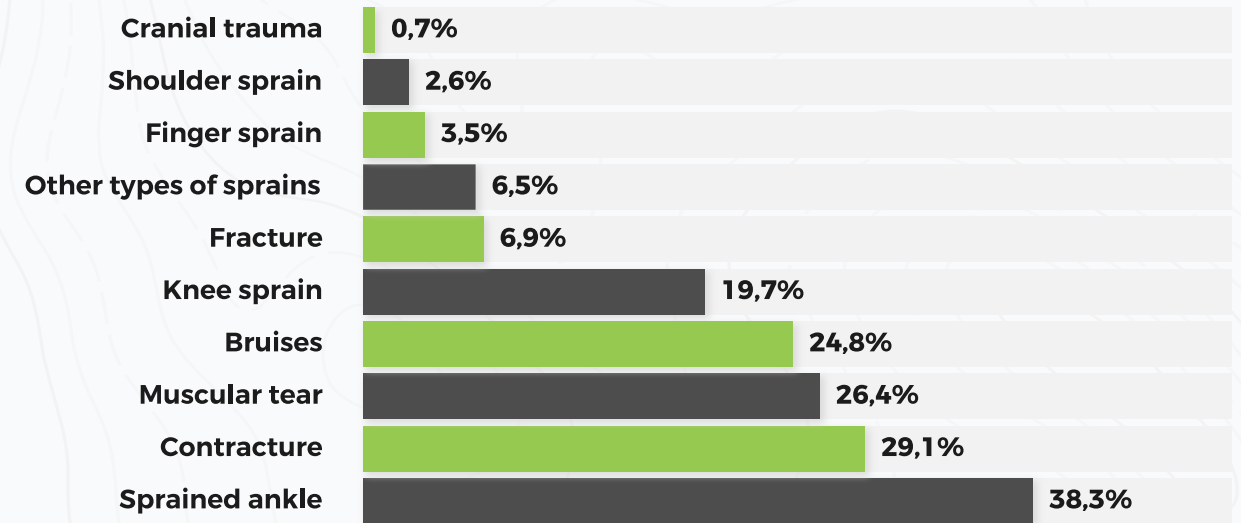
Have you ever been injured as a result of your training?



* This was a multiple-choice question and each runner could select multiple answers. The percentages shown represent the choices of the 9.514 respondents.

