

A photograph of two female runners on a paved path. The runner on the left is wearing a grey singlet with a hydration pack and a race bib with the number 2736. The runner on the right is wearing a black singlet with 'Julie' written on it, a purple cap, and a race bib with the number 2507. They are both smiling and running towards the camera. The background shows a grassy field and a cloudy sky.

ONE DAY RUNNING 16 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'

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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 walked when you didn't want to, when you carried on and did another 2km even though you had blisters. The day you finished your 10km 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. Walk 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.

NOTES



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 7-9km.

The 16-week training plan is separated into four 4-week blocks. Each block contains 3 weeks where your training will build and increase, and the fourth week will be a recovery week. The final week of Block 4 will be a taper, ending with the marathon.

Consistency is the key to this training plan. Running three, four or five times per week on a regular, consistent basis will lead to huge gains, regardless of the pace and intensity of the session. So, make consistency your goal.

Training Intensities:

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. This is around your half marathon pace.

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. *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.

NOTES



Strength and conditioning (S&C)

S&C is an important piece of the puzzle when it comes to training for a marathon, but is often neglected. The first 8 weeks include S&C and it's worth making the effort to get these sessions in. A marathon, particularly the latter stages, is very much about strength rather than aerobic capacity, so building a strong foundation in the first half of the training plan will pay dividends in the second half of the plan, and in the race itself.

Each S&C session should be no longer than 45 minutes, 60 at a maximum. Include exercises that will develop running-specific muscles such as:

- Squats
- Lunges
- Circuit training
- Kettlebell workouts
- Hamstring curls
- Leg press

Finish each S&C session with 10 – 15 minutes of core work, including a mix of:

- Plank
- Side plank
- Crunches
- Russian twists

Recovery

Finally, ensure you pay attention to your recovery after each session. To be able to train consistently, your body needs the nutrition and rest required to build between each run. This means eating a balanced diet with plenty of protein, healthy fats, vegetables and healthy carbs (brown rice, pasta and bread, for example).

Steer clear from trans-fats and, as far as you can, abstain from alcohol, particularly as you get closer to the race. Finally, ensure you pay attention to your recovery after each session.

BLOCKS

OVERALL TRAINING PLAN SUMMARY



- BLOCK 1**
- This block is all about consistency. Apart from a couple of *steady* runs, it's all very low intensity and designed to get you out the door without worrying that you have to push yourself too hard. Go easy on yourself and tick each run.
 - If you struggle to get out, just put your shoes on and tell yourself to just do 5 minutes...chances are that after 5 minutes you'll finish the session.
 - Do make the effort to include the strength sessions on a Thursday - they'll really pay dividends down the line.
- BLOCK 2**
- As the mileage rises, so does the specificity of training. Keep doing the easy runs, however short they are, as well as the strength sessions.
 - Tempo runs are a great way to push your aerobic system a little harder. They should be "comfortably uncomfortable" efforts of around 10 minutes with relatively little rest.
 - All Saturday runs are now *steady*, so focus on pace a little more than in Block 1. *Steady* should still feel comfortable - no hero efforts required, just tick the kms.
- BLOCK 3**
- As we progress into the second half of the plan, hill sessions make an appearance. Find a hill that's between 3 - 5% (nothing too steep) or use a treadmill if you don't have access to a hill. Aim to keep the effort level *steady to tempo* as you run up, and take it very slow coming back down to recover.
 - Hills are a super way of developing specific strength now that S&C sessions have finished.
 - We also introduce speed sessions on a Thursday. These will improve your efficiency, speed and develop your cardio system. They're enjoyable, with low overall distance covered per session.
- BLOCK 4**
- In these final couple of weeks of training at the beginning of Block 4, we're not looking to do anything massive. Just keep consistently nailing those hill and speed sessions and really focus on that big 35km- it's perfect race practice.
 - After the 35km, it all starts to wind down. Don't get slack though - you've done so well to get here, you don't want to skip sessions at this stage. Although all the fitness has been gained, ensuring you complete these last few sessions will be good for you mentally.
 - From 9th July, really focus on keeping off your feet and eating a healthy, balanced diet. Make sure you have all your kit together on Thursday 12th July so you have a couple of days to buy any last minute bits.

BLOCK 1

Month of March / April 2019



RACE TO THE STONES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Tips and Comments
WC 25th March	Easy 5km	REST	Easy 5km	Strength & Conditioning	REST	Easy 8km	REST	<p>This week is all about getting out there and taking the first steps on your journey. Ensure each run is super-easy. You should be able to hold a conversation if you're running with someone. Focus on being consistent.</p> <p>Week 1 total mileage: 18km</p>
WC 1st April	Easy 5km	REST	Easy 5km	Strength & Conditioning	REST	Easy 10km	REST	<p>Another week of gradual build, with a 10k this weekend. If you can incorporate a Parkrun into your Saturday run then go for it - just keep it all nice and easy paced.</p> <p>Week 2 total mileage: 20km</p>
WC 8th April	Easy 5km	REST	Easy 5km	Strength & Conditioning	REST	Steady 10km	Easy 5km	<p>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. Tick all four runs. Easy week next week before we enter Block 2.</p> <p>Week 3 total mileage: 25km</p>
WC 15th April	REST	Easy 5km	Steady 5km	Strength & Conditioning	REST	Steady 5km	REST	<p>Well done on completing your first block! Enjoy some down time, both physical and mental. Include two steady 5k's this week to keep the legs turning over.</p> <p>Week 4 total mileage: 15km</p>

