

NON-STOP RUNNING 20 WEEK TRAINING PLAN



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**THRESHOLD/
MORE IS IN YOU™**

RACE TO THE CASTLE



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, 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 way to challenge and test yourself in a new and very different way.

I fell into the former category twenty 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 around 4 small children, but I made it to the start line ready to give it my best shot – and I absolutely loved it! Fast forward 20 years, and I am now a competitive ultra-runner taking on challenges for varying distances and I have had the good fortune of racing all around the world. So first a warning: beware, endurance events are hugely addictive, because believe it or not, they are a lot of fun!

My experience from ultra walker to competitive ultra runner means that I can understand first-hand what it is like to take on these challenges. I have written the plan below to get you to the start line of Race to the Castle, 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.

If however you would like a more personalised plan I am also able to offer bespoke coaching. Being coached by me will allow you to have a plan which is tailor made to you and your specific life challenges, sporting abilities 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 visit www.perpetualmotioncoaching.com or email Kerry@perpetualmotioncoaching.com

'Take the first step'

Kerry Sutton - Threshold Trail Series Training Coach

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INTRODUCTION

THE 6 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 you have available 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 make you mentally stronger. Sessions when you trained when you really 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, and ultimately a more robust runner.
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', respect what you are taking on and prepare yourself well.
5	Train in all weathers . You'll then be fully prepared for whatever is thrown at you on the day itself.
6	Try to incorporate strength training into your week. If you can do 2x 45 min sessions that is good. If time is tight, try the little and often approach. For instance, some glute activation ahead of your run is never wasted.
Don't forget:	Rarely does anyone regret having completed a training session but you often regret 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.
	Enjoy the fresh air and the feeling of stretching your legs.
BLOCK 2	Think about including routes with rolling hills. During your runs, get used to walking uphill and then running again.
	In this block, I've also included an optional session - cross training - each week. Either swim or cycle: both are great at developing strength and aerobic endurance. Do try and get this cross session in each week
BLOCK 3	Now is the time to really get specific with your chosen routes. Include undulating routes which have plenty of rolling hills.
	Even though you're completing Race to the Castle in one day, back-to-back runs are used to develop strength, endurance and mental toughness.
	Really think about how you are going to fuel yourself. What food and drink works for you?
	On Tuesday's short run, include long hills reps: 5 - 10 minutes running up a 4-7% gradient before walking back down to recover. Include a short warm up and cool down to make this session ~5km
BLOCK 4	This is a big block of training. Like Block 3, focus on St Oswald Way-specific terrain and still aim for a minimum of 100m of climbing per 10km run.
	<ul style="list-style-type: none">• Start to think about your kit choices – what feels comfortable after hours on your feet – and also what settles well in your stomach as you walk.• There will be fewer back-to-backs as we develop race specificity with long single days, focus on hitting the longer distances on Saturday and using Sunday as a really solid recovery day
WEEK BEFORE	The best thing you can do this week is chill, get your kit ready by Wednesday and enjoy the rest!



INTRODUCTION

STRENGTH & CONDITIONING / RECOVERY

STRENGTH AND CONDITIONING

Strength & Conditioning (S&C) is an important piece of the puzzle when it comes to training for an ultramarathon but is often neglected. An ultramarathon, particularly the latter stages, is very much about strength rather than aerobic capacity, so building a strong foundation is really important.

Each S&C session need not be longer than 45 minutes twice a week. If however, you're struggling to squeeze these session in around your training, drop it down to 3 sessions a week of 15 mins each.

Include exercises that will develop running-specific muscles, such as:

- Squats
- Lunges
- Single leg squats
- Glute bridges
- Calf raises
- Kettlebell workouts
- Hamstring curls
- Leg Press
- Core work – plank, Russian twists etc

RECOVERY

Finally, ensure you pay attention to your recovery after each session. To be able to train consistently, your body needs the nutrition, hydration and sleep required to build between each run. This means eating a balanced diet with plenty of protein, healthy fats, vegetables, and healthy carbs. Steer clear from trans-fats. Drink adequate amounts of water, limit alcohol and sleep as much as possible.



