

# WEEKEND WALKING 20 WEEK TRAINING PLAN



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**THRESHOLD/  
MORE IS IN YOU™**

**RACE TO  
THE KING**

# INTRODUCTION

## MEET OUR COACH

Sometimes there can come a point in life when we are looking for something else; something to shake things up, something which gives us the opportunity to stretch ourselves, test ourselves, something that takes us out of the ordinary flow of life....That or you made a drunken bet which you are now being held to! Either way ultra events are perfect to have a new challenge, and test yourself in a very different way.

I fell in to the former category eight years ago. It began with an endurance walk of 50 miles across Scotland. I trained hard, it wasn't always easy to fit sessions in, but I made it to the start line ready to give it my best shot - and absolutely loved it! Fast forward 8 years, and I now compete as a runner at ultra marathons of all distances and have raced all around the world. So first warning: beware, endurance events are hugely addictive, because, believe it or not, they are a lot of fun!

My experience from ultra walker to ultra runner and competitor means that I can understand first hand what it is like take on these challenges. I have written the plan below to get you to the start line of Race to the King, fit and ready for the challenge ahead of you. It is easy to follow and will lead you by the hand, gradually building your endurance base and fitness over the course of 20 weeks.

Coupled with these plans I am also able to offer bespoke coaching. Being personally coached by me will allow you to have a plan which is tailor made to you and your particular life challenges, sporting ability and goals. The plan I write for you will be backed up with phone, email and text contact providing guidance, support and motivation. If you would like further advice on

this visit [www.kerrysutton.co.uk](http://www.kerrysutton.co.uk) and contact me from there.

'Believe and you can achieve'

Kerry Sutton

*Threshold Trail Series Training Coach*



# INTRODUCTION

# THE 5 RULES

## THE KEY TO A HAPPY FINISHER

1	<b>Consistency</b> is key. Improvement happens when we do the activity repeatedly, but not in a stop/start fashion. Decide how much time is manageable for you on a weekly basis and stick to it.
2	<b>Rest</b> is when the transformation happens. We train to break our muscles down, it's when we rest that they rebuild stronger.
3	Don't neglect your <b>mental game</b> . Be aware of the sessions that made you stronger. When you went out and trained when you didn't want to, when you carried on and did another 3 km even though you had blisters. The day you finished your 9.5 km in the driving rain. All of these scenarios make you mentally more able to deal with them next time they arise.
4	Have the right <b>kit</b> . If you don't, it'll either be the reason you don't train or training will be uncomfortable and less enjoyable. Don't 'make do'.
5	Train in all <b>weathers</b> . You'll be fully prepared for what ever is thrown at you on the day itself.
<b>Don't forget:</b>	No one ever regrets having completed a training session but one often regrets missing one.

# INTRODUCTION

# YOUR TRAINING BLOCKS

## DIVIDE YOUR TRAINING INTO MANAGEABLE BLOCKS

BLOCK	AIM
BLOCK 1	This block is all about setting on your journey. The distances should feel manageable.
	This block is all about consistency - get the sessions in on a regular basis and you'll see your fitness increase quickly.
BLOCK 2	The South Downs is undulating so be sure to start including some more lumpy routes on your walks. Get used to stopping for a rest and starting again if needs be.
	Practice walking uphill and then continuing to walk once the gradient flattens - try not to stop for too long at the top of each hill.
BLOCK 3	We're now into the second half of the training plan! Things will start ramping up now, but if you've got this far then you definitely have the fitness to do it.
	I've included an optional 5 <sup>th</sup> session – a cross training session – each week. Either swim or cycle: both are great at developing strength and aerobic endurance.
	On your walks, it's time to include hilly routes which have a mix of steep and undulating gradients. To replicate The South Downs Way, you should be aiming to accumulate between 175m - 225m per 6 mile walk. So on a 9 mile walk, try to amass about 250m - 340m of climbing.
BLOCK 4	<p>Like Block 3, focus on The South Downs Way specific terrain and still aim for a minimum of 200m of climbing per 6 mile walk.</p> <ul style="list-style-type: none"> <li>• Start to think about your kit choices – what feels comfortable on your feet and also what settles well in your stomach as you walk.</li> <li>• Remember: the cross training sessions are optional. Focus on getting the walks done and if you have the time and energy, complete a swim or cycle where stated.</li> </ul>
WEEK BEFORE	The best thing you can do this week is chill, get your kit ready by Thursday and enjoy the rest!

