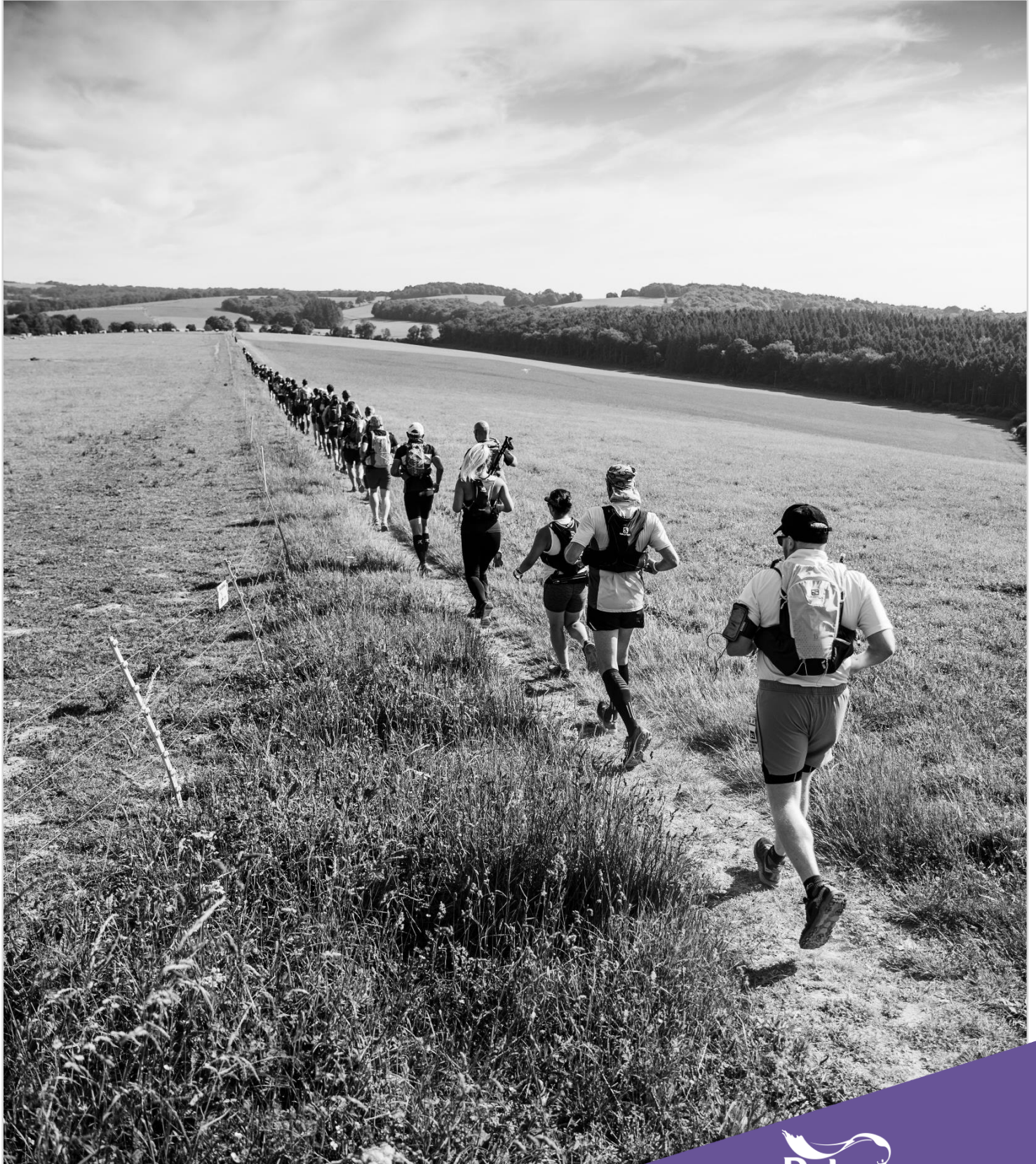


1 DAY RUNNING

# 16 WEEK TRAINING PLAN



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# 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 a perfect to have a new challenge and test yourself in a 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 take on these challenges. I have written the plan below to get you to the start line of Dulux 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 16 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 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 visit [www.perpetualmotioncoaching.com](http://www.perpetualmotioncoaching.com) or email [Kerry@perpetualmotioncoaching.com](mailto:Kerry@perpetualmotioncoaching.com)

