



NON-STOP RUNNING 20 WEEK TRAINING PLAN

BROUGHT TO YOU BY THRESHOLD TRAIL SERIES COACH, KERRY SUTTON

MEET KERRY

THRESHOLD TRAIL SERIES COACH, KERRY SUTTON:

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 perfect to have a new challenge, and test yourself in a very different way.

I fell in to the former category eight 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, but I made it to the start line ready to give it my best shot - and absolutely loved it! Fast forward 8 years, and I now compete as a runner at ultra marathons of all distances and have raced all around the world. So first warning: beware, endurance events are hugely addictive, because, believe it or not, they are a lot of fun!

My experience from ultra walker to ultra runner and competitor 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 Dixons Carphone Race to the Stones, 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.

Coupled with these plans I am also able to offer bespoke coaching. Being personally coached by me will allow you to have a plan which is tailor made to you and your particular 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 on this visit www.kerrysutton.co.uk and contact me from there.

'Believe and you can achieve'



RACE TO
THE STONES



5 RULES

THE KEY TO A HAPPY FINISHER



There are 5 rules to bear in mind when preparing yourself for an event of this nature.

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 made you stronger. When you went out and ran when you didn't want to, when you carried on and did another 2 miles even though you had blisters. The day you finished your 6 miles in the driving rain. All of these scenarios make you mentally more able to deal with them next time they arise.
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'
5. Run in all **weathers**. You'll be fully prepared for what ever is thrown at you on the day itself.

Remember this:

No one ever regrets having completed a training session but one often regrets missing one.

BLOCKS

OVERALL TRAINING PLAN SUMMARY



- BLOCK 1** • This block is all about setting on your journey. You will need to be in decent shape before starting this plan, which means you're able to run 45 minutes without stopping and are able to run three times per week.
 - As we start block one, enjoy the fresh air, low mileage and stretching the legs. This block is all about getting consistent!
- BLOCK 2** • Mileage will ramp up this block. The Ridgeway is classified as 'rolling'. There are few very steep gradients but plenty of undulations, many of which are runnable if fit. So think about this and include routes with rolling hills. During your runs, get used to walking uphill and then running again.
 - In this block, 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, but if you're really tired, then leave it out.
- BLOCK 3** • Now is the time to really get specific with your chosen routes. Include hilly routes which have a mix of steep and undulating gradients.
 - To replicate the Ridgeway, you should be aiming to accumulate between 100m - 150m per 10km run. So on a 15km run, try to amass about 150 - 225m of climbing. Even though you're completing Dixons Carphone RTTS in one day, back-to-back runs are used to develop strength, endurance and mental toughness.
 - Really think about how you are going to fuel yourself. What food and drink works for you?
 - On Tuesday's short run, include long hills reps: 5 - 10 minutes running up a 4-7% gradient before walking back down to recover. Include a short warm up and cool down to make this session ~5km
- BLOCK 4** • This is a big block of training. Like Block 3, focus on Ridgeway-specific terrain and still aim for a minimum of 100m of climbing per 10km run.
 - There will be no more big back-to-backs, but the individual distances will continue to rise - this is specific to the race. Start to think about your kit choices - what feels comfortable after hours on your feet - and also what settles well in your stomach as you run.
 - Practice race pacing, which includes walking up the steeper gradients. Rather than do multiple back-to-back runs, focus on hitting the longer distances on Saturday and using Sunday as a really solid recovery day.
- WEEK BEFORE** • The best thing you can do this week is chill, get your kit ready by Thursday and enjoy the rest!

BLOCK 1

Month of February / March 2019



RACE TO THE STONES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Tips and Comments
WC 25th Feb	REST	5km	REST	5km	REST	8km	REST	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. Week 1 total mileage: 18km
WC 4th Mar	REST	7km	REST	8km	REST	10km	REST	Hopefully last week wasn't too challenging and you're enjoying the process. Keep it up. Week 2 total mileage: 25km
WC 11th Mar	REST	10km	6km	REST	REST	12km	REST	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 2. Week 3 total mileage: 28km
WC 18th Mar	REST	5km	5km	REST	REST	10km	REST	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. Week 4 total mileage: 0km

