



## 2012 6ft Track Training Guide

This training guide has been prepared by Susan Griffith, Level IV Long Distance Running Coach and principal of Paceline Coaching and Training. Susan has successfully coached over 300 people to run the 6ft Track and is a veteran of the track having completed the event 9 times. Paceline operate from Sydney, NSW and the Sunshine Coast, Queensland. More information can be found on Susan at [www.pacelinecoaching.com.au](http://www.pacelinecoaching.com.au).

The 6ft Track is one of the most awesome, but yet gruelling ultra marathons of its kind. Set in the spectacular Blue Mountains in NSW the route throws at you some of the best ascents and descents you will ever experience on a run. It is achievable for most experienced runners but should not be tackled until you have at least three years running under your belt. It is essential for runners to develop a strong running muscular/skeletal system which can only be acquired by consistent running over a number of years. Runners entering the event underprepared mentally and/or physically, are likely to suffer (either during and/or post race).

For the runners who do take the challenge the rewards are worth it. Finishing the 6ft Track is an experience you will remember forever. The Caves House venue offers a unique and welcoming environment fitting for the champion that you are.

This information in this document is a guide only. As all runners have different training tolerance levels (before they strike fatigue and/or injury) you need to base your training on your experience. Prior to commencing this 20 week training guide you should have a good running base, e.g. have been running regularly for at least 3 years. The event has very specific entry criteria; for a very good reason (in the interest of your safety). It is recommended you read this prior to commencement of your training to ensure you have met the qualifications.

If you are in any doubt about your level of fitness or general health you should consult with your Doctor.

### NOTES:

- Do not take the 6ft Track light-heartedly - if you don't train you won't finish.
- If it is your first time then plan to take it easy and walk all the hills.
- If you can't run a marathon in sub 3hrs then it's unlikely that you will **run** the entire 6ft Track.
- If you think you will walk in the race you **MUST** include walking in your training.
- Running on bush tracks is quite different to running on a hard road surface. Your feet may slip/roll on the loose rocky surface and hence requires increased activation of your proprioceptors (stabilisers in your legs).
- Your weekly long run should be Long Slow Distance (LSD) and should include a run/walk routine. Leave the intense higher heart rate work out to the interval/hill sessions.
- It is essential on the long training runs to carry a water bottle as taps are not always readily available and you **MUST** keep yourself hydrated. Additionally, you should carry energy replacement on any of the runs over 2 hours e.g. High 5 gels, Power Bars etc (find out what suits you - test a few out). High 5 is usually the official drink sponsor – check the 6ft Track event website for the 2012 product sponsor. It is recommended that you trial the products before race day to check they suit you.
- It can make training much more enjoyable if you do your long runs with a group – and if it's your first 6ft Track, with people who have run the track before. Their experience may be useful.

## TRAINING GUIDE

The training guide shown on the next page(s) is aimed at runners likely to complete the 6ft Track between 5-6 hours. The amount you train each week will be dependent on how much time you have available, your training tolerances and other training (cycling, swimming etc).

This guide is based on time not distance. You will be able to monitor your own distance as you run the hours. However, it is very hard to equate your 6ft Track pace based on your time/distance from your training (unless you train on sections of the 6ft Track) as the route is extremely hard to replicate. It is also unrealistic to try and run close to your expected finish time in training eg if you think the event will take you 6 hours and you trained for 6 hours in 1 training run you would be unable to adequately train for the next 4-5 days (due to fatigue). The most effective method for training is your weekly volume (as per the guide).

Should you require more support with your training see the advice of an experienced professional running coach. Paceline Coaching and Training offer personalised coaching services.

### **Recommend:**

3-4 runs minimum per week to include:

- 1 x long run (or run/walk)
- 1 x interval/hill training session
- 1 x easy/recovery
- 1 x mid pace run

### **Plus**

1 x long walk - 2-3 hours by end January

**Additional training:** Could include: weights/circuit, spin/cycling, yoga, stretching.

**Other:** 1 x massage every 2-3 weeks - regular self massage of calves/gluts. Eat a good healthy diet - take supplements if required.

