

# NON-STOP RUNNING 20 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 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 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

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# 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 setting on your journey. The distances should feel manageable.
	Enjoy the fresh air and the feeling of stretching your legs.
BLOCK 2	Mileage will ramp up this block. The South Downs is undulating so be sure to start including some more lumpy routes on your runs. During your runs, get used to walking uphill and then running again.
	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.
	Back-to-back runs become standard in this phase. Even though you're completing Dulux Race to the King in one day, back-to-back runs are used to develop strength, endurance and mental toughness.
	On Tuesday's short run, include short hills reps: 2 - 5 minutes running up a 7-10% gradient before walking back down to recover. Include a short warm up and cool down.
	Include hilly routes which have a mix of steep and undulating gradients. You should be aiming to accumulate between 175m - 225m per 10km run.
BLOCK 4	Like Block 3, focus on The South Downs Way specific terrain. There will be no more big back-to-backs.
	<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>• Focus on hitting the longer distances on Saturday and using Sunday as a really solid recovery day</li></ul>
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 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	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	15km	REST	
6	REST	10km	7km	REST	Cross train	18km	REST	
7	REST	8km	8km	REST	Cross train	22km	REST	
8	REST	5km	10km	REST	Cross train	25km	REST	
9	REST	REST	10km	REST	Cross train	5km	10km	

### THINGS TO THINK ABOUT

WEEK		KM
5	As we start Block 2, make sure you get out there and complete the miles even when you don't want to.	35km
6	Another week banked. Next week you tick off a half marathon!	35km
7	Your first half marathon this weekend. Try and 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. Consistency is key so log those miles and reward yourself for every single session with good recovery.	40km
9	This week will feel very easy compared to the last few weeks.	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	5km	REST	10km	10km	

### THINGS TO THINK ABOUT

WEEK		KM
10	Pay close attention to what shoes and clothing you feel comfiest in.	40km
11	Although you're doing the event in 1 day, back-to-back sessions are a super way to build strength and mental toughness.	45km
12	After last weekend, it shouldn't feel too bad. Make sure you carry plenty of food and drink and relax hard on the Sunday after your 10km.	45km
13	Long back-to-back kms 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.	30km



# 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 in the bag, with an ultra marathon on Saturday.	65km
17	Pushing the boundaries again this weekend with 55km on Saturday. Your last big effort. Use this as your final race prep session.	70km
18	This is a lower volume week but will be tough after your 55km. 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.	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 you body from thinking it's finishing training and shut down!	107km

# 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)