



Two Oceans Ultra Training Programme: March '12

ULTRA MARATHON TRAINING PROGRAMME							
WEEK	M	T	W	T	F	S	S
30 JAN	REST	REST	REST	45min easy	REST	1hr easy	1hr easy
6 FEB	REST	15min easy;8x2min hill repeats with slow jog recovery;15min easy	REST	1hr30 easy running	REST	2hrs easy	3hrs15 easy
13 FEB	REST	15min easy;8x2min hill repeats with slow jog recovery;15min easy	REST	1hr30 easy running	REST	2hrs easy	3hrs30 easy
20 FEB	REST	15min easy;4x2min hill repeats with slow jog recovery;15min easy	REST	1hr easy running	REST	1hr easy	1hr easy
27 FEB	REST	15min easy	REST	20min easy running	REST	Two Oceans	REST



TRAINING PACE	
Recovery	6.40 - 7.00
Easy	6.20 - 6.40
Long Runs	6.30 - 6.45
Hill Repeats	5.20 - 5.30
Tempo	5.35 - 5.45
Time Trials	
4km	22.00
5km	27.40
8km	45.30

ABOUT THE PROGRAMME

SUB 6 HOURS

Start at the slower end of the training paces and move towards the faster end as you progress through the coming months of training.

Please note that if you cannot run the Time Trial times this does not mean you are doomed to failure. These are guidelines and you should be working towards them before Two Oceans.

Enjoy the training!