

WEEKENDER 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'

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 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.
 - The weekend walks ramp up in distance this week. You can do it. Ensure you make good kit choices, eat and drink plenty while you walk and recover well after each session.
- BLOCK 3**
- Now is the time to really get specific with your chosen routes. Include undulating routes which have plenty of rolling hills. 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.
 - I've included an optional 5th session - a cross training session - each week. Either swim or cycle: both are great at developing strength and aerobic endurance. If you're really tired, however, then leave this session out.
- 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.
- 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	3km	REST	REST	REST	3km	2km	<p>Here we are at the beginning of your journey! In 20 short weeks you'll walk the equivalent of two ultra marathons over 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: 8km</p>
WC 4th Mar	REST	3km	REST	REST	REST	4km	3km	<p>Hopefully last week wasn't too challenging and you're enjoying the process. Keep it up - distances increase slightly this week but it should still feel manageable.</p> <p>Week 2 total mileage: 10km</p>
WC 11th Mar	REST	4km	REST	REST	REST	5km	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 walks.</p> <p>Week 3 total mileage: 14km</p>
WC 18th Mar	REST	2km	3km	REST	REST	5km	REST	<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 25th Mar	REST	3km	4km	REST	REST	3km	5km	As we start Block 2, we shift up to four walks per week. It's important to get these regular walks in as Dixons Carphone RTTS requires you to walk two long days back-to-back. Keep working on consistency. Week 5 total mileage: 15km
WC 1st April	REST	5km	3km	REST	REST	4km	8km	This weekend you'll walk 8km on Sunday - this will be near two hours on your feet. Congratulate yourself and enjoy the achievement, you've come a long way already! Week 6 total mileage: 20km
WC 8th April	REST	2km	3km	REST	REST	5km	10km	Your first 10km this weekend. This is a really solid milestone, so well done for getting here. During the long walk, make sure you eat and drink well and, if possible, complete it on similar terrain to the Ridgeway. Week 7 total mileage: 20km
WC 15th April	REST	5km	3km	REST	REST	8km	8km	Back to back 8kms this weekend, but hopefully that doesn't feel too great after the 10km 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: 24km
WC 22nd April	REST	REST	5km	REST	REST	5km	5km	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: 15km

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	3km	5km	Cross training	REST	12km	5km	<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: 25km</p>
WC 6th May	REST	4km	4km	Cross training	REST	11km	11km	<p>Your first long back-to-back weekend. Remember, these are race-specific so try to get out on terrain similar to the Ridgeway.</p> <p>Week 11 total mileage: 30km</p>
WC 13th May	REST	4km	6km	Cross training	REST	13km	7km	<p>Another solid week banked. Well done. Just one more to go before some down-time! Make sure you carry plenty of food and drink and relax hard on the Sunday!</p> <p>Week 12 total mileage: 30km</p>
WC 20th May	REST	3km	7km	Cross training	REST	12km	12km	<p>Last push before easy week. It's tough to keep getting out there, but just focus on the easy week next week. The 12km back-to-backs will be hard but if you've got this far then you definitely have the fitness to nail it.</p> <p>Week 13 total mileage: 34km</p>
WC 27th May	REST	5km	REST	Cross training	8km	5km	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! Try and get that walk in on Friday so you can take Sunday off.</p> <p>Week 14 total mileage: 18km</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	5km	Cross training	REST	10km	15km	Here we go! The final block. It's imperative to recover well between sessions so fuel well before, during and after each walk for optimal recovery. Week 15 total mileage: 40km
WC 10th June	REST	5km	5km	REST	REST	15km	15km	Back to back 15km walks this weekend. If possible, do these walk on similar terrain to that of the Ridgeway. Include plenty of rolling hills (~4-7%) and practice eating and drinking while on the move. Week 16 total mileage: 45km
WC 17th June	REST	5km	10km	Cross training	REST	23km	18km	Pushing the boundaries again this week with a hefty 23km on Saturday followed by an 18km on Sunday. You'll certainly earned your Sunday evening rest! Fuel well, it's a big one but you <i>can</i> do this. Week 17 total mileage: 55km
WC 24th June	REST	5km	5km	REST	REST	25km	25km	This is it. The <i>last</i> big push! Completing 50km over two days is a big ask. 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. This is a real race practice weekend. Week 18 total mileage: 60km
WC 1st July	REST	5km	5km	Cross training	REST	10km	REST	Well done. The training has been done. Take this week easy, just keep the legs ticking over. Week 19 total mileage: 20km

