

WEEKENDER WALKING 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.
	This block is all about consistency - get the sessions in on a regular basis and you'll see your fitness increase quickly.
BLOCK 2	There are lots of sections where you'll be able to hold a good pace and settle into a solid rhythm. Get used to stopping for a rest at the top of hills and then starting again if needs be.
	The weekend walks ramp up in distance this week. You can do it. Ensure you make good kit choices, eat and drink plenty while you walk and recover well after each session.
BLOCK 3	Now is the time to really get specific with your chosen routes. Include undulating routes which have plenty of rolling hills.
	I've included an optional 5 th session – a cross training session – each week. Either swim or cycle: both are great at developing strength and aerobic endurance.
	Really think about how you are going to fuel yourself. What food and drink works for you?
	On Tuesday's short walk, include 2-3 long hills reps: 5-10 minutes walking up a 7-10% gradient before walking back down to recover. Include a short warm up and cool down to make this
BLOCK 4	Like Block 3, focus on completing sessions on terrain similar to St. Oswald's Way - constantly rolling hills but few very steep gradients. <ul style="list-style-type: none">• Start to think about your kit choices – what feels comfortable on your feet and also what settles well in your stomach as you walk.
WEEK BEFORE	The best thing you can do this week is chill, get your kit ready by Wednesday and enjoy the rest!



THE PLAN

BLOCK 1

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
1	REST	3km	REST	REST	REST	3km	2km	
2	REST	3km	REST	REST	REST	4km	3km	
3	REST	4km	REST	REST	REST	5km	5km	
4	REST	2km	3km	REST	REST	5km	REST	

THINGS TO THINK ABOUT

WEEK		KM
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.	8km
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.	10km
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.	14km
4	Well done on completing your first block! Enjoy some down time, both physically and mentally.	10km



THE PLAN

BLOCK 2

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

THINGS TO THINK ABOUT

WEEK		KM
5	It's important to get these regular walks in as Race to the Castle requires you to walk two long days back-to-back. Keep working on consistency.	15km
6	This weekend you'll walk 8km on Sunday - this will be near two hours on your feet. Congratulate yourself and enjoy the achievement!	20km
7	Your first 10km this weekend. During the long walk, make sure you eat and drink well and, if possible, complete it on similar terrain to St Oswald's Way.	20km
8	Back to back 8km this weekend! Keep tapping the sessions out. Log those kms and reward yourself for every single session with good recovery.	24km
9	This week will feel very easy compared to the last few weeks. Well done for getting this far. Rest up and prepare for the next increase to Block 3.	15km



THE PLAN

BLOCK 3

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
10	REST	Hill 5km	5km	Cross training	REST	12km	5km	
11	REST	Hill 5km	4km	Cross training	REST	11km	11km	
12	REST	Hill 5km	6km	Cross training	REST	13km	7km	
13	REST	Hill 5km	7km	Cross training	REST	12km	12km	
14	REST	Hill 5km	REST	Cross training	8km	5km	REST	

THINGS TO THINK ABOUT

WEEK		KM
10	Pay close attention to what shoes and clothing you feel comfiest in as the miles increase.	27km
11	Your first long back-to-back weekend. Doing long back-to-back sessions is a super way to build strength and mental toughness.	31km
12	Another solid week banked. Just one more to go before some down-time! Make sure you carry plenty of food and drink and relax hard on the Sunday!	31km
13	The 12km back-to-backs will be hard but if you've got this far then you definitely have the fitness to nail it.	36km
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.	18km



THE PLAN

BLOCK 4

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
15	REST	10km	5km	Cross training	REST	10km	15km	
16	REST	5km	5km	REST	REST	15km	15km	
17	REST	5km	10km	Cross training	REST	23km	18km	
18	REST	5km	5km	REST	REST	25km	25km	
19	REST	5km	5km	Cross training	REST	10km	REST	

THINGS TO THINK ABOUT

WEEK		KM
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.	40km
16	If possible, do this walk on trails similar to St Oswald's Way. Include plenty of rolling hills (~4-7%) and practice eating and drinking while on the move.	40km
17	Pushing the boundaries again this week with a 23km on Saturday followed by an 18km on Sunday. You'll certainly earned your Sunday evening rest!	56km
18	The last big push! Completing 50km over two days is huge. Make an adventure of it: explore some new route, use the kit you intend on using at RTTC and eat the same food you will be eating.	60km
19	Well done. The training has been done. Take this week easy, just keep the legs ticking over.	20km



THE PLAN

FINAL WEEK

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
20	REST	4km	REST	REST	3km	RACE DAY 1!	RACE DAY 2!	

THINGS TO THINK ABOUT

WEEK		KM
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.	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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Still can't find something...

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

info@racetothecastle.com

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