

# 100KM SURF COAST CENTURY

## 100km SOLO Training program

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So you have entered the Surf Coast Century as an individual and what some guidance with your training?... well read on because the following training program has been co-written by some of the most experienced endurance athletes in the business – David Eadie (2014 SCC Winner), Nikki Wynd (2015 Badwater Ultra Marathon winner) from The Running Man as well as Julian Spence (GOR Marathon winner and 'Bogong to Hotham' course record holder) have contributed to this training program. All three know a thing or two about how to training as can be seen from their results.

*This program is designed for somebody who is currently running approximately 30 - 50km per week and has done so 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 fit and ready to tackle the SCC. BUT please also understand that training programs and training methods need to be tweaked to suit the individual based on their current fitness and previous experience. If you want further advice or customisation of this program we recommend that you contract David and Nikki and discuss a specific running program.*

Running 100km is never going to be easy but the experience can be enjoyed and the chances of failure reduced with a specific training plan. No matter how much training one does and how well their nutrition and race plan is executed, there are going to be patches where you're feeling flat and tired. It is about how you manage your pace early and survive these flat periods with good pacing, nutrition and hydration. A major principle behind an ultra-marathon training program is to have a structured approach to adapt the body to run relaxed and at the relevant pace for increasing periods of time.

It is important to have adequate speed and strength session as well but the key 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. Nutrition and Hydration are keys elements to practice during these long runs.

It is also important not to neglect the need for some higher intensity running during the prep for an ultra. The key here is to have some tempo / fartlek running (high intensity training) under a fatigued state at a pace that is slightly faster than your goal ultra-marathon race pace. It is also important at specific times to include strength training such as Hill Reps and Power Walking hills, as the majority of runners will at some stage walk and it's essential to be a powerful walker. This is a skill often overlooked and not practiced.

A final key piece of the puzzle is rest. That means resting at key time during the week to allow the body to absorb the training. For some that will be active recovery i.e. very short easy runs for others it will be will complete rest.

- Higher intensity training will improve the VO2 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 or power walking the hills during the SC100.
- The tempo workouts are designed to improve running economy. This allows the individual to become comfortable at running at a pace that is slightly faster than their SCC race pace. If 5.00 min/km pace feels good during a tempo run, then the 5.30 min/km pace of your easy run will feel great!! Let alone your SC100 race pace!

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. Another great training location is the Dandenong's as they provide technical trails, up hills, down hills and flat trail, all very important elements during long training runs.

This training program is designed so that it can be adjusted to suit the different work / life balances and mileage requirements of individual runners. The constant factor in the program should be the time of the long run. Ideally runners should build up from 2 hour to regular 5 hour long runs in the months leading into the event. I think any further than this is testing the ability of the body to recover.

If you find that your body is not recovering from the long runs in time for the next run, adjust accordingly take an active recovery day and head out for a walk for the duration the run was scheduled. It is important at times to run with fatigue in the legs however it is more important to make it to the start line without injury.

## Session types

### Tempo workout

- Run at a pace that can be maintained for approx. 30 – 60 minutes without feeling overly exerted. They should be hard but you can still just hold a conversation.
  - Tempo 1 – Run easy for 30 mins then Tempo for 30 mins
  - Tempo 2 – Run easy for 60 mins then Tempo for 60 mins

### Fartlek

- 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 i.e.
  - 15 Min Warm Up
  - 1 x 4min on 4 min off, 2 x 3min on 3min off, 2 x 2min on 4 x 1 min on 4 x 1min off
  - 15 Min Warm Down

### Intervals

- A workout that is relaxed steady running.
  - Sets of intervals 2 - 5 mins at moderate – hard intensity.
  - Number of intervals should be 4 – 8.
  - Recovery should be sufficient, enough to complete all sets at without significant fatigue.

### Hill Repeats (Running)

- On a hill between 400m and 800, long, reasonably steep but runnable. Focus is just running the hills strong at a pace that allows you to complete the session.
  - Each rep should take between 2 – 3mins
  - Jog the down hills slightly harder to condition your quads.

### Hill Repeats (Power Walking)

- Done on a hill anywhere from 200m to 1km. It should be a hill that's too difficult to run. Focus is walking with purpose and using your arms to assist your momentum. Walk at a pace that allows you to complete at least 30 min of walking. It may mean you walkup, slowly jog down and walk up again.

### Double Runs

- Divide your days training (easy runs or long runs only) DO half in the AM and half in the PM

## Long Runs

- Ensure that some weeks you make your Long Run over terrain that includes some hills. During these long runs WALK all the hills.

## Recovery

- If your schedule permits aim for a Monday and Friday as 'rest days'. As fitness improves take Friday only as your rest day. Golden rule is to include another rest day or active recovery day i.e. walk if you're tired.

## General Notes

Whenever possible, run on trails rather than roads/sidewalk as this helps your body adapt to the uneven surfaces of trails. Specificity is key – run a little bit on the beach, train on uphill trails and downhill trails and in particular – get on the actual SC100 course.

## Customization

**For those who wish to develop their own schedule and training plan, our suggestion is as follows:**

- Minimum 4 to 5 runs a week – Maximum 6 runs a week
- Don't go flat out all the time; it's a general 'Easy Running' approach with specific strength, endurance and speed sessions that you should include from the sessions above.

