

THRESHOLD/  
TRAIL SERIES

# TRAINING PLAN

## 30K ADVANCED



RACE TO  
THE KING

RACE TO  
THE STONES

# Welcome aboard!

This sixteen-week training plan is designed to help you smash your next 30k run. As an advanced runner, we recommend that you are used to exercising 4-5 times a week and have completed at least one marathon-distance run (42.2km/26.2 miles) in the past.

## About this Plan

The plan is broken down into four-week blocks, which are designed to help you build gradually towards race day. Every fourth week you will have an easier week where the intensity and time on your feet drops right down; this recovery time is important to help you build fitness.

If you miss a session or need to move things around due to life getting in the way, don't worry. This plan is just a guide to help you make informed decisions about how to approach your training.

## When do I start training?

- If you are taking part in Race to the King, your first week of training begins on Monday 2nd of March.
- If you are taking part in Race to the Stones, your first week of training begins on Monday 23rd of March.



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# Key to training sessions

INTENSITY		INTENSITY: LOW	INTENSITY: MODERATE	INTENSITY: HIGH
EASY	Easy running is as it sounds! A comfortable, relaxed pace where you're not pushing yourself too hard. It's often described as "conversational" because you should be able to speak in full sentences without gasping for air. Easy running is essential to build endurance and fitness – don't skimp on it!			
REST	Rest is an essential part of training which lets your muscles repair and strengthen. Gentle exercise like a walk, stretching, or easy bike ride is fine, but try to avoid over-exerting yourself on rest days.			
ALWAYS warm up and cool down before any hard running!	TEMPO	A tempo run is a workout where you run at a 'comfortably hard pace' – somewhere between your 10k race pace and half marathon, or the kind of pace you could maintain for around one hour.		
	INTERVALS	In this workout, you mix periods of faster running with slow jogging or walking for the same distance. For example, if your session is described as "4×400m", you should warm up, run 400m at a relatively fast pace, then walk/jog 400m to recover. Repeat this four times in total, then cool down.		
	HILL REPEATS	A hill repeat session is just like a standard interval session, except that the 'hard' running is done uphill. This will build strength and explosive power and help you on those hills during the race. At the end of each interval, jog or walk back downhill to recover before the next one.		
	PROGRESSIVE	During a progressive run, aim to gradually increase your pace throughout the run. Start at a slow and easy pace, and then incrementally speed up to a moderate or fast pace towards the end. The idea is to begin comfortably and finish fast, but not so fast that you can't maintain good form.		
LONG RUN	Your weekly long run is a key session when it comes to building endurance for your ultra. Try to get out onto trails if you can and run at an easy pace - don't be afraid to walk up hills! Long runs are a great time to practice using the kit and nutrition you plan on using during the race itself.			

# **BLOCK 1**

## **LAYING THE FOUNDATIONS**

It's important to build gradually towards your 30km run – don't be tempted to immediately head out the door and run a marathon in the hills! Start conservatively and you'll find your fitness will follow.



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# Training Schedule

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL KM
1	9KM Easy	8KM Easy	11KM Hill repeats 4 × 200M	Rest	8KM Easy	15KM Long run	Rest	51KM
2	10KM Easy	7KM Easy	11KM Intervals 4 × 400M	Rest	10KM Easy	16KM Long run	Rest	54KM
3	11KM Half easy Half tempo	7KM Easy	12KM Hill repeats 5 × 200M	Rest	10KM Easy	18KM Long run	Rest	58KM
4	7KM Easy	Rest	9KM Progressive	Rest	10KM Easy	14KM Long run	Rest	40KM

INTENSITY: LOW

INTENSITY: MODERATE

INTENSITY: HIGH

REFER TO TRAINING SESSIONS KEY ON PAGE 4

## **BLOCK 2**

# **BUILDING OUT YOUR BASE**

With foundations laid you can now start to get some serious mileage under your feet. Don't get too caught up on getting everything right. Staying consistent is more important than any single training run.



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# Training Schedule

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL KM
5	<b>9KM</b> Progressive	<b>8KM</b> Easy	<b>11KM</b> Intervals 5 × 400M	Rest	<b>10KM</b> Easy	<b>22KM</b> Long run	Rest	<b>60KM</b>
6	<b>10KM</b> Easy	<b>8KM</b> Easy	<b>13KM</b> Hill repeats 6 × 200M	Rest	<b>9KM</b> Easy	<b>24KM</b> Long run	Rest	<b>64KM</b>
7	<b>11KM</b> Half easy Half tempo	<b>10KM</b> Easy	<b>11KM</b> Intervals 3 × 1KM	Rest	<b>10KM</b> Easy	<b>25KM</b> Long run	Rest	<b>67KM</b>
8	<b>7KM</b> Easy	<b>5KM</b> Easy	<b>7KM</b> Progressive	Rest	<b>10KM</b> Easy	<b>15KM</b> Long run	Rest	<b>44KM</b>

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## **BLOCK 3**

# **DEVELOPING YOUR FITNESS**

This four-week block is where you will really start to sharpen up your fitness in preparation for your 30km run. Expect to feel fatigued, and make sure you are eating well and getting as much sleep as you can.



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# Training Schedule

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL KM
9	<b>10KM</b> Progressive	<b>10KM</b> Easy	<b>12KM</b> Hill repeats 6 × 200M	Rest	<b>10KM</b> Easy	<b>27KM</b> Long run	Rest	<b>69KM</b>
10	<b>10KM</b> Easy	<b>7KM</b> Easy	<b>13KM</b> Intervals 6 × 400M	<b>6KM</b> Easy	<b>14KM</b> Easy	<b>24KM</b> Long run	Rest	<b>74KM</b>
11	<b>13KM</b> Half easy Half tempo	<b>10KM</b> Easy	<b>15KM</b> 10K Easy 5K Tempo	Rest	<b>10KM</b> Easy	<b>29KM</b> Long run	Rest	<b>77KM</b>
12	<b>7KM</b> Easy	Rest	<b>9KM</b> Hill repeats 3 × 200M	Rest	<b>10KM</b> Easy	<b>19KM</b> Long run	Rest	<b>45KM</b>

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## **BLOCK 4**

# **PEAKING AND TAPERING**

This final block starts with one last big week, culminating in a weekend of back-to-back long runs. You'll then begin a three week 'taper', reducing your mileage to help you recover ahead of event weekend.



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# Training Schedule

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL KM
13	<b>13KM</b> 8K Easy 5K Tempo	<b>5KM</b> Easy	<b>10KM</b> Intervals 6 × 400M	<b>5KM</b> Easy	Rest	<b>29KM</b> Long run	<b>19KM</b> Long run	<b>81KM</b>
14	<b>10KM</b> Easy	<b>7KM</b> Easy	<b>15KM</b> Intervals 5 × 1KM	Rest	<b>12KM</b> Easy	<b>19KM</b> Long run	Rest	<b>63KM</b>
15	<b>11KM</b> Easy	Rest	<b>6KM</b> Tempo	Rest	<b>10KM</b> Easy	<b>14KM</b> Long run	Rest	<b>41KM</b>
16	Rest	<b>9KM</b> Intervals 3 × 1KM	<b>5KM</b> Easy	Rest	<b>3KM</b> Easy	<b>30KM RACE WEEKEND</b>		<b>47KM</b>

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