

25KM RUNNING OR WALKING 12 WEEK TRAINING PLAN



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MORE IS IN YOU™**



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 HEINEKEN Race to the Castle s, 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 16 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 and contact me from there.

'Believe and you can achieve'

Kerry Sutton

Threshold Trails Series Training Coach



INTRODUCTION

THE 5 RULES

THE KEY TO A HAPPY FINISHER

1	Consistency 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	Rest 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 mental game . 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 kit . 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 weathers . You'll be fully prepared for what ever is thrown at you on the day itself.
Don't forget:	No one ever regrets having completed a training session but one often regrets missing one.

INTRODUCTION

TRAINING INTENSITIES

This plan assumes you can currently run 20 minutes without stopping. Pace isn't important at this stage, but 20 minutes should take you anywhere between 3 – 5 km.

The 12-week training plan is separated into three 4-week blocks. Each block contains 3 weeks where your training will build and increase, and the fourth week will be a recovery week. The final week of Block 3 will be a taper, ending with the half marathon.

Consistency is key to this training plan. Running two, three or four times per week on a regular, consistent basis will lead to huge gains, regardless of the pace and intensity of the session. So, make consistency your goal.

INTENSITY	DEFINITION
Easy	Conversational pace. Effort should not be taxing at all.
Steady	A little harder, but you should still be able to speak long sentences.
Tempo	This is 'uncomfortably comfortable'. You can speak short sentences between breaths, but it's hard.
Hills	These feature in Block 2 and are written like this: 4x5 on 5'. This means complete 4 reps of running uphill for 5 minutes. Take 5 minutes rest as you descend between each hill. 3x6 on 3' means complete 3 hill repetitions of 6 minutes in length. Take 3 minutes rest between each. The uphill should be run at a steady to tempo effort.
Long	Use the long runs as practice for the half marathon. Don't run them all at race pace, as will be tough. Aim for somewhere between easy and steady pacing and use them to test your shoes and to try out different clothing. Make the effort to run on a mix of trails and road for race specificity.

INTRODUCTION

STRENGTH & CONDITIONING / RECOVERY

STRENGTH AND CONDITIONING

Strength & Conditioning (S&C) is an important piece of the puzzle when it comes to training for a marathon but is often neglected. The first 8 weeks include S&C and it's worth making the effort to get these sessions in. A marathon, particularly the latter stages, is very much about strength rather than aerobic capacity, so building a strong foundation in the first half of the training plan will pay dividends in the second half of the plan, and in the race itself.

Each S&C session should be no longer than 45 minutes, 60 at a maximum. Include exercises that will develop running-specific muscles, such as:

Running specific muscles

- Squats
- Lunges
- Circuit Training
- Kettlebell workouts
- Hamstring curls
- Leg Press

Core work

- Plank
- Side plank
- Cruches
- Russian twists

RECOVERY

Finally, ensure you pay attention to your recovery after each session. To be able to train consistently, your body needs the nutrition and

rest required to build between each run. This means eating a balanced diet with plenty of protein, healthy fats, vegetables and healthy carbs (brown rice, pasta and bread, for example).

Steer clear from trans-fats and, as far as you can, abstain from alcohol, particularly as you get closer to the race. Finally, ensure you pay attention to your recovery after each session.

INTRODUCTION

YOUR TRAINING BLOCKS

DIVIDE YOUR TRAINING INTO MANAGEABLE BLOCKS

BLOCK	AIM
BLOCK 1	This block is all about consistency. Apart from a couple of steady runs, it's all very low intensity and designed to get you out the door. Go easy on yourself.
	If you struggle to get out, just put your shoes on and tell yourself to just do 5 minutes...chances are that after 5 minutes you'll finish the session.
	We're starting S&C sessions from the very beginning, so do ensure these are completed - they'll pay dividends down the line
BLOCK 2	As the mileage rises, so does the specificity of training. Keep doing the easy runs, however short they are, as well as the strength sessions.
	Tempo runs are a great way to push your aerobic system a little harder. They should be "comfortably uncomfortable" efforts of around 10 minutes with relatively little rest.
	Saturday runs are now steady, so focus on pace a little more than in Block 1. Steady should still feel comfortable - no hero efforts required.
BLOCK 3	The final couple of weeks are a real wind-down. The mileage will feel easy, but don't get slack: make sure you complete all the sessions. Although the fitness has been gained, completing these runs will be good for you mentally.
	Make sure you have all your kit together the week before the event so you have a couple of days to buy any last minute bits.

