



WEEKENDER 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'

Dixons
Carphone



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, particularly on your weekend runs. It'd also be worth getting used to walking uphill and then running again once the terrain flattens out.
 - As you're completing the Dixons Carphone RTTS over two days, we've going to start back-to-back runs to develop strength, endurance and mental toughness.
 - Really think about how you are going to fuel yourself. What food and drink works for you?
- BLOCK 3**
- Now is the time to really get specific with your chosen routes. Include hilly routes which have predominantly rolling hills.
 - To replicate the Ridgeway, aim to accumulate between 100m-150m per 10km run. So on a 15km run, try to amass about 150-225m of climbing. Back-to-back runs continue as standard practice.
 - 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.
 - 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, leave it out.
- 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.

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	REST	5km	REST	5km	<p>Here we are at the beginning of your journey! In 20 short weeks you'll run the equivalent of more than two marathons in two days! To start, just aim on being consistent. Tick all the sessions off, even though some may feel very short.</p> <p>Week 1 total mileage: 15km</p>
WC 4th Mar	REST	5km	REST	REST	8km	REST	5km	<p>Hopefully last week wasn't too challenging and you're enjoying the process. Keep it up - the Saturday run increases slightly this week but it should still feel manageable and relaxed.</p> <p>Week 2 total mileage: 18km</p>
WC 11th Mar	REST	5km	REST	REST	10km	REST	5km	<p>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 runs.</p> <p>Week 3 total mileage: 20km</p>
WC 18th Mar	REST	5km	5km	REST	5km	REST	REST	<p>Well done on completing your first block! Try and get that 5km run in Wednesday in so you can take Sunday off completely.</p> <p>Week 4 total mileage: 15km</p>

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	8km	REST	REST	REST	10km	5km	<p>We will shift up to four runs per week later in this block, so focus on getting the regular runs in. Dixons Carphone Race to the Stones requires you to run on consecutive days, so keep working on that consistency.</p> <p>Week 5 total mileage: 23km</p>
WC 1st April	REST	8km	REST	REST	REST	10km	10km	<p>This weekend you'll take on your first back-to-back 10kms. Congratulate yourself on this milestone...you're racking up the training!</p> <p>Week 6 total mileage: 28km</p>
WC 8th April	REST	5km	3km	REST	REST	10km	10km	<p>Your first week of four runs. It's even more important to rest well: eat, sleep, hydrate and keep off your feet as much as possible on your 'off' days. Also, be sure to get acquainted with a foam roller to massage those tired muscles.</p> <p>Week 7 total mileage: 30km</p>
WC 15th April	REST	8km	5km	REST	REST	14km	13km	<p>40km total this week. That is really solid! Well done. Make sure you complete all the sessions this week - you've got an easy week next week so earn the downtime. Remember, consistency is key so reward yourself for every session completed.</p> <p>Week 8 total mileage: 40km</p>
WC 22nd April	REST	REST	5km	REST	REST	10km	7km	<p>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.</p> <p>Week 9 total mileage: 22km</p>

BLOCK 3

Month of April / May 2019



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Tips and Comments
WC 29th April	REST	10km	6km	Cross training	REST	14km	10km	<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	8km	8km	Cross training	REST	12km	15km	<p>Well done, keep tapping it out. You've logged a lot of miles since the new year, so it may be time to start looking for a new pair of trainers. Try to purchase a pair 3 - 4 weeks before Dixons Carphone Race to the Stones so you can wear them in properly.</p> <p>Week 11 total mileage: 43km</p>
WC 13th May	REST	10km	10km	Cross training	REST	16km	14km	<p>Your first pop at a 50km week. With two 10kms in the middle of the week, the weekend will feel a little punchy. But you can do it. Make sure you carry plenty of food and drink and relax hard on Sunday evening!</p> <p>Week 12 total mileage: 50km</p>
WC 20th May	REST	10km	12km	Cross training	REST	21km	10km	<p>Your first half marathon within the plan. Most people rest after a half marathon...but you? Oh no, you have greater ambitions! Getting out for a 10k after a half marathon is really impressive. Well done. Next week easy week!</p> <p>Week 13 total mileage: 53km</p>
WC 27th May	REST	10km	12km	Cross training	REST	13km	REST	<p>Since when did running 35km in one week become an easy week?! Since you became an ultra runner! Enjoy some down time this week, eat well and take your mind away from the event. Enjoy a full Sunday off.</p> <p>Week 14 total mileage: 35km</p>

BLOCK 4

Month of June / July 2019



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Tips and Comments
WC 3rd June	REST	8km	8km	Cross training	REST	21km	18km	Here we go! Final block. It's imperative to recover well, fuel well before, during and after each session to ensure optimal recovery. It looks daunting, but you CAN do this. You're prepared for this. 4 weeks, then all work is done. Week 15 total mileage: 55km
WC 10th June	REST	10km	8km	REST	REST	21km	21km	Back-to-back half marathons this weekend! Did you think this was possible?! Try and do these runs on trails similar to the Ridgeway. Include rolling hills (~3-7%) hills and practice eating and drinking while on the move. Week 16 total mileage: 60km
WC 17th June	REST	12km	8km	Cross training	REST	25km	25km	Pushing the boundaries again this week with hefty back-to-back 25kms. Fuel well, it's a big one but you <i>can</i> do this. Week 17 total mileage: 70km
WC 24th June	REST	7km	7km	REST	REST	30km	30km	The <i>last</i> big push! Relatively short runs during the week to leave you fresh for a real 'race practice' back-to-back 30kms. Make an adventure of it: explore a new route, use the kit you intend on using at Dixons Carphone RTTS and eat the same food you will be eating. Week 18 total mileage: 74km
WC 1st July	REST	5km	5km	Cross training	REST	10km	10km	Well done. The training has been done. Take this week easy, just keep the legs ticking over. Week 19 total mileage: 30km

