

## RUNNING 30 HOUR TRAINING PLAN

2025 is here #ratracers and that can only mean one thing. This is the year you're going to run/walk 100 miles from Bamburgh to Edinburgh! If you've been living in denial about that fact after signing up in 2024 and you're not sure where to begin, don't worry. We've put together a training plan to help get you start line ready by the 19th July.

We've broken the training down into 4 x 6 week blocks to allow you to focus and progress through each stage without worrying or overthinking about what's coming next. There are 3 plans: for 48 hour completion, running 30 hours~ and running sub-24 hours, they're designed to be started on the 1st February to give you a 24 week run in to the big day. All are crafted by our in-house ultra expert James who took part in the RR100 Test Pilot and was first to reach Edinburgh in an impressive 22 hours. If you haven't already watched the Test Pilot film you can do so here. *Plans are set over 24 weeks and broken down into 4 x 6 week blocks, taking you through a journey of foundation, progression, performance and finally, peak and taper.*

### Block 3:

You're half way there! Things are stepping up a notch. Base run duration has increased. Recovery runs have now been given a range; if your body is tired, stick to the lower end of the range. If you feel good, aim for the upper. The Yoga, XT or Walk remains in place one day a week, these sessions are hugely beneficial to your recovery - don't skip them! There is another increase in the duration of the Long Runs and more volume added to the Wednesday Workouts. With fatigue mounting half way into the plan, listen to your body and adapt things if you need to. The main goal is always to reach the start line in one piece. If your body is giving you warning signs (pain that isn't going away or unmanageable fatigue) then consider taking extra time to rest. It can be tricky to know the difference between general fatigue / aches, and the onset of injury - best to err on the side of caution if you are unsure.

### Pacing:

To cover the 100 miles in 30 hours, your average pace would need to be 3.33 mph. In reality, we need to factor in some time for Pit Stops, and probably a snooze or two. Let's call that 3 hours. That leaves you with 27 hours moving time to complete the 100 miles. To do this, your pace needs to be 3.7 mph. This should be your aim for the average pace on the longer walk / run sessions.

**UTA\*** - OR back to back hilly, long run / walk sessions of 3-5 hours on hilly, varied terrain if you are not joining us on the Isle of Arran!



James Campbell

UK ATHLETICS QUALIFIED RUNNING COACH.

Our multi-lingual running machine! James comes from an established events background having worked in the sports event industry for some time and operated events both large and small. You will certainly find him at anything that involves LOTS of running.

## BLOCK 3 - PERFORMANCE

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
13	STRENGTH	45 MINS BASE	60 MINS PROGRESSION	40-50 MINS RECOVERY	XT, YOGA OR RECOVERY WALK	3.5 HOURS LONG RUN	3 HOURS WALK / RUN
14	STRENGTH	50 MINS BASE (+EASY PACE HILLS)	50 MINS 3 X 6 MINS KENYAN HILLS (2 MIN REC)	40-50 MINS RECOVERY	XT, YOGA OR RECOVERY WALK	4 HOURS WALK / RUN	5 HOURS WALK / RUN
15	STRENGTH	55 MINS BASE	45 MINS BASE INC. 8 X STRIDES	40-50 MINS RECOVERY	XT, YOGA OR RECOVERY WALK	4.5 HOURS WALK / RUN	5.5 HOURS WALK / RUN
16	REST OR YOGA	60 MINS BASE	75 MINS PROGRESSION	40-50 MINS RECOVERY	XT, YOGA OR RECOVERY WALK	3 HOURS WALK / RUN	7 HOURS WALK / RUN
17	STRENGTH	60 MINS BASE (+EASY PACE HILLS)	60 MINS PROGRESSION	40-50 MINS RECOVERY	XT, YOGA OR RECOVERY WALK	5 HOURS WALK / RUN	6 HOURS WALK / RUN
18	STRENGTH	70 MINS BASE (+EASY PACE HILLS)	60 MINS INC. 3 X 10 MINS TEMPO (2 MINS REC)	40-50 MINS RECOVERY	XT, YOGA OR RECOVERY WALK	4 HOURS WALK / RUN	8 HOURS WALK / RUN

## USING THE PLAN

These plans should serve as a good guide for all. To make them as personal as possible, please calculate your training pace ranges via the link below. This can be done using a recent race time/s. If you haven't raced recently, please estimate the best you can or go and complete a time trial, parkrun, or a race to get a better idea of your paces.