'Take the first step'

Kerry Sutton - Threshold Trail Series Training Coach

Instagram: @perpetualmotioncoaching

Facebook: @perpetualmotioncoaching



# INTRODUCTION

# THE 6 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 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 <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', respect what you are taking on and prepare yourself well.
5	Train in all <b>weathers</b> . You'll be fully prepared for what ever is thrown at you on the day itself.
6	Try to incorporate <b>strength training</b> 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.
<b>Don't forget:</b>	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 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.
	Do make the effort to include the strength sessions on a Thursday - they'll really 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.
	All 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	As we progress into Block 3, hill sessions make an appearance. Find a hill that's between 5-8% (nothing too steep) or use a treadmill. Run efforts hard and take it slow coming back down to recover.
	Hills are a super way of developing specific strength now that S&C sessions have finished.
	We also introduce speed sessions on a Thursday. These will improve your efficiency, speed and develop your cardio system. They're enjoyable, with low overall distance covered per session.
BLOCK 4	<p>In these final couple of weeks of training at the beginning of Block 4, we're not looking to do anything massive. Just keep consistently nailing those hill and speed sessions and really focus on that big 35km – it's perfect race practice.</p> <ul style="list-style-type: none"><li>• After the 35km, it all starts to wind down. Don't get slack though – you've done so well to get here, you don't want to skip sessions at this stage. Although all the fitness has been gained, ensuring you complete these last few sessions will be good for you mentally.</li><li>• At the start of week 16 really focus on keeping off your feet and eating a healthy, balanced diet. Make sure you have all your kit together the Thursday before the event, so you have a couple of days to buy any last minute bits.</li></ul>

# INTRODUCTION

# TRAINING INTENSITIES

## INTENSITIES

This plan assumes you can currently run 45 minutes without stopping. Pace isn't important at this stage, but 45 minutes should take you anywhere between 7-9 km.

INTENSITY	DEFINITION
<b>Easy</b>	Conversational pace. Effort should not be taxing at all.
<b>Steady</b>	A little harder, but you should still be able to speak long sentences.
<b>Tempo</b>	This is 'uncomfortably comfortable'. You can speak short sentences between breaths, but it's hard.
<b>Hills</b>	These feature in Blocks 3 and 4 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. 3x8 on 4' means complete 3 hill repetitions of 8 minutes in length. Take 4 minutes rest between each.
<b>Speed</b>	During Blocks 3 and 4 there are speed sessions which are best done on a track or treadmill, but out on the roads is ok too. <ul style="list-style-type: none"><li>• 8x400m on 90s means 8 x 400m reps with 90 seconds walking recovery between each.</li><li>• The number of km is an estimate of how many km's to cover in that session in total. It's usually low, but the faster paced efforts will increase your overall speed, efficiency and running economy so the sessions do not need to be long.</li></ul>

# 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. 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	Easy 5km	REST	Easy 5km	S&C	REST	Easy 8km	REST	
2	Easy 5km	REST	Easy 5km	S&C	REST	Easy 10km	REST	
3	Easy 5km	REST	Easy 5km	S&C	REST	Steady 10km	Easy 5km	
4	REST	Easy 5km	Steady 5km	S&C	REST	Steady 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. Ensure each run is super-easy. You should be able to hold a conversation if you're running with someone. Focus on being consistent.	18km
2	Another week of gradual build, with a 10k this weekend. If you can incorporate a Parkrun into your Saturday run then go for it – Just keep it all nice and easy.	20km
3	Another solid week banked. Remember that it's all about consistency at this stage, tick all four runs. Easy week next week before we enter Block 2.	25km
4	Well done on completing your first block! Enjoy some down time, both physical and mental. Include two steady 5km runs this week to keep the legs turning over.	15km