INJURIES

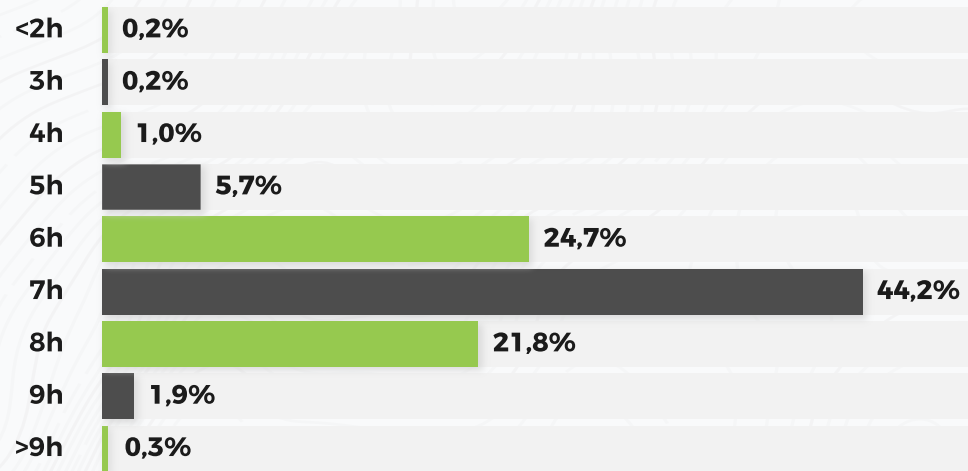
What type of injury did you have?*



05 TRAINING

SLEEPING

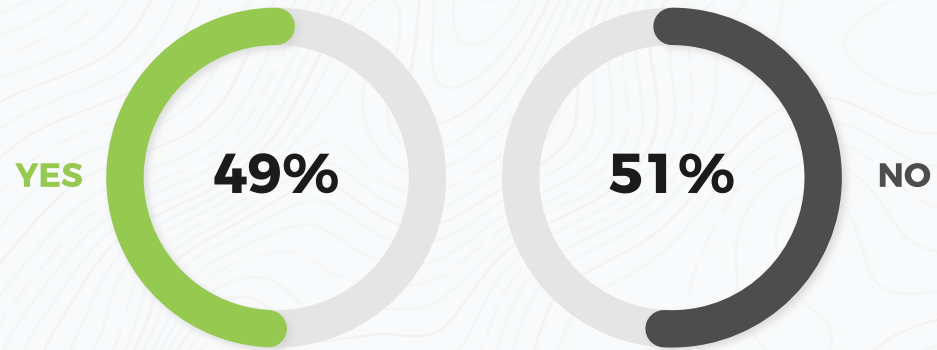
How many hours do you sleep per night?



06 COMPETING

TRAVELING TO RACE

Do you travel abroad to race?