BLOCK 2

Month of March / April 2019



RACE TO THE STONES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Tips and Comments
WC 25th Mar	REST	10km	10km	REST	Cross training	15km	REST	As we start Block 2, distances increase steadily. Make sure you get out there and complete the kms even when you don't want to. Use the time for planning, thinking, freedom and bonding with friends and family. Week 5 total mileage: 35km
WC 1st April	REST	10km	7km	REST	Cross training	18km	REST	Another week banked. Hopefully the cross training is providing further fitness gains. Next week you tick off a half marathon! Week 6 total mileage: 35km
WC 8th April	REST	8km	8km	REST	Cross training	22km	REST	Your first half marathon comes this weekend. This is a very solid milestone, so well done for getting here. If you can, complete it on an undulating trail and practice your pacing - eat and drink well and take it steady. Week 7 total mileage: 38km
WC 15th April	REST	5km	10km	REST	Cross training	25km	REST	Keep tapping the sessions out. Consistency is key so log those kms and reward yourself for every single session with good recovery. Well done on 25km, you've earned an easy week. Week 8 total mileage: 40km
WC 22nd April	REST	REST	10km	REST	Cross training	5km	10km	This week will feel very easy compared to the last few weeks. Well done for getting this far. You're now <i>half way!</i> Rest up and prepare for the next increase to Block 3. Week 9 total mileage: 25km

BLOCK 3

Month of April / May 2019



RACE TO THE STONES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Tips and Comments
WC 29th April	REST	10km	7km	REST	8km	15km	REST	<p>First week of the new block. We're looking to ramp up the distances over this next period to get you ready for your final block. Pay close attention to what shoes and clothing you feel comfiest in as the kms increase.</p> <p>Week 10 total mileage: 40km</p>
WC 6th May	REST	Hills 4km	8km	8km	REST	15km	10km	<p>Your first back-to-back weekend. Although you're doing the event in one day, back-to-back sessions are a super way to build strength and mental toughness. Getting up that second day is tough. Kudos to you.</p> <p>Week 11 total mileage: 45km</p>
WC 13th May	REST	Hills 5km	10km	REST	REST	20km	10km	<p>A really solid back-to-back this weekend, with a half marathon on Saturday. Make sure you carry plenty of food and drink and relax hard on the Sunday after your 10km.</p> <p>Week 12 total mileage: 45km</p>
WC 20th May	REST	Hills 5km	10km	5km	REST	20km	15km	<p>Last push before easy week. Really make these runs count. The long back-to-back will be testing, but if you've got this far then you definitely have the fitness to nail it. Go for it! 55km in one week...well done.</p> <p>Week 13 total mileage: 55km</p>
WC 27th May	REST	Hills 5km	REST	REST	REST	10km	10km	<p>Enjoy some down time. 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!</p> <p>Week 14 total mileage: 25km</p>

BLOCK 4

Month of June / July 2019



RACE TO THE STONES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Tips and Comments
WC 3rd June	REST	10km	10km	REST	REST	35km	REST	Use this block to get really race specific. Practice fuelling techniques, try different foods and test various hydration packs. Relax as much as possible on your off days. Week 15 total mileage: 55km
WC 10th June	REST	5km	5km	10km	REST	45km	REST	Another big one in the bag, with an ultra marathon on Saturday. Since when did an ultra become merely a training run?! When you became an ultra runner, that's when! Huge congrats...recover hard. Week 16 total mileage: 65km
WC 17th June	REST	5km	REST	10km	REST	55km	Focus on recovering hard today	Pushing the boundaries again this weekend with 55km on Saturday. Your <i>last</i> big effort. Use this as your final race prep session. Get on the hills and make an expedition of it. Pace doesn't matter. Week 17 total mileage: 70km
WC 24th June	REST	5km	5km	REST	REST	15km	5km	This is a lower volume week but will be tough after your 50km. Get it done, we're really on the wind-down now. Two very easy weeks coming up... Week 18 total mileage: 35km
WC 1st July	REST	5km	5km	REST	REST	REST	5km	Well done. The training has been done. Take this week easy, just keep the legs ticking over. Week 19 total mileage: 15km

