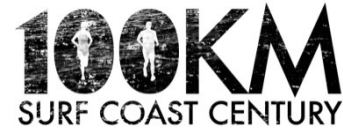


Ash Watson

2020 Elite Ambassador



My current training: Mid April to Mid May 2020

So what does it take to win the Surf Coast Century in a record time?

We recently touched base with our SCC record holder and elite ambassador Ash Watson to see what training he was doing 4 months out from the Surf Coast Century. Here's what he reported back:

Past 4 weeks of training as below. This will change significantly in the 2 months leading into Surf Coast Century. The main differences will be an increased mileage and the pace of my easy runs will get slower. The frequency of longer runs over 40km will increase as well. All training is documented on my Strava.

Apr 27 - May 3

Total Distance

93.89 km

Mon: 16km easy @ 4:30/km

Tues: Rest (Sick)

Wed: Rest (Sick)

Thurs: 15km @ 3:49/km (Starting at 4:05s, finishing at 3:35s)

Fri: Hilly 20km tempo @ 4:00/km (600m elevation)

Sat: 15km easy @4:30/km

Sun: Hilly 28km @ 4:13/km



May 4 - 10

Total Distance

112.70 km

Mon: Rest

Tues: 12km Progression run @3:46/km (Starting at 4:30/km, finishing at 3:25/km)

Wed: 12km Progression run @3:42/km (Starting at 4:00/km, finishing at 3:00/km)

Thurs: 12km @ 3:53/km

Fri: 10km easy @ 4:13/km

Sat: Hilly 60km @ 4:29/km (Coincided with Margaret River Ultra)

Sun: 7km easy @ 4:40/km

May 11 - 17

Total Distance

95.93 km

Mon: 12km easy @ 4:36/km

Tues: Rest

Wed: 12km @ 3:53/km

Thurs: 12km @ 3:45/km (Starting at 4:00/km, finishing at 3:20/km)

Fri: 10km easy at 4:30/km

Sat: 12km hilly loop hard (3:29/km). 22km total Inc. Warm up/ Cool down

Sun: Hilly 28km easy @ 4:48/km (800 elevation)

May 18 – 24

Total Distance

110 km approx.

Mon: AM: 6km easy @ 4:40/km,

PM: 12km Progression run @ 3:41/km (Starting at 4:00/km, finishing at 3:20/km)

Tues: AM: 15km easy over hills @ 4:18/km

PM: 10km easy @ 4:06/km

Wed: Rest

Thurs: 4km W/U, 15x200m on/off, 2km W/D

Fri: 11km easy @ 4:00/km

Sat: 10km tempo @ 3:20/km. 18km total inc. W/U and W/D

Sun: 25-30km km easy over hills