The week should include;

- 2 Easy Run
- 2 Speed Sessions (Any of the Sessions above Speed/Tempo/Fartlek/Intervals/Hills or your own take on those)
- 1 Long Run – Minimum 2 Hrs

(If running 6 times a week add 1 extra Easy Run)

M: Easy Run	OR	M: Easy Run
T: Easy Run		T: Speed Session
W: Speed Session		W: Easy Run
T: Easy Run		T: Speed Session
F: Rest day		F: Rest day
S: Speed Session		S: Easy Run
S: Long Run		S: Long Run

- If you're tired have a rest day. It won't hurt you or make you 'unfit' to miss a day
- Don't play catch up, if you miss a day just move on and resume with your next scheduled run
- Regular massage is important. If you get any niggles or sore spot see a physiotherapist ASAP
- Longer runs are done at a relaxed pace between and walk breaks are ok.
- Practice eating and drinking on your long runs

For those that want to follow a more structured program here is a base plan. If you need to drop a run, drop either an easy run or speed/tempo/interval session. If you're dropping two runs, 1 easy run and one speed/tempo/interval session. Long runs should not be missed where possible.

*If you want further, more specific advice for you and your situation then we recommend you contact David Eadie from The Running Man who can work with you to tune this exactly for you (for a fee). [scc@therunningman.com.au](mailto:scc@therunningman.com.au)*

WEEK BEGINNING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
22 weeks to go	REST OR EASY 45 MIN WALK	50MINS	65MINS RELAXED	FARTLEK	REST DAY	TEMPO 1	2 HOURS
21 weeks to go	REST OR EASY 45 MIN WALK	50MINS	65MINS RELAXED	FARTLEK	REST DAY	TEMPO 1	2 HOURS
20 weeks to go	REST OR EASY 45 MIN WALK	50MINS	70 MINS RELAXED	FARTLEK	REST DAY	TEMPO 1	2 HOURS
19 weeks to go	REST OR EASY 45 MIN WALK	50MINS	70MINS RELAXED	FARTLEK	REST DAY	TEMPO 1	2 HOURS
18 weeks to go	REST OR EASY 45 MIN WALK	50MINS	70MINS RELAXED	INTERVALS	REST DAY	TEMPO 2	2.5 HOURS
17 weeks to go	REST OR EASY 45 MIN WALK	50MINS	70MINS RELAXED	INTERVALS	REST DAY	TEMPO 2	2.5 HOURS
16 weeks to go	REST OR EASY 45 MIN WALK	50MINS	70MINS RELAXED	INTERVALS	REST DAY	TEMPO 2	2.5 HOURS
15 weeks to go	REST OR EASY 45 MIN WALK	50MINS	70MINS RELAXED	INTERVALS	REST DAY	TEMPO 2	2.5 HOURS
14 weeks to go	EASY 45 MIN RUN	65MINS	80MINS RELAXED	TEMPO 1	REST DAY	HILLS	3 HOURS
13 weeks to go	EASY 45 MIN RUN	65MINS	80MINS RELAXED	TEMPO 1	REST DAY	HILLS	3 HOURS
12 weeks to go	EASY 45 MIN RUN	65MINS	FARTLEK	40MINS	REST DAY	60MINS	4 HOURS
11 weeks to go	EASY 45 MIN RUN	TEMPO 1	90 MINS	HILL REPEATS	REST DAY	2 HOURS	4 HOURS
10 weeks to go	EASY 45 MIN RUN	TEMPO 1	90 MINS	HILL REPEATS	REST DAY	2 HOURS	4 HOURS
9 weeks to go	EASY 45 MIN RUN	65MINS	90 MINS	FARLEK	REST DAY	TEMPO 1 or this could be Trail Race #2	4 HOURS
8 weeks to go	EASY 45 MIN RUN	65MINS	FARTLEK	40MINS	REST DAY	60MINS	5 HOURS
7 weeks to go	EASY 45 MIN RUN	HILLS	75MINS	INTERVALS	REST DAY	TEMPO 1	5 HOURS
6 weeks to go	EASY 45 MIN RUN	HILLS	75MINS	INTERVALS	REST DAY	TEMPO 1	5 HOURS
5 weeks to go	EASY 45 MIN RUN	HILLS	75MINS	INTERVALS	REST DAY	TEMPO 1 or this could be Trail Race #3	5 HOURS
4 weeks to go	EASY 45 MIN RUN	65MINS	FARTLEK	40MINS	REST DAY	60MINS	3 HOURS
3 weeks to go	EASY 45 MIN RUN	FARTLEK	90MINS	TEMPO	REST DAY	90MINS	3 HOURS
2 weeks to go	EASY 45 MIN RUN	FARTLEK	90MINS	60MINS	REST DAY	90MINS	2 HOURS

1 week to go	EASY 45 MIN RUN	FARTLEK	60MINS	60MINS	REST DAY	INTERVALS	1 HOUR
Race week	REST DAY	30 MINS	30 MINS	20 MINS	REST DAY	REST DAY	SCC 100KM