

# 100KM SURF COAST CENTURY

## Training program

---

So you have caught the bug... the crazy bug of doing the Surf Coast Century as an individual. 100km of trail running (some of the best in Australia mind you) SOLO but don't know where or how to start your preparation. Well read on because the following training program has been written by one of the best in the business – our event ambassador Julian Spence – knows a thing or two about running and has put a lot of it down on paper here for your info. Get reading, get running and good luck!

*This program is designed for somebody who is currently running approximately 30 - 50km per week and has done for at least 2 months. It is prepared so that you have a base understanding of the types and quantities of training required to get you to the start line and finish line. BUT please also understand that training programs are very subjective things and that there are many different ways for how to train for such an event. If you want further advise or customisation of this program we recommend that you contract Julian Spence ([julianspence23@gmail.com](mailto:julianspence23@gmail.com)) as a starting point, or a running coach for qualified advice.*

Running 100km is never going to be easy. No matter how much training one does and how well their nutrition and race plan is executed, 100km is 100km and it is going to hurt at some stage. However, ultra distance running differs from marathon running as one experiences a roller coaster of highs and lows during the longer distance. Marathon running is more a gradual depletion of energy as the intensity is much higher and adequate fuelling is much harder to achieve. The major principle behind an ultra training program is getting as much time and mileage in the legs as possible. This means that the most important run of the week is the long run. Long runs prepare runners for muscular fatigue and energy depletion experienced after multiple hours on the trail. If you can only do 1 run per week, do a long run. If you can only do 2 runs per week, do 2 long runs!!

It is important not to neglect the higher intensity running during the prep for an ultra. Although race pace will be slower than your standard easy running pace, there are several benefits to raising the heart rate in a session during the week;

- Firstly, the higher intensity training will improve the VO<sub>2</sub> max of the individual. Without getting too complicated, this means that the body will improve its capacity to carry and distribute oxygen to the muscles. You will appreciate this when running the hills during the SC100.

- The tempo workouts are designed to improve running economy. This allow the individual to become comfortable at running at a pace that is faster than their current easy paced runs. If 4:00 min/km pace feels good during a tempo run, then the 4:40 min/km pace of your easy run will feel great!! Let alone your SC100 race pace!

I have included strides into the program for maintenance of at least a couple of fast twitch muscle fibres!! Also, these help with running technique and flexibility. Include approx. 6-8 x 100 metres.

Specificity is also important in trail running. If possible, run all your long runs over trails. Different muscles and running techniques need to be conditioned for good trail running and this is only achieved actually running on trails similar to that of race day. The course is less than 90 minutes from Melbourne CBD so quite accessible for a recce run at some stage.

The program is designed so that it can be adjusted to suit the different mileage requirements of individual runners. Those that are running higher mileage can increase their aerobic paced runs on the rest days. There is also play in the high intensity sessions, with distance, time and set numbers all flexible for the individual. The constant factor in the program should be the time of the long run. The 6 hour runs for a faster runner will be about 70kms. I think any further than this is testing the ability of the body to recover.

On that, if you find that your body is not recovering from the length of the long runs in time for the next longer run, adjust accordingly. It is important to practice running with fatigue in the legs however it is more important to make it to the start line without injury. I encourage you to email me if there are any questions.

- Tempo workout
  - o Run at a pace that can be maintained for approx. 45 – 60 minutes without feeling overly exerted. They should be hard but controlled efforts. Gradually increase distance at the beginning of the program and then increase pace as fitness improves.
- Fartlek
  - o A workout that involves both hard and recovery efforts. The key to this workout is to maintain the recovery pace at a moderate intensity rather than an easy pace. During the run, complete a workout that is structured like
    - § 1min on 1 min off, 2 on 2 off, 3 on 3 off, 4 on 4 off, 3 on 3 off, 2on 2off, 1on 1off
  - o Or something similar..
- Intervals
  - o Sets of intervals 2-5mins at moderate – hard intensity.
  - o Number of intervals should be 4 – 8.
  - o Recovery should be sufficient, enough to complete all sets at without significant fatigue.
- Hill Repeats
  - o Done on a hill approx. 400m long.
  - o Should take 90sec – 3mins
  - o Jog the downhills to condition quads.