# THE PLAN

## BLOCK 2

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
5	REST	Easy 3km	S&C	Tempo 5km 2x8 on 4'	REST	Steady 12km	Easy 8km	
6	REST	Easy 5km	S&C	Tempo 8km 2x10 on 5'	REST	Steady 14km	Easy 5km	
7	REST	Easy 5km	S&C	Tempo 10km 3x10 on 5'	REST	Steady 16 km	Steady 5km	
8	REST	Easy 5km	S&C	Tempo 10km 3x10 on 2'	REST	Steady 10km	REST	

### THINGS TO THINK ABOUT

WEEK		KM
5	As we start Block 2, I hope you enjoy the first tempo session on Thursday. Try and complete this session with friends - it's much more enjoyable! Remember to get out even when you don't want to, consistency is key.	<b>28km</b>
6	Make the tempo and steady runs your focus this week, but don't let the easy runs slip. We're getting into the meat of the training plan now, and every session counts.	<b>32km</b>
7	Your first 16km comes this weekend. This is a great milestone before the half marathon in a couple of weeks. Run on a mix of road and trails, if possible, and test the kit you're planning on using in the half.	<b>36km</b>
8	Here we come to the end of Block 2 with a nice easy week. We're now halfway through the plan! It'll ramp up from here, but if you've ticked the sessions then you have a brilliant foundation for the marathon. Rest well this week - next week is the half marathon.	<b>25km</b>



# THE PLAN

## BLOCK 3

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
9	REST	Hills 5km 8x30s on 30s	Easy 5km	Speed 5km 4x400m on 90s 2x600m on 2'	REST	REST	Long 21km	
10	REST	Hills 5km 10x30s on 30s 2x45s on 45s	Easy 5km	Speed 5km 4x400m on 90s 3x600 on 2' 1x 800	REST	Long 16km	Easy 10km	
11	REST	Hills 8km 15x30s	Easy 5km	Speed 5km 4x400m on 90s 3x600m on120s 2x800m on 2'	REST	Long 20km	Easy 6km	
12	REST	Steady 10km	REST	Steady 10km	REST	Steady 10km	REST	

### THINGS TO THINK ABOUT

WEEK		KM
9	It's time to hit your first half marathon! If you can do this at an official event, if not, make an adventure of it and perhaps try to get a friend to run some or all of it with you. After a hill, speed and easy run during the week, completing a half marathon this weekend is no mean feat. Well done!	36km
10	More hills and speed work this week. Ensure you're resting well on the off days to recharge for the next session. Pay close attention to what shoes and clothing you feel comfiest in on the long and easy runs this weekend.	41km
11	The long Saturday run is another good opportunity to get out on the trails, and the 6km on Sunday will be a mental test.	44km
12	A simple week this week. After the speed work and longer distances over the past three weeks, keep these 10km's nice and steady. If you can, put in a couple of 10-20 minute pieces at marathon pace to see how it feels. Complete at least one of the 10km's on trails.	30km

# THE PLAN

## BLOCK 4

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
13	REST	Hills 5km 5x5 on 2'	Easy 10km	Speed 8km 4x600m on 2' 3x800m on 3'	REST	Long 35 km	REST	
14	REST	REST	Easy 10km	Speed 8km 4x800m on 3' 1x1000m on 2'	REST	Long 16km	Easy 10km	
15	REST	Easy 3km	REST	Easy 5km	REST	REST	Easy 3km	
16	REST	Easy 3km	REST	REST	Easy 3km	DULUX RACE TO THE KING		

### THINGS TO THINK ABOUT

WEEK		KM
13	Rest hard on Friday before the big one! If you can run 35km, you can run 50 km in a race. Treat this as a real race practice: use the same equipment, fuel and pacing strategy you intend on using in the race.	58km
14	This weekend should feel relatively easy compared to the last! Put into practice the changes made after last weekend's test- run in terms of nutrition and shoe / clothing choices.	44km
15	This week we wind things right down. 3 runs of decreasing distance. Be sure to include 5-10 x 60s at marathon pace just to stretch the legs out. Nothing too hard. It's all about getting your body feeling rested.	11km
16	It's easy to think carb-loading and moving as little as possible is the best plan of action in the last couple of days, but it lulls your body into a false sense of security! Certainly, make sure you fuel well, but do get out for the run on the day before the race. Take it very slow and include 5 x 30s strides - short pickups to stretch your legs out.	56km

# 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)

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