[RUNNING PACE CALCULATOR](#)

The next step in personalising your training is to remember that it should be adjusted to your personal needs day to day and week to week. Everyone's schedules and life commitments are different, so if you need to re-shuffle training sessions to fit things in, that's fine. The golden rules to remember when readjusting the plan are:

**Always leave recovery time between hard efforts.**

**If sessions are missed, don't cram to fit them in - just move on and resume in the present.**

## OUTSIDE OF THE PLAN

Getting enough sleep and nutrition is essential to your training success. Nourishing your body well and letting it have enough rest after training will allow you to reap the rewards of your efforts. Without this, illness, injury and frustration are likely. Once you've got the basics right, this plan aims to cover the run / walk side of the physical preparation required to get you to the start line ready for action. Beyond this, strength training, stretching, foam rolling, cross training and other supplementary activities will help you succeed. The plan has made some reference to these activities, but it is important that you pay attention to how your body is responding to the training load and adjust be flexible with how you incorporate these elements.

## GLOSSARY

**REST** - Complete or partial rest from training, IE doing nothing or only light activities.

**LONG RUN (LR)** - For the purpose of this plan, any run over 10 miles in length.

**WALK / RUN** - A session mixing walking and running to facilitate greater training load.

**PROGRESSION RUN** - A training session where your pace gets faster throughout.

**TEMPO** - A workout pace / effort designed to work lactate threshold.

**INTERVALS** - Periods of hard work interspersed with periods of lighter work or rest.

**TAPER** - Gradually reducing training load in readiness for competition.

**CROSS TRAINING (XT)** - Any non-running exercises undertaken to improve your running fitness, IE cycling, rowing, etc.

**UTA\*** - OR back to back hilly, long run / walk sessions of 3-5 hours on hilly, varied terrain if you are not joining us on the Isle of Arran!

**THE WALL\*** - OR 10 - 15 hours of Walk / Run volume over the weekend.

**KENYAN HILLS** - This is a workout involving continuous tempo effort on a hilly loop, with effort on the ups and downs. The hill doesn't need to be mega steep, anything up to 15% is fine.

**FARTLEK** - This means 'speed play'. It's an intervals session whereby the intervals can be spontaneous, e.g. running hard to the next lamppost you see or to the end of the road, instead of measuring by time or distance.

## RUNNING PAGES & DEFINITIONS

**WALK / RUN** - Periods of walking interspersed within your runs. Usually, this will be intertwined with Long Runs as a way of increasing distance with reduced injury risk.

**RECOVERY** - Your slowest running pace, used when your body is fatigued and recovering from hard efforts. You could sustain this pace all day if you needed to.

**LONG RUN** - The lower end of your base pace. This is a speed that you can sustain for a long distance. With training, you may be able to sustain this pace all day.

**BASE** - Easy mileage pace, used to build your general aerobic base. This is usually 30-60 seconds per KM (or 45-90 seconds per mile) slower than marathon race pace.

**TEMPO** - Moderate to fast pace used to build the higher end of your aerobic base. For most runners this will be around your marathon pace.

**THRESHOLD** - This is at the higher range of tempo effort and used to improve lactate threshold. Typically, this is a pace you can sustain for 1 hour, or 10 mile race pace.

**STRIDES** - These are a drill to work on your speed and form. They are short, sharp bursts, usually 60 - 100m long. The aim is to hone running technique and work on speed without doing a hard workout. These can be interspersed into base or recovery runs.

**VO2 MAX** - The high end of your aerobic pace. This is a pace you can sustain for only around 10 mins, usually a little faster than 5K race pace.

**SPRINT** - An all-out max effort as fast as you can go.