

**THRESHOLD/  
TRAIL SERIES**

# **TRAINING PLAN**

**80K – ADVANCED**



**RACE TO  
THE KING**

**RACE TO  
THE STONES**

# Welcome aboard!

This sixteen-week training plan is designed to help you take on your next 80km run. As an advanced runner, we recommend that you are used to running 4-5 times a week and have completed at least one ultra (**more than 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 your strength, fitness, and endurance 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		<span style="background-color: #f47b20; color: white; padding: 2px 10px;">INTENSITY: LOW</span> <span style="background-color: #6a3d9a; color: white; padding: 2px 10px;">INTENSITY: MODERATE</span> <span style="background-color: #e31a1c; color: white; padding: 2px 10px;">INTENSITY: HIGH</span>
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 80km 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	<b>7KM</b> Hill repeats 4 × 200M	<b>8KM</b> Easy	<b>8KM</b> Half easy Half tempo	Rest	<b>12KM</b> Easy	<b>18KM</b> Long run	Rest	<b>53KM</b>
2	<b>8KM</b> Easy	<b>10KM</b> Easy	<b>9KM</b> Progressive	Rest	<b>9KM</b> Easy	<b>22KM</b> Long run	Rest	<b>58KM</b>
3	<b>8KM</b> Easy	<b>10KM</b> Easy	<b>10KM</b> Tempo last 2K	Rest	<b>11KM</b> Easy	<b>24KM</b> Long run	Rest	<b>63KM</b>
4	<b>5KM</b> Progressive	Rest	<b>7KM</b> Half easy Half tempo	Rest	<b>8KM</b> Easy	<b>14KM</b> Long run	Rest	<b>34KM</b>

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>8KM</b> Intervals 2 × 1.5K	<b>10KM</b> Easy	<b>12KM</b> Progressive	Rest	<b>8KM</b> Easy	<b>25KM</b> Long run	Rest	<b>63KM</b>
6	<b>11KM</b> Hill repeats 5 × 200M	<b>7KM</b> Easy	<b>12KM</b> Progressive	Rest	<b>12KM</b> Easy	<b>25KM</b> Long run	Rest	<b>67KM</b>
7	<b>11KM</b> Hill repeats 6 × 200M	<b>9KM</b> Easy	<b>12KM</b> Intervals 3 × 1.5K	<b>5KM</b> Easy	<b>10KM</b> Easy	<b>25KM</b> Long run	Rest	<b>72KM</b>
8	<b>10KM</b> Easy	Rest	<b>7KM</b> Tempo 5KM	Rest	<b>10KM</b> Easy	<b>14KM</b> Long run	Rest	<b>41KM</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 80km 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> Hill repeats 5 × 400M	<b>8KM</b> Easy	<b>12KM</b> Half easy Half tempo	<b>5KM</b> Easy	<b>15KM</b> Easy	<b>27KM</b> Long run	Rest	<b>77KM</b>
10	<b>10KM</b> Easy	<b>12KM</b> Easy	<b>13KM</b> Intervals 3 × 2KM	<b>7KM</b> Easy	<b>10KM</b> Easy	<b>30KM</b> Long run	Rest	<b>82KM</b>
11	<b>7KM</b> Easy	<b>12KM</b> Easy	<b>14KM</b> Tempo last 6K	<b>12KM</b> Easy	Rest	<b>29KM</b> Long run	<b>16KM</b> Easy	<b>90KM</b>
12	<b>7KM</b> Easy	Rest	<b>10KM</b> Easy	Rest	<b>8KM</b> Easy	<b>18KM</b> Long run	Rest	<b>43KM</b>

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## BLOCK 4

# PEAKING AND TAPERING

This final block starts with one last big week, culminating in a 45k 'dress rehearsal' long run. You'll then begin a three week 'taper', reducing your mileage to recover ahead of your 80km run.



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# Training Schedule

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL KM
13	<b>9KM</b> Hill repeats 5 × 200M	<b>10KM</b> Easy	<b>11KM</b> Half easy Half tempo	<b>9KM</b> Easy	Rest	<b>45KM</b> Long run	<b>11KM</b> Easy	95KM
14	<b>8KM</b> Easy	<b>8KM</b> Easy	<b>9KM</b> Tempo 6K	Rest	<b>15KM</b> Easy	<b>23KM</b> Long run	Rest	63KM
15	<b>9KM</b> Easy	Rest	<b>11KM</b> Hill repeats 3 × 200M	Rest	<b>12KM</b> Easy	<b>14KM</b> Long run	Rest	46KM
16	Rest	<b>8KM</b> Easy	<b>6KM</b> Easy	Rest	Rest	<b>80KM RACE WEEKEND</b>		94KM

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