

NON-STOP RUNNING 20 WEEK TRAINING PLAN



Brought to you by:
THRESHOLD/
MORE IS IN YOU™

**RACE TO THE
TOWER** 

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 Race to the Tower, 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

Instagram: @perpetualmotioncoaching

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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.
	Enjoy the fresh air and the feeling of stretching your legs.
BLOCK 2	Mileage will ramp up this block. Race to the Tower, along The Cotswold Way, is the hilliest of our Threshold Trail Series with 2,300m climbing over the 53 miles.
	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 RTTT 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. Include a short warm up and cool down.
	Include hilly routes which have a mix of steep and undulating gradients. To replicate The Cotswold Way, you should be aiming to accumulate between 230m - 250m per 6 mile run.
BLOCK 4	Like Block 3, focus on The Cotswold Way specific terrain and still aim for a minimum of 450m of climbing per 6 mile run.
	Start to think about your kit choices – what feels comfortable on your feet and also what settles well in your stomach as you walk.
	Focus on hitting the longer distances on Saturday and using Sunday as a recovery day
WEEK BEFORE	The best thing you can do this week is chill, get your kit ready by Thursday and enjoy the rest!

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
Easy	Conversational pace. Effort should not be taxing at all.
Steady	A little harder, but you should still be able to speak long sentences.
Tempo	This is 'uncomfortably comfortable'. You can speak short sentences between breaths, but it's hard.
Hills	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.
Speed	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">• 8x400m on 90s means 8 x 400m reps with 90 seconds walking recovery between each.• 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.

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	3 miles	REST	3 miles	REST	5 miles	REST	
2	REST	4 miles	REST	5 miles	REST	6 miles	REST	
3	REST	6 miles	4 miles	REST	REST	7 miles	REST	
4	REST	3 miles	3 miles	REST	REST	6 miles	REST	

THINGS TO THINK ABOUT

WEEK		MILES
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.	11 miles
2	Hopefully last week wasn't too challenging and you're enjoying the process. Keep it up.	15 miles
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.	17 miles
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.	12 miles

THE PLAN

BLOCK 2

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
5	REST	6 miles	6 miles	REST	Cross train	9 miles	REST	
6	REST	6 miles	4 miles	REST	Cross train	11 miles	REST	
7	REST	5 miles	5 miles	REST	Cross train	14 miles	REST	
8	REST	3 miles	6 miles	REST	Cross train	16 miles	REST	
9	REST	REST	6 miles	REST	Cross train	3 miles	6 miles	

THINGS TO THINK ABOUT

WEEK		MILES
5	Make sure you get out there and complete the miles. Use the time for planning, thinking and bonding with friends and family.	21 miles
6	Another week banked. Hopefully the cross training is providing further fitness gains. Next week you tick off a half marathon!	21 miles
7	Your first half marathon this weekend. If you can, complete it on an undulating trail and practice your pacing.	24 miles
8	Keep tapping the sessions out. Consistency is key so log those miles and reward yourself for every single session with good recovery.	25 miles
9	This week will feel very easy compared to the last few weeks.	15 miles

THE PLAN

BLOCK 3

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
10	REST	6 miles	4 miles	REST	5 miles	9 miles	REST	
11	REST	Hills 2 miles	5 miles	5 miles	REST	9 miles	6 miles	
12	REST	Hills 3 miles	6 miles	REST	REST	12 miles	6 miles	
13	REST	Hills 3 miles	6 miles	3 miles	REST	9 miles	9 miles	
14	REST	Hills 3 miles	REST	REST	REST	6 miles	6 miles	

THINGS TO THINK ABOUT

WEEK		MILES
10	Pay close attention to what shoes and clothing you feel comfiest in.	24 miles
11	Although you're doing the event in 1 day, back-to-back sessions are a super way to build strength and mental toughness.	27 miles
12	Your first pop at a 12 mile run today. Make sure you carry plenty of food and drink and relax hard on the Sunday after your 6 miles.	27 miles
13	Long back-to- back 9 miles on the weekend will be testing, but if you've got this far then you definitely have the fitness to nail it.	30 miles
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!	15 miles

THE PLAN

BLOCK 4

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
15	REST	6 miles	6 miles	REST	REST	22 miles	REST	
16	REST	3 miles	3 miles	6 miles	REST	25 miles	REST	
17	REST	3 miles	REST	6 miles	REST	31 miles	Recover hard	
18	REST	3 miles	3 miles	REST	REST	9 miles	3 miles	
19	REST	3 miles	3 miles	REST	REST	REST	3 miles	

THINGS TO THINK ABOUT

WEEK		MILES
15	Practice fuelling techniques, try different foods and test various hydration packs. Relax as much as possible on your off days.	34 miles
16	Another big one in the bag, with an ultra marathon on Saturday. Huge congrats...recover hard.	37 miles
17	Pushing the boundaries again this weekend with 31 miles on Saturday. Your last big effort. Use this as your final race prep session.	40 miles
18	This is a lower volume week but will be tough after your 31 miles. Get it done, we're really on the wind-down now. Two very easy weeks coming up.	18 miles 30km
19	Well done. The training has been done. Take this week easy.	9 miles

THE PLAN

FINAL WEEK

WEEK	MON	TUES	WED	THUR	FRI	SAT	SUN	✓
20	REST	2 miles	REST	REST	2 miles	RACE DAY!!	RELAX & REVEL!	

THINGS TO THINK ABOUT

WEEK		MILES
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! NB: don't be tempted to adjust anything or try something new at this point. GOOD LUCK!	56 miles

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@racetothetower.com