WEEK BEGINNING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Apr-09	REST OR EASY	45MINS	60MINS + STRIDES	TEMPO PACE RUN	REST OR EASY	45MINS	90MINS
Apr-16	REST OR EASY	45MINS	65MINS + STRIDES	HILL REPEATS	REST OR EASY	45MINS	1HR 45MINS
Apr-23	REST OR EASY	50MINS	70MINS + STRIDES	TEMPO	REST OR EASY	50MINS	2HOURS
Apr-30	REST OR EASY	45MINS	60MINS + STRIDES	FARTLEK	REST OR EASY	45MINS	90MINS
May-07	REST OR EASY	50MINS	70MINS + STRIDES	TEMPO	REST OR EASY	50MINS	2 HOURS
May-14	REST OR EASY	50MINS	75MINS + STRIDES	HILL REPEATS	REST OR EASY	50MINS	2.5 HOURS
May-21	REST OR EASY	50MINS	75MINS + STRIDES	TEMPO	REST OR EASY	50MINS	3 HOURS
May-28	REST OR EASY	45MINS	60MINS + STRIDES	FARTLEK	REST OR EASY	45MINS	90 MINS
Jun-04	REST OR EASY	50MINS	75MINS + STRIDES	HILL REPEATS	REST OR EASY	50MINS	2 HOURS 30 MINS
Jun-11	REST OR EASY	55MINS	80MINS + STRIDES	TEMPO	REST OR EASY	50MINS	3 HOURS 15 MINS
Jun-18	REST OR EASY	55MINS	60MINS + STRIDES	REST	40MINS	REST	SALOMON TRAIL SERIES
Jun-25	REST OR EASY	40MINS	40MINS + STRIDES	FARTLEK	REST OR EASY	50MINS	3 HOURS 30 MINS
Jul-02	REST OR EASY	55MINS	75MINS + STRIDES	HILL REPEATS	REST OR EASY	50MINS	4 HOURS
Jul-09	REST OR EASY	55MINS	85MINS + STRIDES	INTERVAL WORKOUT	REST OR EASY	50MINS	4 HOURS 30
Jul-16	REST OR EASY	55MINS	80MINS + STRIDES	TEMPO	REST OR EASY	50MINS	5 HOURS
Jul-23	REST OR EASY	45MINS	60MINS + STRIDES	REST	45MINS	REST	SALOMON TRAIL SERIES

Jul-30	REST OR EASY	50MINS	90MINS + STRIDES	INTERVAL WORKOUT	REST OR EASY	70MINS	3 HOURS
Aug-06	REST OR EASY	55MINS	60MINS + STRIDES	TEMPO	REST OR EASY	50MINS	6 HOURS
Aug-13	REST OR EASY	55MINS	90MINS + STRIDES	INTERVAL WORKOUT	REST OR EASY	70MINS	3 HOURS
Aug-20	REST OR EASY	45MINS	70MINS + STRIDES	FARTLEK	REST OR EASY	50MINS	6 HOURS
Aug-27	REST OR EASY	50MINS	90MINS + STRIDES	TEMPO	REST OR EASY	70MINS	3 HOURS
Sep-03	REST OR EASY	50MINS	60MINS + STRIDES	TEMPO	REST OR EASY	45MINS	2 HOURS
Sep-10	REST OR EASY	30MINS	60MINS + STRIDES	FARTLEK	REST OR EASY	45MINS	1 HOUR
Sep-17	REST OR EASY	30MINS + STRIDES	30MINS	EASY 20MINS + STRIDES	rest	SC100KM	REST!!