

THE GUZZLER ULTRA

100KM TRAINING PLAN NEWCOMER



Before starting this program you should be running around 5 to 6 hours per week, which includes a long run of around ninety minutes to two hours on the trails.

Over the next 16 weeks, this program will build on your current running experience to prepare you to tackle The Guzzler Ultra, 100km.

COACH'S NOTES:

WARM UP AND COOL DOWNS. Workouts always have a 10 minute warm up, drills & strides, as well as a 10 minute cool down. Warm ups and cool downs should be run very easy. You should be able to hold a full conversation. If at the end of completing a warm up you feel any pain or have a niggle, then the workout should not be completed. Workouts to be completed on a flat road or grass, unless specified otherwise.

DRILLS are movements like A/B/C skips, side shuttles, grapevines, leg swings, high knees, fast feet. Completing these regularly will help improve running technique, as well as ensure muscles are activated before starting a workout.

STRIDES are around 60m to 100m in length. They are sometimes called run throughs or accelerations. A stride is not a sprint, rather you increase speed as you go and focus on having good form and being in control. Walk or have a rest for as long as you need in between each stride. They can also be completed uphill.

TEMPO RUNS should be run at a pace you can hold for 40mins to 1hr. It is not flat out. You should be huffing and puffing, but not red lining. You should be able to speak in single words only, not sentences.

LONG RUN. The weekend long run is the most important run of the week and should be completed on trails that are similar to race day. The Guzzler is 105km with 4000m of elevation/climbing/hills, which works out to be around 400m of elevation per 10km. This can be a good goal for your long runs to ensure you are getting enough elevation.

Wear your vest full of the race mandatory gear. Your long run is a time to test out gear for race day and practice race day nutrition. Take notes of nutrition that works, gear that works and what doesn't. This will help you prepare for race day.

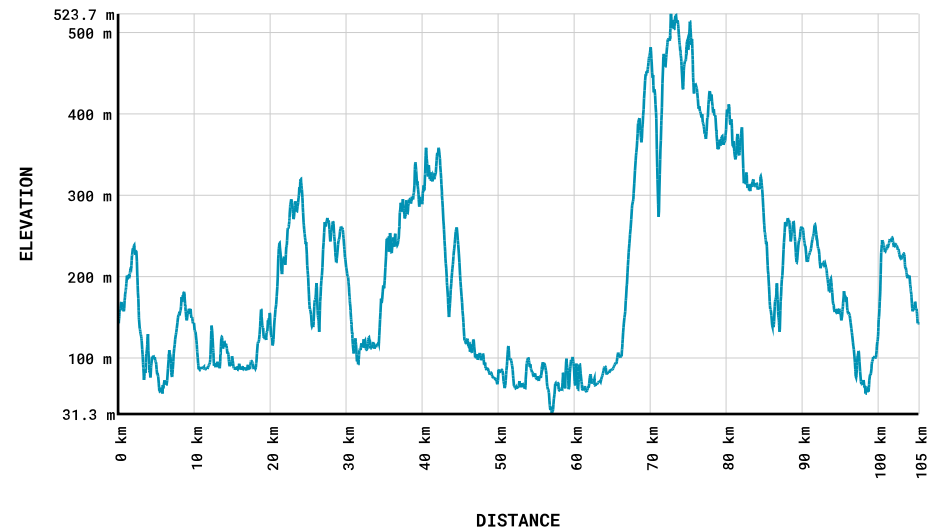
Your long run should be run at an easy pace and you should be able to hold a conversation. Think of it as time on feet but try not to stop your watch and spend too long standing around. Long runs are completed to time and not distance. Chasing distance does not take into account hills, conditions, and tests your ability to recover rather than giving you a specific training benefit. Over training is prevalent in trail and ultra so be conscious to not fall down this rabbit hole.

REST DAYS should have sleep and food prioritised as these are the best recovery tools. Resting is training and rest days are when your body can absorb and adapt to the training taking place. Don't skip rest.



TRAIN ON COURSE

THE GUZZLER ULTRA, 100KM



DISCLAIMER

These training programs are intended as a general guide only and may not be suited to everyone. They should not replace advice from your healthcare providers and the use of these programs as a training tool will be at solely your own risk and discretion. Always take your individual health, safety and circumstances into consideration before following any portion of the programs.

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COACH'S NOTES, WK1 - 4:

Focus on getting into a good routine this four week block. Take runs a bit easier and don't force anything. You need to store up motivation for later in the training block so don't use it all now. Week 4 is a deload week so the volume comes down to let your body recover.



TRAIN ON COURSE

Check out The Guzzler's training resources online for race-day specific training loops that'll best prepare you for a great day out!

		MON	TUE	WED	THU	FRI	SAT	SUN
ENDURANCE BASE BUILDING	WEEK 1	REST	EASY 45mins	EASY 30mins + 4x strides	EASY 1hr	REST	WORKOUT Warm up 10mins + drills & strides / parkrun / Cool down 10mins	LONG 2hrs trails/hilly
	WEEK 2	REST	WORKOUT Warm up 10mins + drills & strides / 10x(1min hard, 1min jog recovery) / Cool down 10mins	EASY 30mins + 4x strides	EASY 1hr	REST	EASY 45mins	LONG 2hrs 30mins trails/hilly
	WEEK 3	REST	WORKOUT Warm up 10mins + drills & strides / 6x(400m hard, 1min standing recovery) / Cool down 10mins	EASY 30mins + 4x strides	EASY 1hr	REST	EASY 45mins	LONG 3hrs trails/hilly
	WEEK 4	REST	WORKOUT Warm up 10mins + drills & strides / 4x(800m hard, 90secs jog or walk recovery) / Cool down 10mins	EASY 30mins + 4x strides	EASY 1hr	REST	EASY 45mins	LONG 2hrs trails/hilly

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COACH'S NOTES, WK5 – 8:

The volume increases in this block and the Thursday mid-week long run should now be completed on hilly trails if you can. If you need to hike a climb, hike. You will be hiking on race day so get used to doing it in training. Week 8 is a deload week so the volume comes down to let your body recover.