TRAVELING TO RACE

Where to?*

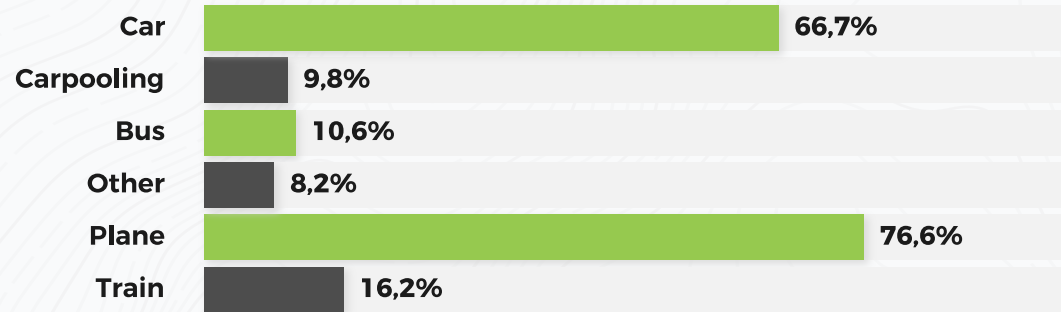


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06 COMPETING

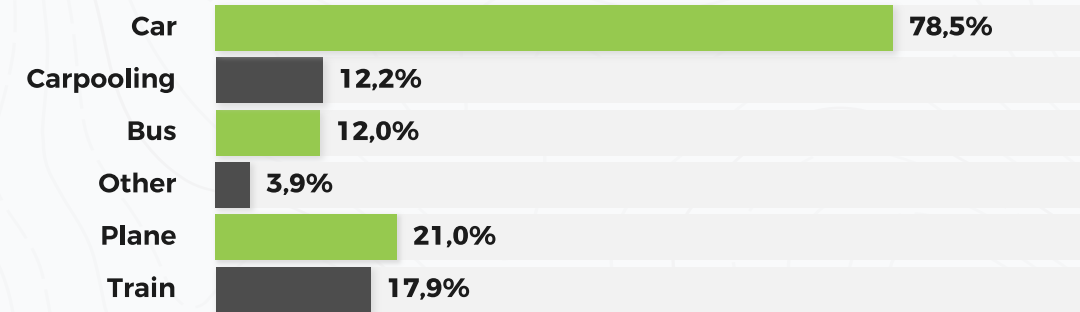
TRAVELING TO RACE

How do you usually travel to your races abroad?*



TRAVELING TO RACE

How do you usually travel to your local races?*

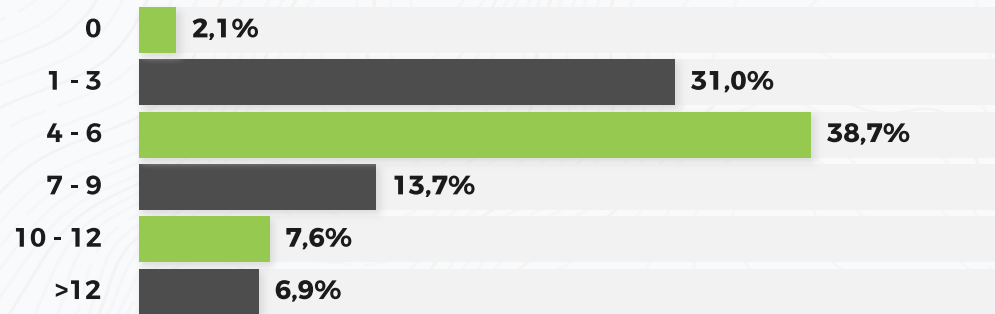


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06 COMPETING

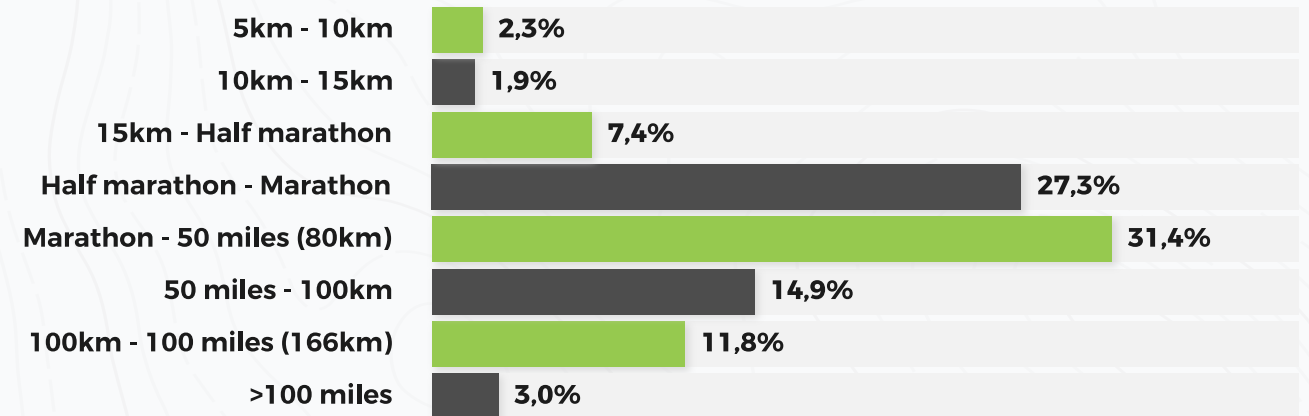
NUMBER OF RACES PER YEAR

How many races do you run in a year?



FAVORITE DISTANCE RANGE

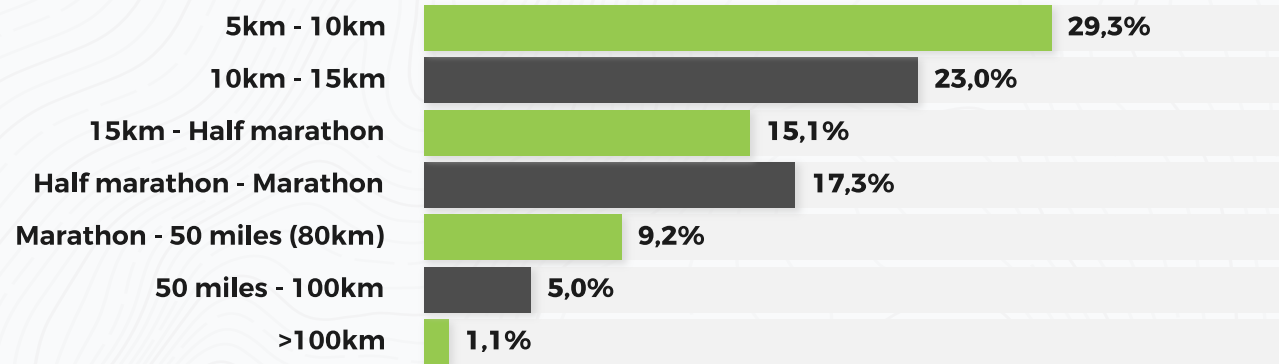
What is your favorite race distance range?



