

WEEKENDER RUNNING 20 WEEK TRAINING PLAN



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**THRESHOLD/
MORE IS IN YOU™**

Dulux
**RACE TO THE
KING**



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 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 is manageable for you 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 be fully prepared for what ever 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	The South Downs is undulating so be sure to start including some lumpy routes on your runs. Some gradients on The South Downs Way are 10%+ and are thus not runnable, so you need to be practiced in walking uphill. While many forget, be sure to include some downhill running as this requires different muscle activation.
BLOCK 3	We're now into the second half of the training plan! Things will start ramping up, but if you've got this far then you definitely have the fitness to do it. It's just about committing to the goal now and prioritising it in your daily life.
	On your runs, particularly the longer weekend ones, include hilly routes.
	To replicate The South Downs Way, you should be aiming to accumulate between 175m - 225m per 10km run. So on a 15km run, try to amass about 250m - 340m of climbing.
	In this block, there is an optional session - cross training - each week. Either swim or cycle: both are great at developing strength and aerobic endurance.
BLOCK 4	Like Block 3, focus on The South Downs Way specific terrain and still aim for a minimum of 200m of climbing per 10km run. <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.• Remember: the cross training sessions are optional. Focus on getting the runs done first.
WEEK BEFORE	The best thing you can do this week is chill, get your kit ready by Thursday 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	REST	REST	5km	5km	
2	REST	5km	REST	REST	REST	8km	5km	
3	REST	5km	REST	REST	REST	10km	5km	
4	REST	5km	5km	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 run the equivalent of two marathons in two days! To start, just aim on being consistent. Tick all the sessions off, even though some may feel very short.	15km
2	Hopefully last week wasn't too challenging and you're enjoying the process. Keep it up - the Saturday run increases slightly this week but it should still feel manageable and relaxed.	18km
3	Each block will follow a similar format: three or four weeks of building kms 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 runs.	20km
4	Well done on completing your first block! Try and get that 5km run on Wednesday in so you can take Sunday off completely.	15km

THE PLAN

BLOCK 2

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
5	REST	8km	REST	REST	REST	10km	5km	
6	REST	8km	REST	REST	REST	10km	10km	
7	REST	5km	3km	REST	REST	11km	10km	
8	REST	8km	5km	REST	REST	14km	13km	
9	REST	REST	5km	REST	REST	10km	7km	

THINGS TO THINK ABOUT

WEEK		KM
5	Later in the week we will shift up to four runs per week, but to begin, focus on getting the regular runs in.	23km
6	This weekend you'll take on your first back-to-back 10km.	28km
7	Your first week of four runs. It's even more important to rest well: eat, sleep, hydrate and keep off your feet as much as possible on your 'off' days.	29km
8	40km total this week. Make sure you complete all the sessions this week - you've got an easy week next week so earn the downtime.	40km
9	This week will feel very easy compared to the last few weeks. You're now half way! Rest up and prepare for the next increase to Block 3.	22km

THE PLAN

BLOCK 3

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
10	REST	10km	6km	Cross training	REST	14km	10km	
11	REST	8km	8km	Cross training	REST	11km	14km	
12	REST	10km	10km	Cross training	REST	16km	14km	
13	REST	10km	11km	Cross training	REST	21km	10km	
14	REST	10km	11km	Cross training	REST	13km	REST	

THINGS TO THINK ABOUT

WEEK		KM
10	Pay close attention to what shoes and clothing you feel comfiest in.	40km
11	It may be time to start looking for a new pair of trainers. Purchase a pair 3/4 weeks before the event so you can wear them in.	41km
12	With two 10kms in the middle of the week, the weekend will feel a little punchy. But you can do it. Make sure you carry plenty of food and drink!	50km
13	Your first half marathon within the plan. Getting out for 10km after a half marathon is really impressive. Well done. Next week easy week!	52km
14	Enjoy some down time this week, eat well and take your mind away from Dulux Race to the King. Enjoy a full Sunday off.	34km

THE PLAN

BLOCK 4

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
15	REST	8km	8km	Cross training	REST	21km	18km	
16	REST	10km	8km	REST	REST	21km	21km	
17	REST	10km	8km	Cross training	REST	26km	21km	
18	REST	7km	7km	REST	REST	30km	30km	
19	REST	5km	5km	Cross training	REST	10km	10km	

THINGS TO THINK ABOUT

WEEK		KM
15	It's imperative to recover well, fuel well both before, during and after each session. 4 weeks, then all the work is done. Go for it.	55km
16	Back to back half marathons this weekend! Do these runs on trails similar to the South Downs Way- both undulating and steep (10%+) hills.	60km
17	Pushing the boundaries again this week with a hefty 26km backed up with a half marathon on Sunday. Fuel well, it's a big one but you can do this.	65km
18	Pushing the boundaries again this week with a hefty 30km back to back. Fuel well, it's a big one but you can do this.	74km
19	Well done. The training has been done. Take this week easy.	30km

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 runs to keep the legs moving. Rest hard, 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!	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](#)
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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@racetotheking.com

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