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		MON	TUE	WED	THU	FRI	SAT	SUN
BUILDING VOLUME	WEEK 5	REST	WORKOUT Warm up 10mins + drills & strides / 4x(1km hard, 90secs jog or walk recovery) / Cool down 10mins	EASY 40mins + 4x strides	EASY 1hr 15mins trails/hilly	REST	WORKOUT Warm up 10mins + drills & strides / parkrun / Cool down 10mins	LONG 3hrs trails/hilly
	WEEK 6	REST	WORKOUT Warm up 10mins + drills & strides / 3km time trial go for it! / Cool down 10mins	EASY 40mins + 4x strides	EASY 1hr 15mins trails/hilly	REST	EASY 45mins	LONG 3hrs 30mins trails/hilly
	WEEK 7	REST	WORKOUT Warm up 10mins + drills & strides / 3x(5mins tempo, 2mins jog) / Cool down 10mins	EASY 40mins + 4x strides	EASY 1hr 15mins trails/hilly	REST	EASY 45mins	LONG 4hrs trails/hilly
	WEEK 8	REST	WORKOUT Warm up 10mins + drills & strides / 3x(8mins tempo, 2mins jog) / Cool down 10mins	EASY 40mins + 4x strides	EASY 1hr trails/hilly	REST	EASY 45mins	LONG 2hrs trails/hilly

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COACH'S NOTES, WK9-12:

This four week block is the biggest volume and most race specific. Try to get onto the trails as much as possible for your runs and get onto the hills. There are hiking repeats because hiking fast is a skill that needs practice. Everyone will hike at some point come race day. If you can do your long runs on the course, and try doing some night runs to get used to running in the dark with a headlamp. Week 12 is a deload week so the volume comes down to let your body recover.



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		MON	TUE	WED	THU	FRI	SAT	SUN
RACE SPECIFIC PHASE	WEEK 9	EASY 30mins + 4x strides	WORKOUT Warm up 10mins + drills & strides / 6x(1min runnable hill) 6x(30secs runnable hill) / Cool down 10mins	EASY 50mins + 4x strides	EASY 1hr 30mins trails/hilly	REST	WORKOUT Warm up 10mins + drills & strides / parkrun / Cool down 10mins	LONG 4hrs trails/hilly
	WEEK 10	EASY 30mins + 4x strides	WORKOUT Warm up 10mins + drills & strides / 3x (90secs - 1min - 30secs runnable hill) / Cool down 10mins	EASY 50mins + 4x strides	EASY 1hr 30mins trails/hilly	REST	EASY 1hr trails/hilly	LONG 4hrs 30mins trails/hilly
	WEEK 11	EASY 30mins + 4x strides	WORKOUT Warm up 10mins + drills & strides / Hard hiking uphill 3x(3mins, walk down) / Cool down 10mins	EASY 50mins + 4x strides	EASY 1hr 30mins trails/hilly	REST	EASY 1hr trails/hilly	LONG 5hrs trails/hilly
	WEEK 12	EASY 30mins + 4x strides	WORKOUT Warm up 10mins + drills & strides / Hard hiking uphill 3x(5mins, walk down) / Cool down 10mins	EASY 50mins + 4x strides	EASY 1hr 30mins trails/hilly	REST	EASY 1hr trails/hilly	LONG 2hrs trails/hilly

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COACH'S NOTES, WK13-16:

Week 13 is the highest volume so keep the effort easy. After this week it is time to start tapering for race day. Tapering means the volume decreases, but there is still some intensity, allowing your body and mind to recover for race day. A lot of people will do too much during taper and show up to race day still fatigued. Don't sabotage your race day. Let your body recover. Use your extra time from the decrease in training to prepare mental strategies, drop bags, organise crew plans and visualise your race day.

Post-race do not rush back into training. At a minimum, the next two weeks should be spent sleeping, eating, going for gentle walks and doing gentle movement, but most importantly celebrating your achievement.



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		MON	TUE	WED	THU	FRI	SAT	SUN
TAPER / RACE PHASE	WEEK 13	EASY 30mins + 4x strides	WORKOUT Warm up 10mins + drills & strides / Hard hiking uphill 5x(3mins with easy downs) / Cool down 10mins	EASY 1hr	EASY 1hr 30mins trails/hilly	REST	LONG 5hrs trails/hilly	HIKE 2hrs get out on tired legs for a hilly hike
	WEEK 14	EASY 30mins + 4x strides	WORKOUT Warm up 10mins + drills & strides / 3x(3mins hard, 3mins jog recovery) / Cool down 10mins	EASY 1hr	EASY 1hr 15mins trails/hilly	REST	EASY 1hr	LONG 3hrs trails/hilly
	WEEK 15	REST	WORKOUT Warm up 10mins + drills & strides / 5x(2mins hard, 90secs jog recovery) / Cool down 10mins	EASY 1hr	EASY 1hr	REST	WORKOUT Warm up 10mins + drills & strides / parkrun / Cool down 10mins	LONG 1hr
	WEEK 16	REST	WORKOUT Warm up 10mins + drills & strides / 10x(30secs hard, 30secs standing recovery) / Cool down 10mins	EASY 40mins + 4x strides	REST	OPTIONAL 15mins easy shakeout	RACE DAY!	REST