06 COMPETING

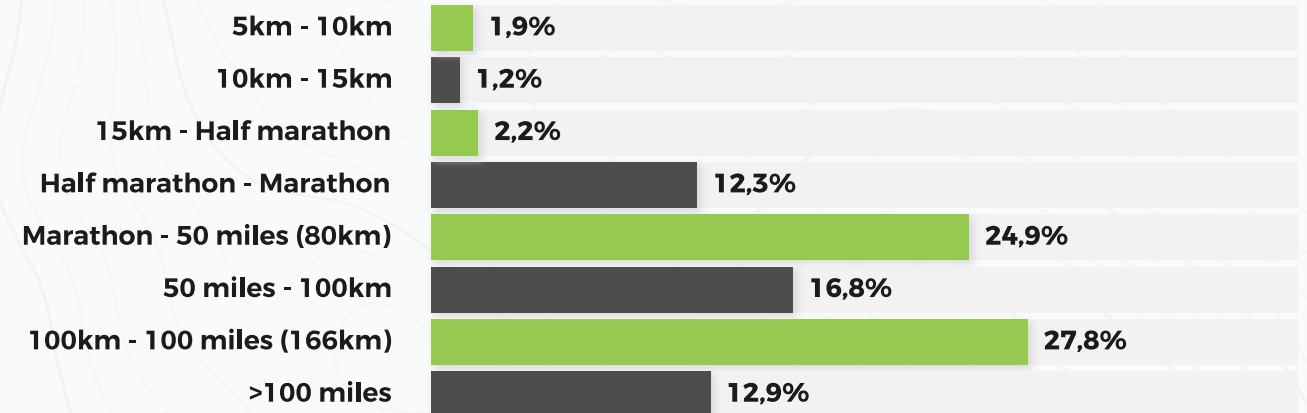
FIRST RACE

What was the distance of your first race?



LONGEST RACE

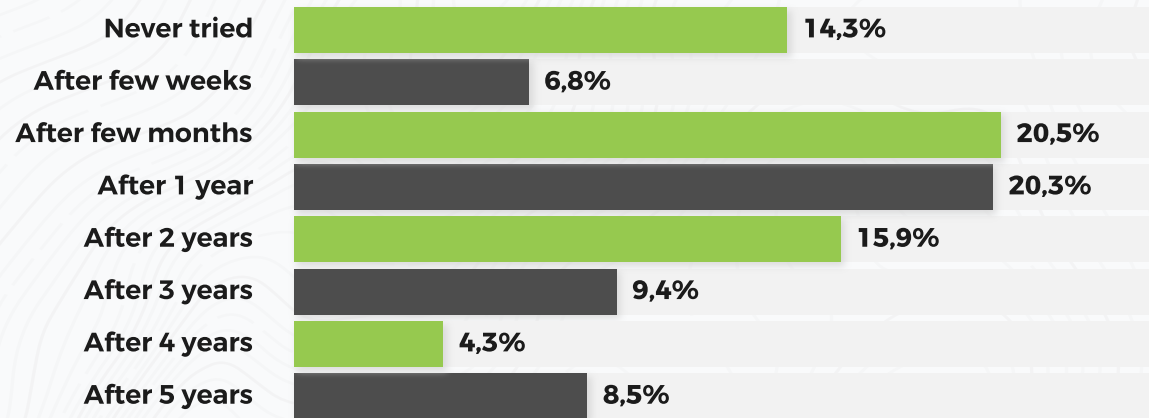
How many kilometers was the longest race you have ever run?