# THE PLAN

## BLOCK 1

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
1	REST	2 miles	REST	REST	REST	2 miles	1 mile	
2	REST	2 miles	REST	REST	REST	2 miles	2 miles	
3	REST	2 miles	REST	REST	REST	3 miles	3 miles	
4	REST	1 mile	2 miles	REST	REST	3 miles	REST	

### THINGS TO THINK ABOUT

WEEK		MILES
1	Here we are at the beginning of your journey! In 20 short weeks you'll walk the equivalent of two ultra marathons over two days! To start, just aim on being consistent. Tick all the sessions off, even though some may feel very short.	5 miles
2	Hopefully last week wasn't too challenging and you're enjoying the process. Keep it up - distances increase slightly this week but it should still feel manageable.	6 miles
3	Each block will follow a similar format: three or four weeks of building mileage followed by an easy week. This is the last build week before an easy week next week. Earn the down time and tick off all three walks.	8 miles
4	Well done on completing your first block! Enjoy some down time, both physically and mentally.	6 miles

# THE PLAN

## BLOCK 2

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
5	REST	2 miles	2 miles	REST	REST	2 miles	3 miles	
6	REST	3 miles	2 miles	REST	REST	2 miles	5 miles	
7	REST	1 mile	2 miles	REST	REST	3 mile	6 miles	
8	REST	3 miles	2 miles	REST	REST	5 miles	5 miles	
9	REST	REST	3 miles	REST	REST	3 miles	3 miles	

### THINGS TO THINK ABOUT

WEEK		MILES
5	It's important to get these regular walks in as Race to the King requires you to walk two long days back-to-back. Keep working on consistency.	9 miles
6	This weekend you'll walk 5 miles on Sunday - this will be near two hours on your feet. Congratulate yourself and enjoy the achievement!	12 miles
7	Your first 6 miles this weekend. During, make sure you eat and drink well and try to complete it on similar terrain to the South Downs Way.	12 miles
8	Back to back 5 miles this weekend. Consistency is key so log those miles and reward yourself with good recovery.	15 miles
9	This week will feel very easy compared to the last few weeks.	9 miles

# THE PLAN

## BLOCK 3

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
10	REST	2 miles	3 miles	Cross training	REST	7 miles	3 miles	
11	REST	2 miles	2 miles	Cross training	REST	7 miles	7 miles	
12	REST	2 miles	4 miles	Cross training	REST	8 miles	8 miles	
13	REST	1 miles	4 miles	Cross training	REST	8 miles	8 miles	
14	REST	3 miles	REST	Cross training	5 miles	3 miles	REST	

### THINGS TO THINK ABOUT

WEEK		MILES
10	Pay close attention to what shoes and clothing you feel comfiest in.	15 miles
11	Your first long back-to-back weekend. Doing long back-to-back sessions is a super way to build strength and mental toughness.	18 miles
12	Your first pop at 2x8 miles this weekend. Make sure you carry plenty of food and drink and relax hard on the Sunday!	22 miles
13	The 8 mile back-to-backs will be hard but if you've got this far then you definitely have the fitness to nail it.	21 miles
14	Rest hard because the next 4 weeks will be challenging. You can do this! Try and get that walk in on Friday so you can take Sunday totally off.	11 miles

# THE PLAN

## BLOCK 4

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
15	REST	6 miles	3 miles	Cross training	REST	6 miles	9 miles	
16	REST	3 miles	3 miles	REST	REST	9 miles	9 miles	
17	REST	3 miles	6 miles	Cross training	REST	7 miles	11 miles	
18	REST	2 miles	2 miles	REST	REST	15 miles	15 miles	
19	REST	3 miles	3 miles	Cross training	REST	6 miles	REST	

### THINGS TO THINK ABOUT

WEEK		MILES
15	Here we go! The final block. It's imperative to recover well between sessions so fuel well before, during and after each walk for optimal recovery.	24 miles
16	Back to back 9 mile walks this weekend. If possible, do this walk on similar terrain to that of the South Downs Way - include steep (10%+) hills.	24 miles
17	Pushing the boundaries again this week. After 7 miles on Saturday, you'll have certainly earned your Sunday evening rest!	27 miles
18	Completing 30 miles over two days is huge. Make an adventure of it: explore some new route, use the kit you intend on using at RTTK.	34 miles
19	Well done. The training has been done. Take this week easy.	12 miles

# TRAINING PLANS

## FINAL WEEK

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
20	REST	2 miles	REST	REST	2 miles	RACE DAY 1!	RACE DAY 2!	

### THINGS TO THINK ABOUT

WEEK		MILES
20	Rather than rest all week, include two short walks to keep the legs moving. Rest lots, eat well and keep hydrated. Make sure you have all your kit ready by Wednesday, to allow time to buy anything you may have forgotten! GOOD LUCK! You can do this.	57 miles

# ANY MORE QUESTIONS? GET IN TOUCH

FOR MORE INFORMATION PLEASE  
CHECK OUT ONE OF THE  
FOLLOWING PLATFORMS.

## Edit your registration

You can edit your registration by logging into MyEvents portal [here](#).

## Join the Community

Make sure to also join us on the [Threshold Trail Series Participant Facebook Forum](#) to meet other participants and swap advice and training tips.

## Follow us on social media

Follow us on our social media channels to see the latest tips from Threshold Trail Series ambassadors, hear inspirational stories and get the latest news ahead of your event.

- [Facebook](#)
- [Instagram](#)

## Still can't find something...

If you can't find the answer you're looking for, please feel free to email us:

[info@racetotheking.com](mailto:info@racetotheking.com)

**GOOD LUCK WITH YOUR TRAINING**

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