

# WEEKENDER 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

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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.
	This block is all about consistency - get the sessions in on a regular basis and you'll see your fitness increase quickly.
BLOCK 2	The South Downs is undulating so be sure to start including some more lumpy routes on your walks.
	Practice walking uphill and then continuing to walk once the gradient flattens - try not to stop for too long at the top of each hill.
BLOCK 3	We're now into the second half of the training plan! Things will start ramping up now, but if you've got this far then you definitely have the fitness to do it.
	I've included an optional 5 <sup>th</sup> session – a cross training session – each week. Either swim or cycle: both are great at developing strength and aerobic endurance.
	On your walks, it's time to include hilly routes. To replicate The South Downs Way, you should be aiming to accumulate between 175m - 225m per 10km walk. So on a 15km walk, try to amass about 250m - 340m of climbing.
BLOCK 4	<p>Like Block 3, focus on The South Downs Way specific terrain and still aim for a minimum of 200m of climbing per 10km walk.</p> <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>• Remember: the cross training sessions are optional. Focus on getting the walks done and if you have the time and energy, complete a swim or cycle where stated.</li></ul>
WEEK BEFORE	The best thing you can do this week is chill, get your kit ready by Thursday 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	3km	3km	
3	REST	3km	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.	9km
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 walks.	13km
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	3km	REST	REST	3km	5km	
6	REST	5km	3km	REST	REST	3km	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 Dulux Race to the King requires you to walk two long days back-to-back. Keep working on consistency.	14km
6	This weekend you'll walk 8km on Sunday - this will be near two hours on your feet. Congratulate yourself and enjoy the achievement!	19km
7	Your first 10km this weekend. During, make sure you eat and drink well and try to complete it on similar terrain to the South Downs Way.	20km
8	Back to back 8km this weekend. Consistency is key so log those miles and reward yourself with good recovery.	24km
9	This week will feel very easy compared to the last few weeks.	15km

# THE PLAN

## BLOCK 3

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
10	REST	3km	5km	Cross training	REST	11km	5km	
11	REST	3km	3km	Cross training	REST	11km	11km	
12	REST	3km	7km	Cross training	REST	13km	13km	
13	REST	2km	7km	Cross training	REST	16km	13km	
14	REST	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.	24km
11	Your first long back-to-back weekend. Doing long back-to-back sessions is a super way to build strength and mental toughness.	28km
12	Your first pop at 2x8 miles this weekend. Make sure you carry plenty of food and drink and relax hard on the Sunday!	36km
13	The back-to-backs will be hard but if you've got this far then you definitely have the fitness to nail it.	38km
14	Rest hard because the next 4 weeks will be challenging. You can do this!	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	3km	3km	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	Back to back 15km walks this weekend. If possible, do this walk on similar terrain to that of the South Downs Way - include steep (10%+) hills.	40km
17	Pushing the boundaries again this week. After 23km on Saturday followed by an 18km on Sunday, you'll have certainly earned your Sunday evening rest!	56km
18	Completing 50km over two days is huge. Make an adventure of it: explore some new route, use the kit you intend on using at Dulux Race to the King.	56km
19	Well done. The training has been done. Take this week easy.	20km



# THE PLAN

# FINAL WEEK

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
20	REST	3km	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.	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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