BLOCK 2

Month of April / May 2019



RACE TO THE STONES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Tips and Comments
WC 22nd April	REST	Easy 3km	Strength & Conditioning	Tempo 5km 2x8 on 4'	REST	Steady 14km	Easy 8km	As we start Block 2, I hope you enjoy the first tempo session on Thursday. If possible, complete this session with friends - it's much more enjoyable! Remember to get out even when you don't want to, consistency is king. Week 5 total mileage: 30km
WC 29th April	REST	Easy 5km	Strength & Conditioning	Tempo 8km 2x10 on 5'	REST	Steady 14km	Easy 5km	Make the tempo and steady runs your focus this week, but don't let the easy runs slip. We're getting into the meat of the training plan now, and every session counts. Week 6 total mileage: 32km
WC 6th May	REST	Easy 5km	Strength & Conditioning	Tempo 10km 3x10 on 5'	REST	Steady 16km	Steady 4km	Your first 16km comes this weekend. This is a great milestone before the half marathon in a couple of weeks, so well done for getting here. Run on a mix of road and trails, if possible, and test the kit you're planning on using in the half. Week 7 total mileage: 35km
WC 13th May	REST	Easy 5km	Strength & Conditioning	Tempo 10km 3x10 on 2'	REST	Steady 12km	REST	Here we come to the end of Block 2 with a nice easy week. We're now halfway through the plan! It'll ramp up from here, but if you've ticked the sessions then you have a brilliant foundation for the marathon. Rest well this week - next week is the half marathon. Week 8 total mileage: 27km

BLOCK 3

Month of May / June 2019



RACE TO THE STONES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Tips and Comments
WC 20th May	REST	Hills 5km 4x5 on 5'	Easy 5km	Speed 5km 8x400m On 90s	REST	REST	Long 25km	Here we go, just over half way through the plan and it's time to hit your first 25km! If you can do this at an official event, then that'd be ideal. If not, make an adventure of it and run and perhaps try to get a friend to run some or all of it with you. After a hill, speed and easy run during the week, completing a half marathon this weekend is no mean feat. Well done! Week 9 total mileage: 40km
WC 27th May	REST	Hills 5km 3x8 on 4'	Easy 5km	Speed 5km 10x400m On 90s	REST	Long 18km	Easy 10km	More hills and speed-work this week. Ensure you're resting well on the off days as this is what will let you recharge for the next session. Pay close attention to what shoes and clothing you feel comfiest in on the long and easy runs this weekend. Week 10 total mileage: 43km
WC 3rd June	REST	Hills 8km 2x10 on 5'	Easy 5km	Speed 5km 12x400m On 90s	REST	Long 20km	Easy 7km	Grunt out the 10 min hill reps before a solid speed session on Thursday. The long Saturday run is another good opportunity to get out on the trails, and the 7km on Sunday will be a mental test as your legs probably won't want to go! Go for it - easy week next week. Week 11 total mileage: 45km
WC 10th June	REST	Steady 10km	REST	Steady 10km	REST	Steady 12km	REST	A simple week this week. After the speed-work and longer distances over the past three weeks, keep these 10k's nice and steady. If you have the motivation, put in a couple of 10 - 20 minute pieces at marathon pace to see how it feels, but nothing faster. Complete at least one of the 10k's on trails. Week 12 total mileage: 32km

BLOCK 4

WEEK COMMENCING 14th MAY 2018



RACE TO THE STONES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Tips and Comments
WC 17th June	REST	Hills 5km 5x5 on 2'	Easy 10km	Speed 8km 6x800m on 2'	REST	Long 35km	REST	Block 4 starts with what will be your biggest week of the training plan. After the hill, easy and speed session, rest hard on Friday before the big one! If you can run 35km, you can run 50km in a race. Treat this as a race practice: use the same equipment, fuel and pacing strategy you intend on using in the race. Choose a mixed route of trail and road. Week 13 total mileage: 53km
WC 24th June	REST	REST	Easy 10km	Speed 8km 4x1000m on 2'	REST	Long 18km	Easy 10km	Take Monday and Tuesday off to recover. This weekend should feel relatively easy compared to the last! Put into practice the changes made after last weekend's test-run in terms of nutrition and shoe / clothing choices. Huge congrats for getting here...the hard work has been done. Week 14 total mileage: 46km
WC 1st July	REST	Easy 10km	Strength & Conditioning	Easy 5km	REST	REST	Easy 3km	This week we wind things right down. 3 runs of decreasing distance. Be sure to complete each at very easy effort, but include 5-10 x 60s at marathon pace just to stretch the legs out. Nothing too hard - there's no fitness to be gained now. It's all about getting your body feeling rested and prepared next week. Week 15 total mileage: 18km
WC 8th July	REST	Easy 4km	REST	REST	Easy 4km	EVENT DAY!!	Relax and revel!	It's easy to think carb-loading and moving as little as possible is the best plan of action in the last couple of days, but it lulls your body into a false sense of security! Certainly, make sure you fuel well, but do get out for the run on the day before the race. Take it very slow and include 5 x 30s strides - short pick ups to stretch your legs out. Week 16 total mileage: 48km