THE PLAN

BLOCK 1

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
1	REST	REST	Easy 5km	S&C	REST	Easy 6.5km	REST	
2	REST	REST	Easy 5km	S&C	REST	Easy 8km	REST	
3	Easy 5km	REST	Easy 5km	S&C	REST	Easy 9.5km	REST	
4	Easy 5km	REST	Easy 5km	S&C	REST	Easy 6.5km	REST	

THINGS TO THINK ABOUT

WEEK		KM
1	This week is all about getting out there and taking the first steps on your journey to running a half marathon. We start with just two runs per week, but don't forget the S&C session – these are crucial to reducing the likelihood of injury, as well as toughening up your body for the higher mileage weeks.	11.5km
2	Another two runs this week. If you can incorporate a Parkrun into your Saturday run then go for it – just keep it all nice and easy paced. Next week we up it to three per week.	13km
3	We'll hit your first 9.5km this weekend. Don't worry about running the whole thing: focus on covering the distance and taking walking breaks when needed. Eat and drink well and have a good stretch afterwards.	19.5km
4	Well done on completing your first block! Enjoy some down time, both physical and mental. Include two steady runs this week at a pace slightly faster than easy pace.	16.5km

THE PLAN

BLOCK 2

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
5	REST	Easy 5km	S&C	Tempo 5km 2x5 on 4'	REST	Steady 9.5km	REST	
6	REST	Easy 5km	S&C	Tempo 8km 2x5 on 4'	REST	Steady 11km	REST	
7	REST	Easy 5km	S&C	Tempo 8km 2x5 on 2'	REST	Easy 5km	REST	
8	REST	Steady 5km	REST	Hills 5km 4x5 on 5'	REST	Long 13km	Easy 3km	

THINGS TO THINK ABOUT

WEEK		KM
5	As we start Block 2, I hope you enjoy the first tempo session on Thursday. If possible, complete this session with friends - it's much more enjoyable! Remember to get out even when you don't want to, consistency is key.	19.5km
6	Another week of building before an easy week. 11 km is a really solid milestone - you're well on your way to completing a half. Run on a mix of road and trails, if possible, and test the kit you're planning on using in the half. Remember to keep going with those S&C sessions right to the end of the block.	24km
7	This week of Block 2 is nice and easy. The weekend will feel particularly relaxed after the longer runs earlier in the month. Make use of the lower volume by focussing on recovery, but also rewarding yourself with some treats that you've abstained from until now.	18km
8	The mileage ramps up this week, but if you've ticked all the sessions in the previous few weeks then you can do this! Enjoy the stiff legs that may come after your first hill session.	26km

THE PLAN

BLOCK 3

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
9	REST	Hills 3km 5x3 on 2'	REST	Steady 6.5km	REST	Long 16km	Easy 3km	
10	REST	Easy 5km	REST	Steady 5km	REST	Long 9.5km	Easy 3km	
11	Easy 5km	Easy 5km	S&C	Easy 5km	REST	Easy 5km	REST	
12	Easy 5km	Easy 3km	REST	Easy 3km	REST	EVENT DAY!	RELAX & REVEL!	

THINGS TO THINK ABOUT

WEEK		KM
9	Block 3 starts with your biggest week of the entire plan. Treat this as a practice: use the same equipment, fuel and pacing strategy you intend on using in the race. Choose a route that uses a mix of trail and road. It'll be hard getting up and out on Sunday, but do make the effort to do so - it'll encourage your body to not stiffen up.	30km
10	Recover well on Monday, before your final push. The weekend should feel relatively easy compared to the last! This will be your final build week before things really get easy next week. The work has now been done. Huge congrats for getting here.	32km
11	This week we wind right down. 3 runs of 5 km - 16 weeks ago this would have felt pretty tough! Be sure to complete each run at very easy effort and include 5-10 x 30s at half marathon pace to stretch the legs out. Nothing too hard - there's no fitness to be gained now. It's all about getting your body feeling rested and prepared next week.	35km
12	You'll read a lot of advice that suggests doing nothing and eating as many carbs as possible are good pre-half marathon preparations. It's not! Eat well, absolutely, and eat plenty, but keep it healthy and make sure you get out on that very short run on Tuesday. It'll keep your legs awake and ready for the half.	27km

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

info@racetothecastle.com

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