06 COMPETING

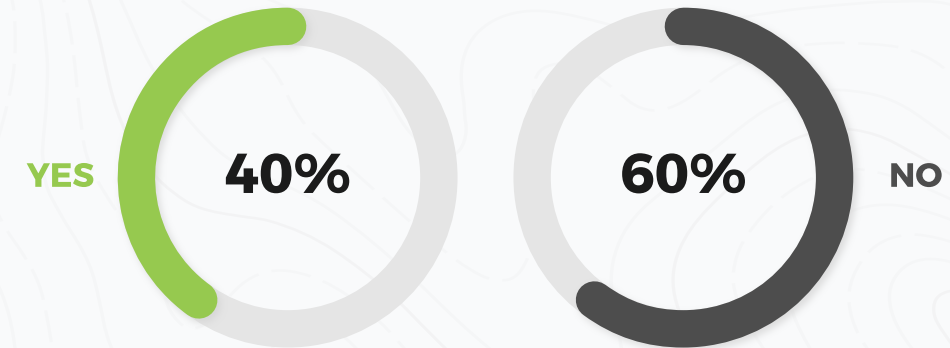
PREVIOUS EXPERIENCE BEFORE MARATHON

For races farther than marathon distance, how much prior trail running practice have you had?



INJURIES

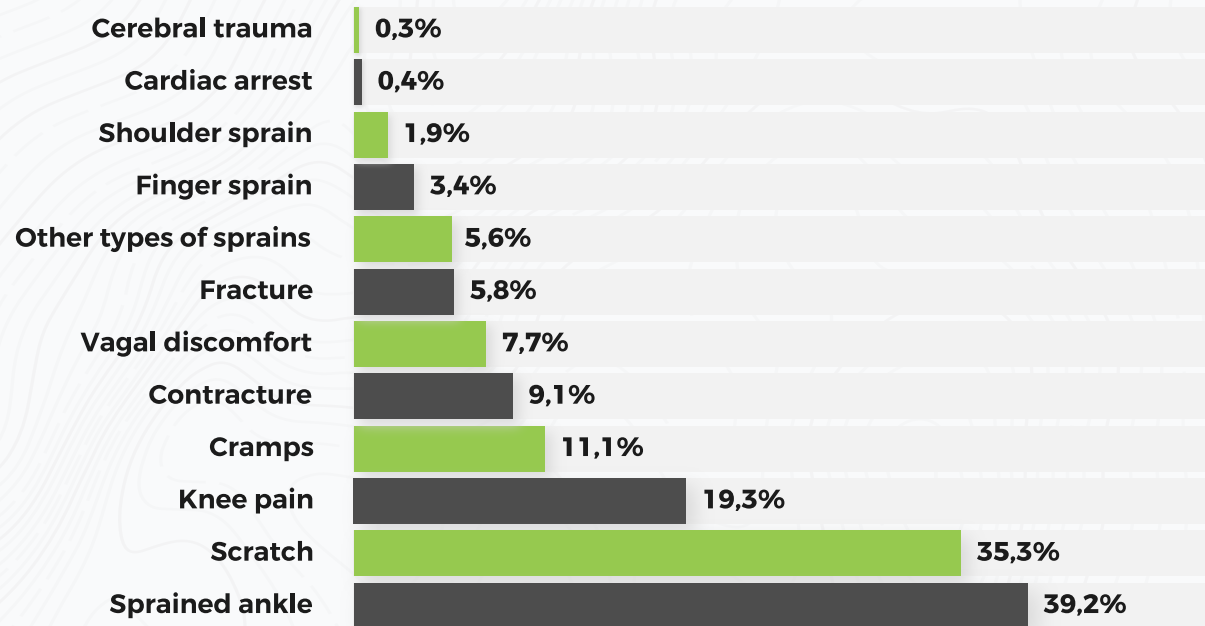
Have you ever been injured during a race?



