



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.

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 4:

18 weeks down, 6 to go! It's nearly time for the #ratrace100. These final 6 weeks are all about keeping it cool and making refinements to the strong base you've built. Base and Recovery runs have been reduced in duration to allow for extra focus on the workouts and Long Runs. We have a final dress rehearsal in place 4 weeks out (The Wall, or a key training run of your own). You should already be well familiar with your kit by now, but double down on using this run to rehearse with your RR100 Race Day kit, shoes, vest and nutrition. No surprises on Race Day! In the final 3 weeks, there is a reduction in overall volume as we start to Taper down to feel more rested and prepped for the big day. Take these final weeks to focus on your rest and nutrition more than ever, to reach the start line feeling ready to give it 100%.

Pacing:

To cover the 100 miles in 48 hours, your average pace would need to be 2.1 mph. In reality, we need to factor in some time for Pit Stops, and probably a snooze or two, given that you will be going through the night twice. Let's call that 8 hours total for sleep, Pit Stops, faffing, getting lost and maybe a hallucination or two!

That leaves you with 40 hours moving time to complete the 100 miles. To do this, your pace needs to be 2.5 mph. Whether you plan to walk, run, shuffle, or maybe a bit of each, 2.5mph should be your aim for the average pace on the longer walk / run sessions scheduled over the weekends. You're likely to want to go much faster than this on the shorter weekday sessions, that is fine too. Faster midweek and target pace at the weekends is a good balance to aim for.

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

BLOCK 4 - PEAK & TAPER

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
19	STRENGTH	45 MINS BASE	60 MINS INC. 3 X 8 MINS KENYAN HILLS (2 MIN REC)	45 MINS RECOVERY	XT, YOGA OR RECOVERY WALK	5 HOURS WALK / RUN	6 HOURS WALK
20	STRENGTH	70 MINS BASE RUN (+EASY PACE HILLS)	80 MINS PROGRESSION	45 MINS RECOVERY	XT, YOGA OR RECOVERY WALK	THE WALL* OR 6 HOUR WALK/RUN	THE WALL* OR 10 HOUR WALK/RUN
21	REST OR YOGA	45 MINS BASE	70 MINS INC. 3 X 12 MINS TEMPO (2 MINS REC)	40 MINS RECOVERY	STRENGTH	5 HOURS WALK / RUN	7 HOURS WALK
22	STRENGTH	45 MINS BASE	90 MINS PROGRESSION	40 MINS RECOVERY	XT, YOGA OR RECOVERY WALK	7 HOURS WALK / RUN	8 HOURS WALK
23	STRENGTH	35 MINS BASE	80 MINS INC. 4 X 10 MINS TEMPO (2 MINS REC)	35 MINS RECOVERY	XT, YOGA OR RECOVERY WALK	5 HOURS WALK / RUN	6 HOURS WALK
24	STRENGTH	30 MINS BASE	60 MINS PROGRESSION	30 MINS RECOVERY	XT, YOGA OR RECOVERY WALK	4 HOURS WALK	3 HOURS WALK / RUN
25	STRENGTH	30 MINS BASE	20 MINS BASE INC. 6 X STRIDES	REST OR YOGA	RR100		

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.

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.