**Injury:** It is not uncommon for runners to get injured; often these are caused by overuse. If this happens to you take immediate action – this may mean stopping running. If your injury is severe seek medical advice immediate otherwise if you believe injury is minor monitor improvement and if symptoms aren't abating within 48 hrs seek medical/physio advice. Alternative cardiovascular training could include cycling and/or deep water running (if injury permits).

**Remember:** with any training program life sometimes gets in the way of training and you just have to go with it. If you complete 85% of this training guide below you are still very likely to achieve your goal.

**Injury:** If you get injured then take immediate action – this may mean you will have to stop running for a period of time. If injury is critical seek medical advice immediate otherwise if symptoms aren't abating within 48 hrs it may be wise to see a physiotherapist. Often with some running injuries you can cycle or attend a spin class without aggravating your injury. These activities along with deep water running will help maintain your cardiovascular conditioning while your injury repairs.

## TRAINING GUIDE TERMINOLOGY

Run/Walk (LSD)	<p>This is a long slow distance run/walk, slower than race pace, and concentrate on covering the distance.</p> <p>Route should be hilly (to simulate the race conditions) and ideally 50% of the time you should be running off road, to get you used to the rough under foot conditions.</p> <p>As the distances get longer (over 2 hours) and/or the terrain is tougher (eg long steep hill climbs) then you should walk most of the up hills.</p> <p>If possible run sections of the 6ft Track in training.</p>
Note: Sunday training	<p>On this guide it stipulates an Easy Run (of 45-60 mins) or a Walk of 2+ hours. In the early weeks of training it should be possible for you to back up with an easy run the day after your LSD. As your LSD distance increased it is recommended you limit this to a Walk to reduce your risk of injury.</p>
Mid Pace Run	<p>Approx. 5-10% slower than race pace for that distance eg if you run 10k in 50 minutes (5 min per km pace), then your pace for this run should be around 5:15 – 5:30 per km</p>
Easy Run	<p>About 25% slower per km than race pace for the distance.</p> <p>If you do a 4<sup>th</sup> RUN each week it should be an Easy or Recovery run (as it's often referred to).</p>
Walk Only	<p>These walks should be done the day AFTER your weekly LSD run. It is important to learn to walk on very tired legs, after all this is what you can expect once you reach the 35km mark in the 6ft Track.</p>
Interval or Fartlek	<p><u>Intervals</u></p> <p>Interval types vary depending on your experience/ability/period in your training program. If you are unable to get to a coach led session an example you could follow is:</p> <ul style="list-style-type: none"> <li>• Warm up jog 1-2km</li> <li>• Stretch</li> <li>• 2 x 800m (fast – about your 3km pace) take 1 min recovery in between each 800m</li> <li>• 3 mins rest</li> <li>• 4 x 400m (fast – about your 1km pace) take 1 min recovery in between each 400m</li> <li>• 3 mins rest</li> <li>• 6 x 200m (about 90% of your max speed) with 45 second recovery in between</li> <li>• Cool-down jog 1km</li> <li>• Stretch</li> </ul> <p><b>OR</b></p> <p><u>Fartlek training</u> – this session is usually easier to do than intervals if you are running on your own. The session should consist of spontaneous burst of speed for fun at random intervals - 80-90% effort for the distance and you should always feel in control. Session including at least 10 random bursts of 45-90 secs separated by jog intervals of 90-180 secs</p> <p>These sessions should be undertaken in weeks 1-8 - take a break on Week 9 (it's Christmas) then on Week 10 start specific hill repeat training.</p>
Hill Repeats	<p>Ideally long hill interval repeats (see example on page 6)</p> <p>Start these in week 10-18.</p>

