

WEEKENDER WALKING 20 WEEK TRAINING PLAN



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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

Facebook: @perpetualmotioncoaching



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. |
| | This block is all about consistency - get the sessions in on a regular basis and you'll see your fitness increase quickly. |
| BLOCK 2 | Race to the Tower, along The Cotswold Way, is the hilliest of our Threshold Trail Series with 2,000m climbing over the 53 miles, 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 th 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 which have a mix of steep and undulating gradients. To replicate The South Downs Way, you should be aiming to accumulate between 175m - 225m per 6 mile walk. |
| BLOCK 4 | Like Block 3, focus on The Cotswold Way specific terrain and still aim for a minimum of 250m of climbing per 6 mile walk. |
| | Start to think about your kit choices - what feels comfortable after hours on your feet - and also what settles well in your stomach. |
| | 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. |
| 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 | 2 miles | REST | REST | REST | 2 miles | 1 mile | |
| 2 | REST | 2 miles | REST | REST | REST | 2 miles | 2 miles | |
| 3 | REST | 2 miles | REST | REST | REST | 3 miles | 3 miles | |
| 4 | REST | 1 mile | 2 miles | REST | REST | 3 miles | REST | |

THINGS TO THINK ABOUT

| WEEK | | MILES |
|------|---|---------|
| 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. | 5 miles |
| 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. | 6 miles |
| 3 | Each block will follow a similar format: three or four weeks of building mileage 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. | 8 miles |
| 4 | Well done on completing your first block! Enjoy some down time, both physically and mentally. | 6 miles |

THE PLAN

BLOCK 2

| WEEK | MON | TUES | WED | THUR | FRI | SAT | SUN | ✓ |
|------|------|---------|---------|------|------|---------|---------|---|
| 5 | REST | 2 miles | 2 miles | REST | REST | 2 miles | 3 miles | |
| 6 | REST | 3 miles | 2 miles | REST | REST | 2 miles | 5 miles | |
| 7 | REST | 1 mile | 2 miles | REST | REST | 3 mile | 6 miles | |
| 8 | REST | 3 miles | 2 miles | REST | REST | 5 miles | 5 miles | |
| 9 | REST | REST | 3 miles | REST | REST | 3 miles | 3 miles | |

THINGS TO THINK ABOUT

| WEEK | | MILES |
|------|--|-----------------|
| 5 | It's important to get these regular walks in as Race to the Tower requires you to walk two long days back-to-back. | 9 miles |
| 6 | This weekend you'll walk 5 miles on Sunday. Congratulate yourself and enjoy the achievement, you've come a long way already! | 12 miles |
| 7 | Your first 6 miles this weekend. During the long walk, make sure you eat and drink well and try to complete it on similar terrain to The Cotswold Way. | 12 miles |
| 8 | Back to back 5 miles this weekend. Consistency is key so log those miles and reward yourself with good recovery. | 15 miles |
| 9 | This week will feel very easy compared to the last few weeks. | 9 miles |

THE PLAN

BLOCK 3

| WEEK | MON | TUES | WED | THUR | FRI | SAT | SUN | ✓ |
|------|------|---------|---------|----------------|---------|---------|---------|---|
| 10 | REST | 2 miles | 3 miles | Cross training | REST | 7 miles | 3 miles | |
| 11 | REST | 2 miles | 2 miles | Cross training | REST | 7 miles | 7 miles | |
| 12 | REST | 2 miles | 4 miles | Cross training | REST | 8 miles | 8 miles | |
| 13 | REST | 1 miles | 4 miles | Cross training | REST | 8 miles | 8 miles | |
| 14 | REST | 3 miles | REST | Cross training | 5 miles | 3 miles | REST | |

THINGS TO THINK ABOUT

| WEEK | | MILES |
|------|--|----------|
| 10 | Pay close attention to what shoes and clothing you feel comfiest in. | 15 miles |
| 11 | Your first long back-to-back weekend. Doing long back-to-back sessions is a super way to build strength and mental toughness. | 18 miles |
| 12 | Your first pop at 2x8 miles this weekend. After last weekend, it shouldn't feel too bad. Make sure you carry plenty of food and drink and relax on Sunday! | 22 miles |
| 13 | The 8 mile back-to-backs will be hard but if you've got this far then you definitely have the fitness to nail it. | 21 miles |
| 14 | Rest hard because the next 4 weeks will be challenging. You can do this! Try and get that walk in on Friday so you can take Sunday totally off. | 11 miles |

THE PLAN

BLOCK 4

| WEEK | MON | TUES | WED | THUR | FRI | SAT | SUN | ✓ |
|------|------|---------|---------|----------------|------|----------|----------|---|
| 15 | REST | 6 miles | 3 miles | Cross training | REST | 6 miles | 9 miles | |
| 16 | REST | 3 miles | 3 miles | REST | REST | 9 miles | 9 miles | |
| 17 | REST | 3 miles | 6 miles | Cross training | REST | 7 miles | 11 miles | |
| 18 | REST | 2 miles | 2 miles | REST | REST | 15 miles | 15 miles | |
| 19 | REST | 3 miles | 3 miles | Cross training | REST | 6 miles | REST | |

THINGS TO THINK ABOUT

| WEEK | | MILES |
|------|--|-----------------|
| 15 | The final block. It's imperative to recover well between sessions so fuel well before, during and after each walk for optimal recovery. | 24 miles |
| 16 | Back to back 9 mile walks this weekend. If possible, do this walk on similar terrain to that of The Cotswold Way - Include steep (10%+) hills. | 24 miles |
| 17 | Pushing the boundaries again this week. After 7 miles on Saturday, you'll have certainly earned your Sunday evening rest! | 27 miles |
| 18 | Completing 30 miles over two days is huge. Make an adventure of it: explore some new route, use the kit you intend on using at RTTT. | 34 miles |
| 19 | Well done. The training has been done. Take this week easy. | 12 miles |

THE PLAN

FINAL WEEK

| WEEK | MON | TUES | WED | THUR | FRI | SAT | SUN | ✓ |
|------|------|---------|------|------|---------|-------------|-------------|---|
| 20 | REST | 2 miles | REST | REST | 2 miles | RACE DAY 1! | RACE DAY 2! | |

THINGS TO THINK ABOUT

| WEEK | | MILES |
|------|--|----------|
| 20 | <p>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! NB: don't be tempted to adjust anything or try something new at this point. GOOD LUCK!</p> | 57 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