



NON-STOP WALKING 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 walked 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. 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.

BLOCKS

OVERALL TRAINING PLAN SUMMARY



BLOCK 1 • This block is all about setting on your journey. The distances should feel manageable. Enjoy the fresh air and the feeling of stretching your legs.

BLOCK 2 • Although the Ridgeway is undulating, the hills are not too steep on the whole. There are lots of sections where you'll be able to hold a good pace and settle into a solid rhythm.
• Gradients, by and large, sit around 4% so try to incorporate walks with that elevation. Get used to stopping for a rest at the top of hills and then starting again if needs be.

BLOCK 3 • Now is the time to really get specific with your chosen routes. Include undulating routes which have plenty of rolling hills.
• Even though you're completing Dixons Carphone RTTS in one day, we'll continue to utilise back-to-back walks as they're great for developing 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 walk, include 2-3 long hills reps: 5 - 10 minutes walking up a 7-10% 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 completing sessions on terrain similar to the Ridgeway - constantly rolling hills but few very steep gradients.
• 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 walk.
• There will be fewer back-to-backs as we develop race specificity with long single days.

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	2km	2km	REST	REST	3km	3km	<p>Here we are at the beginning of your journey! In 20 short weeks you'll walk the equivalent of two ultra marathons in one day! To start, just aim on being consistent.</p> <p>Week 1 total mileage: 10km</p>
WC 4th Mar	REST	2km	3km	REST	REST	5km	5km	<p>Hopefully last week wasn't too challenging and you're enjoying the process. Keep it up, we add an extra walk in next week.</p> <p>Week 2 total mileage: 15km</p>
WC 11th Mar	REST	4km	4km	REST	4km	4km	4km	<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. Keep ticking them off. Easy week next week before we enter Block 2.</p> <p>Week 3 total mileage: 20km</p>
WC 18th Mar	REST	2km	3km	REST	REST	2km	3km	<p>Well done on completing your first block! Enjoy some down time, both physical and mental.</p> <p>Week 4 total mileage: 10km</p>

BLOCK 2

Month of March / April 2019



RACE TO THE STONES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Tips and Comments
WC 26th Mar	REST	2km	5km	REST	REST	5km	8km	As we start Block 2, the 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: 20km
WC 1st April	REST	5km	5km	REST	REST	5km	10km	This weekend you'll hit the 10km walk. Congratulate yourself and enjoy the day off on Sunday. You've earned it. Next week you aim for your first 15km! Get family and friends involved in your longer walks if possible for company. Week 6 total mileage: 25km
WC 8th April	REST	5km	8km	REST	REST	2km	15km	Your first 15km comes this weekend. This is a very solid milestone, so well done for getting here. During your walk, make sure you eat and drink well and, if possible, complete it on similar terrain to the Ridgeway. Week 7 total mileage: 30km
WC 15th April	REST	5km	10km	REST	REST	5km	15km	Another 15km this weekend, but it should feel easier after banking last weekend. Keep tapping the sessions out. Consistency is key so log those kms and reward yourself for every single session with good recovery. Week 8 total mileage: 35km
WC 22nd April	REST	REST	7km	REST	REST	5km	8km	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: 20km

BLOCK 3

Month of April / May



RACE TO THE STONES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Tips and Comments
WC 29th April	REST	10km	5km	REST	5km	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: 35km</p>
WC 6th May	REST	Hills 5km	6km	6km	REST	15km	10km	<p>Your first big back-to-back weekend. Although you're doing the event in one day, back-to-back sessions is a super way to build strength and mental toughness.</p> <p>Week 11 total mileage: 42km</p>
WC 13th May	REST	Hills 5km	10km	REST	REST	20km	10km	<p>Your first pop at a 20km walk. After last weekend, it shouldn't feel too bad. 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	2km	REST	15km	15km	<p>Last push before easy week. Really make these walks count. Long 15kms back-to-back on the weekend will be testing, but if you've got this far then you definitely have the fitness to nail it. Go for it! 50k in one week...well done.</p> <p>Week 13 total mileage: 50km</p>
WC 27th May	REST	Hills 5km	REST	2km	REST	10km	REST	<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: 17km</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	5km	5km	REST	REST	25km	15km	Use this block to practice eating and drinking while walking. Focus on eating whole foods, maintaining good hydration and relaxing as much as possible on your rest days. Week 15 total mileage: 50km
WC 10th June	REST	5km	Cross training	10km	REST	45km	REST	Another big one in the bag, with what will be your second longest training session this Saturday: 45km. Do this walk on similar terrain to that of the Ridgeway. Include rolling hills and practice eating and drinking while on the move. Week 16 total mileage: 60km
WC 17th June	REST	5km	Cross training	10km	REST	30km	20km	Pushing the boundaries again this week with a hefty 50km spread over two days this weekend. It'll be tough to get up and go again on Sunday, but we're so nearly there - this is the last back-to-back weekend on the entire plan. Fuel well, it's a big weekend but you <i>can</i> do this. Week 17 total mileage: 65km
WC 24th June	REST	10km	5km	REST	REST	55km	Focus on recovering hard today	This is a big weekend. 55km is a long way, but if you can walk this, then I guarantee your body will take you over 100km once in the event. Make an expedition of the 55km, get friends to join you, practice your fuelling and revel in the sense of achievement once finished. The work is now done. Week 18 total mileage: 70km
WC 1st July	REST	5km	5km	Cross training	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