06 COMPETING

INJURIES

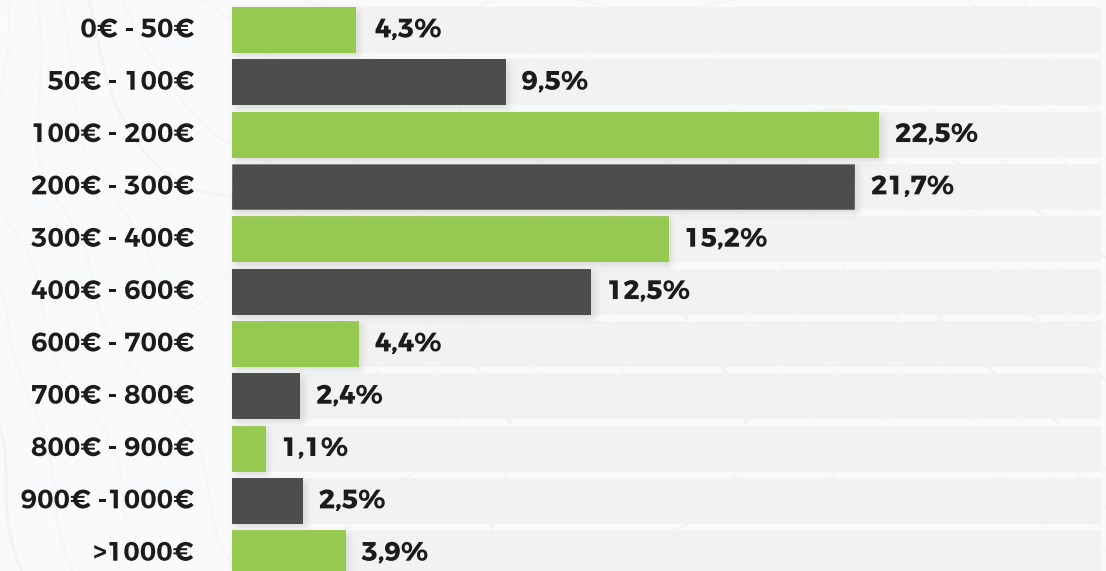
What type of injury did you have?*



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ANNUAL BUDGET FOR RACE REGISTRATION FEES

What is your annual budget for race registration fees?



07 TRAIL RUNNERS' HABITS

SUMMARY

Road running would appear to be the gateway to running of most Trail Runners. However, a significant proportion of Trail Runners (20%) started directly on the trails. The majority began Trail Running aged between 26 and 45. They practice the sport mostly because they love being in harmony with nature, discovering new places, and of course staying fit and preparing for their next race.

They look for specific gear and the majority invest between 200 and 600 Euros per year on Trail Running equipment.

Hoka One One and Salomon are the most favored shoe brands by more than one-third of the respondents with Salomon also taking the lead in apparel. Suunto and Garmin are the top choices for smartwatches - Garmin registering a clear lead with almost 60% of Trail Runners using a Garmin watch.

Cross-training seems to be a common practice among Trail Runners with biking (both mountain and road), swimming, and weightlifting/bodybuilding as the most popular activities.

The majority don't have a coach and their weekly training incorporates a few track and road running sessions besides Trail Running. The accumulated weekly elevation gain for more than 60% of the respondents is between 500 and 2,000 meters.

Almost everyone includes long-running sessions in their weekly program and for more than 20% the duration of that long session goes beyond 6 hours.

07 TRAIL RUNNERS' HABITS

SUMMARY

Taking running breaks during seasons is also a common practice for most runners, possibly to avoid injuries that affect more than 60% of the runners while training. The most common injuries recorded were sprained ankles and muscular problems.

About half of the runners like to travel abroad to race, while the other half prefers to race locally. The majority spend between 100 and 400 Euros per year on registration fees.

More than 60% compete 1 to 6 times per year. Runners generally favor distances between the half marathon and the 50 Miles, but a significant proportion of runners (more than 40%) has already tried races beyond 100km.

Unsurprisingly, runners usually start by racing shorter distances and progress towards longer distances with more experience.

In contrast to training, most of the runners have never been injured during competitions, but sprained ankles are still the most common injury probably due to the characteristic unevenness of the trail running terrain.