# 2012 Six Foot Track Training Guide

<b>Week No.</b>	<b>Week Comm'ncg Saturday</b>	<b>Day</b>	<b>Type</b>	<b>Walk time</b>	<b>Run Time</b>
1	29-Oct	SAT	Run/Walk (LSD)		1:30
		SUN	Walk <b>OR</b> Easy Run	2:00	0:45
		During Week	1 x mid pace run		1:00
			1 x interval/fartlek		0:45
2	5-Nov	SAT	Run/Walk (LSD)		1:45
		SUN	Walk <b>OR</b> Easy Run	2:00	0:45
		During Week	1 x mid pace run		1:00
			1 x interval/fartlek		0:45
3	12-Nov	SAT	Run/Walk (LSD)		1:45
		SUN	Walk <b>OR</b> Easy Run	2:00	0:45
		During Week	1 x mid pace run		1:00
			1 x interval/fartlek		0:45
4	19-Nov	SAT	Run/Walk (LSD)		2:00
		SUN	Walk <b>OR</b> Easy Run	2:00	0:45
		During Week	1 x mid pace run		1:00
			1 x interval/fartlek		0:45
5	26-Nov	SAT	Run/Walk (LSD)		2:00
		SUN	Walk <b>OR</b> Easy Run	2:00	0:45
		During Week	1 x mid pace run		1:00
			1 x interval/fartlek		0:45
6	3-Dec	SAT	Run/Walk (LSD)		1:45
		SUN	Walk <b>OR</b> Easy Run	2:00	1:00
		During Week	1 x mid pace run		1:00
			1 x interval/fartlek		0:45
7	10-Dec	SAT	Run/Walk (LSD)		2:15
		SUN	Walk <b>OR</b> Easy Run	2:00	1:00
		During Week	1 x mid pace run		1:00
			1 x interval/fartlek		0:45
8	17-Dec	SAT	Run/Walk (LSD)		2:30
		SUN	Walk <b>OR</b> Easy Run	2:00	1:00
		During Week	1 x mid pace run		1:00
			1 x interval/fartlek		0:45
9	24-Dec	SAT	Run/Walk (LSD)		2:30
		SUN	Walk <b>OR</b> Easy Run	2:00	1:00
		During Week	1 x mid pace run		1:00
			<i>Break from intervals</i>		

<b>Week No.</b>	<b>Week Comm'ncg Saturday</b>	<b>Day</b>	<b>Type</b>	<b>Walk time</b>	<b>Run Time</b>
10	31-Dec	SAT	Run/Walk (LSD)		2:45
		SUN	Walk <b>OR</b> Easy Run	2:00	1:00
		During Week	1 x mid pace run 1 x Hill repeats		1:00 0:40-45
11	7-Jan	SAT	Run/Walk (LSD)		2:00
		SUN	Walk <b>OR</b> Easy Run	2:30	1:00
		During Week	1 x mid pace run 1 x Hill repeats		1:15 0:50-55
12	14-Jan	SAT	Run/Walk (LSD)		3:00
		SUN	Walk Only	2:30	
		During Week	1 x mid pace run 1 x Hill repeats		1:15 0:50-55
13	21-Jan	SAT	Run/Walk (LSD)		3:15
		SUN	Walk Only	2:30	
		During Week	1 x mid pace run 1 x Hill repeats		1:15 1:00-1:05
14	28-Jan	SAT	Run/Walk (LSD)		3:30
		SUN	Walk Only	3:00	
		During Week	1 x mid pace run 1 x Hill repeats		1:15 1:10-1:15
15	4-Feb	SAT	Run/Walk (LSD)		3:00
		SUN	Walk Only	3:00	
		During Week	1 x mid pace run 1 x Hill repeats		1:30 1:20-1:25
16	11-Feb	SAT	Run/Walk (LSD)		4:30
		SUN	Walk only	4:00	
		During Week	1 x mid pace run 1 x Hill repeats		1:30 1:32-1:35
17	18-Feb	SAT	Run/Walk (LSD)		3:15
		SUN	Walk only	2:30	
		During Week	1 x mid pace run 1 x Hill repeats		1:30 1:43-1:45
18	25-Feb	SAT	Run/Walk (LSD)		3:00
		SUN	Walk only	2:30	
		During Week	1 x mid pace run 1 x Hill repeats		1:00 0:49-0:55
19	3-Mar	SAT	Run/Walk (LSD)		1:45
		SUN	Walk only	1:00	
		During Week	1 x easy 3 days rest prior to race		0:45
20	10-Mar	<b>SAT</b>	<b>RACE DAY</b>		

## HILL INTERVAL REPEATS

Ideally find a hill that is at least 500m long – the steeper the better, with the return loop being min. 1.5km. (See the example Awaba St Hill Training below – this hill is located in Mosman, Sydney, NSW).