THE PLAN

BLOCK 1

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
1	REST	5km	REST	5km	REST	8km	REST	
2	REST	7km	REST	8km	REST	10km	REST	
3	REST	10km	6km	REST	REST	12km	REST	
4	REST	5km	5km	REST	REST	10km	REST	

THINGS TO THINK ABOUT

WEEK		KM
1	After some down time over Christmas, it's time to set on this journey. Here we are at the beginning of your journey! In 20 short weeks you'll run the equivalent of two+ marathons in one day! To start, just aim on being consistent.	18km
2	Hopefully last week wasn't too challenging and you're enjoying the process. Keep it up.	25km
3	Another solid week banked. If the distances don't seem too great at the moment, remember that it's all about consistency at this stage. Keep ticking them off. Easy week next week before we enter block two.	28km
4	Well done on completing your first block! Each block follows a similar format - three or four weeks of building before an easy week. So, enjoy some down time, both physical and mental.	20km



THE PLAN

BLOCK 2

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
5	REST	10km	10km	REST	Cross train S&C	15km	REST	
6	REST	10km	7km	REST	Cross train S&C	18km	REST	
7	REST	8km	8km	REST	Cross train S&C	22km	REST	
8	REST	5km	10km	REST	Cross train S&C	25km	REST	
9	REST	REST	10km	REST	Cross train S&C	5km	10km	

THINGS TO THINK ABOUT

WEEK		KM
5	Make sure you get out there and complete the kms even when you don't want to. Use the time for planning, thinking and bonding with friends and family.	35km
6	Another week banked. Hopefully the cross training is providing further fitness gains. Next week you tick off a half marathon!	35km
7	Your first half marathon this weekend. If you can, complete it on an undulating trail and practice your pacing - eat and drink well and take it steady.	38km
8	Keep tapping the sessions out. Log those kms and reward yourself for every session with good recovery. Well done on 25km, you've earned an easy week.	40km
9	This week will feel very easy compared to the last few weeks. Well done for getting this far. You're now half way!	25km



THE PLAN

BLOCK 3

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
10	REST	10km	7km	REST	8km	15km	REST	
11	REST	Hills 4km	8km	8km	REST	15km	10km	
12	REST	Hills 5km	10km	REST	REST	20km	10km	
13	REST	Hills 5km	10km	5km	REST	20km	15km	
14	REST	Hills 5km	REST	REST	REST	10km	10km	

THINGS TO THINK ABOUT

WEEK		KM
10	Pay close attention to what shoes and clothing you feel comfiest in as the miles increase.	40km
11	These longer back-to-back weekends are a brilliant way of developing strength and mental toughness.	45km
12	Make sure you carry plenty of food and drink and relax hard on the Sunday after your 10km.	45km
13	A long 15km back-to-back on the weekend will be testing, but if you've got this far then you definitely have the fitness to nail it.	55km
14	This will be the last relax before your taper week before the race! Rest hard because the next 4 weeks will be challenging. You can do this!	25km



THE PLAN

BLOCK 4

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
15	REST	10km	10km	REST	REST	35km	REST	
16	REST	5km	5km	10km	REST	45km	REST	
17	REST	5km	REST	10km	REST	55km	Recover hard	
18	REST	5km	5km	REST	REST	15km	5km	
19	REST	5km	5km	REST	REST	REST	5km	

THINGS TO THINK ABOUT

WEEK		KM
15	Practice fuelling techniques, try different foods and test various hydration packs. Relax as much as possible on your off days.	55km
16	Another big one, with an ultra marathon on Saturday. Huge congrats, recover hard.	65km
17	Pushing the boundaries again this weekend with 55km on Saturday. Use this as your final race prep session. Get on the hills and make an expedition of it.	70km
18	This is a lower volume week but will be tough after your 50km. Get it done, we're really on the wind-down now. Two very easy weeks coming up.	30km
19	Well done. The training has been done. Take this week easy, just keep the legs ticking over.	15km



THE PLAN

FINAL WEEK

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
20	REST	4km	REST	REST	3km	RACE DAY!!	RELAX & REVEL!	

THINGS TO THINK ABOUT

WEEK		KM
20	It'd be tempting to sit and carb-load all week, but I recommend you get out and walk twice (including the day before the event) just to keep your body from thinking it's finishing training and shut down!	107 km



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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