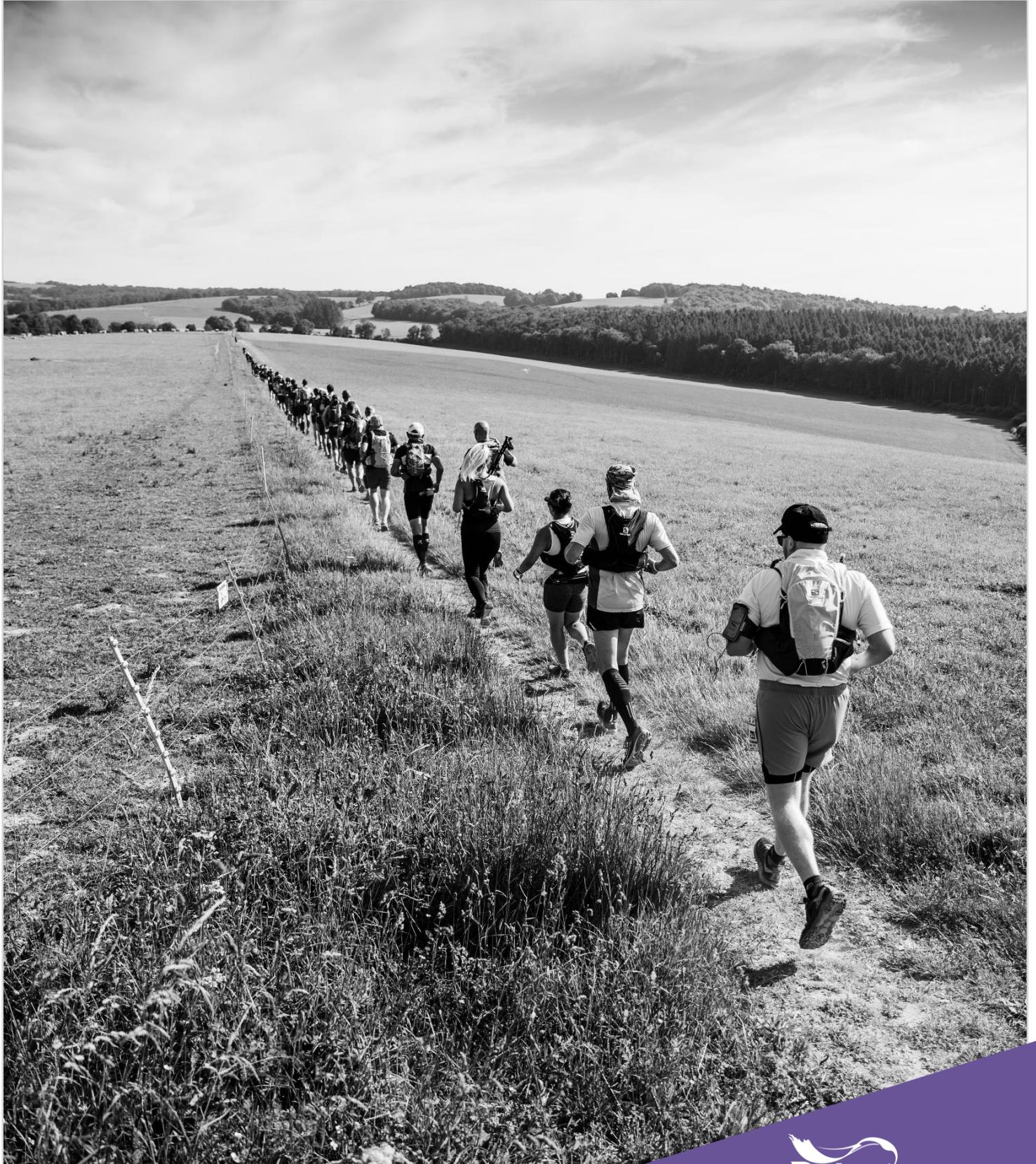


# NON-STOP WALKING 20 WEEK TRAINING PLAN



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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