This session prepares you both physical and mental.

- Physical - Running (and walking) up a steep hill replicates the type of terrain you can expect on the 6ft Track route. Equally important is the running down the hill. Your quads need to be prepared to handle the steep downhill, in particular for the last 3km of the race.
- Mental – repeating the same hill numerous times helps to train yourself for the long long climbs you will encounter in the 6ft Track. They go on and on and so it's best to prepare your mind for them.

This session is great if you live around the Lower North Shore of Sydney. Apologies for people outside the area – hope the example will help you to find your own 'Awaba style' session.

## AWABA STREET HILL TRAINING

This is an excellent work out for the quads and the mind!!

You will find this route on [www.mapmyrun.com](http://www.mapmyrun.com) Search for: **Mosman, Australia - Awaba Street Hill Repeats**

### Route:

- Warm up before you start your hill repeats
- Stretch
- Start at the intersection of Awaba St/Esplanade go up Awaba St all the way to the traffic lights on Spit Rd.
- U turn at the lights and come back down, take the first lane on right (Punch Lane)
- Follow that until you come to the next T junction, turn left into Punch Street
- At next T junction turn right into Moruben, run for about 50 metres then U turn into the lower section of the road
- Follow the road round to the right into Lower Punch St
- Turn left into Stanley Ave
- At next T junction turn right back onto Awaba and down to the bottom of the hill to your start point (check your watch for split time)
- Turn round and do it again - no resting at bottom

1 x loop = 1.8km

**Note:** Carry a water bottle with you.

The aim of running along the flat section (Punch St/Stanley Ave) opposed to running straight back down the hill, is to get your legs used to running along the flat after climbing a steep hill; there are sections in the 6ft Track that simulate this type of running requirement (though of course it's on a off road track, not a tar road/pavement.)

### Hill Repeats

		Number of repeats	
	Week comm'ng (Monday)	Beginner	Int.
1	2-Jan	3	4
2	9-Jan	4	5
3	16-Jan	4	5
4	23-Jan	5	6
5	30-Jan	6	7
6	6-Feb	7	8
7	13-Feb	8	9
8	20-Feb	9	10
9	27-Feb	4	5
10	5-Mar	0	0

**Suggestion:** monitor your progress. Time yourself on each loop (use a split timer on your watch), and record it on your training log. Your splits (e.g. each lap) should be within 15-20 seconds of each other. If this is not the case you are not pacing yourself very well. It is valuable to record your up and down splits separately – this will give even more valuable data.

Don't think this is only for the experienced runners - it's not. It is very useful and it sets you a target. You can see yourself improve (and you will improve if you do it each week). The data will also provide you with a fatigue indicator. This means for example if there is a session when you are just right off your pace eg laps 1 and 2 are +10% slower the previous week this is an indicator that you are fatigued and a REST would be better than completing the session just because it's on your program. At sessions like these pack up and go home. There is a fine line between fatigue and just being lazy; in this instance it's your own judgement!

**Warning:** Don't try and do too much too soon. If you miss a week do try and stick to the guide the following week.

**Why do it!** - because it's good training for the huge hills on the 6ft Track. For most people don't expect to run up Awaba St, you will run/walk/run. The only people who are likely to run all of the up section are those runners who will run sub 4:45 6ft Track. So get your legs used to uphill walking. The other aspect is mental discipline. Its hard work going up and down such a hard route, but this is the 6ft Track, a LOT of going up hills - so it's best to get your head around it.

**Recovery:** The best thing for your legs when you've finished your session is to go into the cool ocean, swimming pool or cold bath. The cool/cold water will aid muscle recovery.

Now that you have all this information – pop on your shoes and start your preparation for the 2012 Six Foot Track!

#### **Useful Web Addresses:**

Six Foot Track Marathon: [www.sixfoot.com](http://www.sixfoot.com)

Paceline Coaching & Training: [www.pacelinecoaching.com.au](http://www.pacelinecoaching.com.au)

#### **6ft Track Training Groups are offered by the following Sydney based running clubs:**

Sydney Striders: [www.sydneystriders.org.au](http://www.sydneystriders.org.au)

NRG: [www.nrg.asn.au](http://www.nrg.asn.au)