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 setting on your journey. The distances should feel manageable.
	Enjoy the fresh air and the feeling of stretching your legs.
BLOCK 2	The South Downs is undulating so be sure to start including some more lumpy routes on your walks.
	I've included an optional 5th session, a cross training session, each week. Either swim or cycle: both are great at developing strength and aerobic endurance. If you're really tired, however, then leave this session out.
BLOCK 3	Now is the time to get specific with your chosen routes. Include hilly routes which have a mix of steep and undulating gradients. Make your Saturday long walks focus on climbing.
BLOCK 4	Like Block 3, focus on The Souths Downs Way specific terrain. • 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.
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	2km	2km	REST	REST	3km	3km	
2	REST	2km	3km	REST	REST	5km	5km	
3	REST	4km	4km	REST	4km	4km	4km	
4	REST	2km	3km	REST	REST	2km	3km	

## 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 in one day! To start, just aim to be consistent.	<b>10km</b>
2	Hopefully last week wasn't too challenging and you're enjoying the process. Keep it up, we add an extra walk in next week.	<b>15km</b>
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 2.	<b>20km</b>
4	Well done on completing your first block! Enjoy some down time, both physically and mentally.	<b>10km</b>

# THE PLAN

## BLOCK 2

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
5	REST	2km	5km	REST	Cross train	5km	8km	
6	REST	5km	5km	REST	Cross train	5km	10km	
7	REST	5km	8km	REST	Cross train	2km	15km	
8	REST	5km	10km	REST	Cross train	5km	15km	
9	REST	REST	7km	REST	Cross train	5km	8km	

### THINGS TO THINK ABOUT

WEEK		KM
5	Make sure you get out there and complete the kms. Use the time for planning, thinking, freedom and bonding with friends and family.	20km
6	This weekend you'll hit the 10km. Congratulate yourself and enjoy the day off on Sunday. Next week you aim for your first 15km!	25km
7	During your walk, make sure you eat and drink well and, if possible, complete it on similar terrain to the South Downs Way.	30km
8	Keep tapping the sessions out. Consistency is key so log those kms and reward yourself for every single session with good recovery.	35km
9	This week will feel very easy compared to the last few weeks.	20km

# THE PLAN

## BLOCK 3

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
10	REST	10km	5km	REST	5km	15km	REST	
11	REST	Hills 3km	6km	6km	REST	15km	10km	
12	REST	Hills 5km	10km	REST	REST	21km	10km	
13	REST	Hills 5km	10km	5km	REST	15km	15km	
14	REST	Hills 5km	REST	2km	REST	10km	REST	

### THINGS TO THINK ABOUT

WEEK		KM
10	Pay close attention to what shoes and clothing you feel comfiest in.	35km
11	These longer back-to-back weekends are a brilliant way of developing strength and mental toughness.	40km
12	Make sure you carry plenty of food and drink and relax hard on the Sunday after your 10km.	46km
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.	50km
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!	17km



# THE PLAN

## BLOCK 4

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
15	REST	10km	5km	REST	REST	25km	15km	
16	REST	10km	5km	10km	REST	38km	REST	
17	REST	5km	REST	10km	REST	30km	20km	
18	REST	10km	5km	REST	REST	55km	Recover hard	
19	REST	5km	5km	REST	REST	REST	5km	

### THINGS TO THINK ABOUT

WEEK		KM
15	Focus on eating whole foods, maintaining good hydration and relaxing as much as possible on your rest days.	55km
16	If possible, do this walk on similar terrain to that of the South Downs Way. Include hills and practice eating and drinking while on the move.	63km
17	Pushing the boundaries again this week with a hefty 50km spread over two days this weekend. Fuel well, it's a big weekend but you can do this.	65km
18	55km is a long way, but make it enjoyable and the sense of achievement will be huge! Walk on similar terrain to the South Downs Way.	70km
19	Well 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	3km	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!	106km

# 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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