

# SILVER // ULTRA-MARATHON TRAINING PLAN

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>31-Dec WEEK 1</b>	45min Easy	20min Easy; 20min Tempo; 20min Easy	1hr Easy	20min Easy; 20min Tempo; 20min Easy	Rest	1hr20 Easy	1hr30 Easy
<b>7-Jan WEEK 2</b>	45min Easy	20min Easy; 20min Tempo; 20min Easy	1hr Easy	20min Easy; 20min Tempo; 20min Easy	Rest	1hr25 Easy	1hr45 Easy
<b>14-Jan WEEK 3</b>	45min Easy	20min Easy; 20min Tempo; 20min Easy	1hr Easy	20min Easy; 20min Tempo; 20min Easy	Rest	1hr30 Easy	2hrs Easy
<b>21-Jan WEEK 4</b>	45min Easy	20min Easy; 20min Tempo; 20min Easy	1hr Easy	20min Easy; 8km Time Trial; 20min Easy	Rest	1hr35 Easy	2hrs15 Easy
<b>28-Jan WEEK 5</b>	45min Easy	20min Easy; 5x2min Hill Repeats; 20min Easy	1hr10 Easy	20min Easy; 5x1km with 1.30 Rest; 10min Easy	Rest	1hr40 Easy	2hrs30 (on Hilly Route)
<b>4-Feb WEEK 6</b>	50min Easy	20min Easy; 6x2min Hill Repeats; 20min Easy	1hr10 Easy	20min Easy; 6x1km with 1.30 Rest; 10min Easy	Rest	1hr45 Easy	2hrs45 (on Hilly Route)
<b>11-Feb WEEK 7</b>	50min Easy	20min Easy; 7x2min Hill Repeats; 20min Easy	1hr10 Easy	20min Easy; 7x1km with 1.30 Rest; 10min Easy	Rest	1hr45 Easy	2hrs Easy
<b>18-Feb WEEK 8</b>	50min Easy	20min Easy; 5x2min Hill Repeats; 20min Easy	1hr10 Easy	40min Easy	Rest	Qualifier or Rest	Qualifier or Rest
<b>25-Feb WEEK 9</b>	50min Easy	Rest	Rest	45min Easy	Rest	1hr Easy	1hr30 Easy
<b>4-Mar WEEK 10</b>	1hr Easy	20min Easy; 8x2min Hill Repeats; 20min Easy	1hr20 Easy	20min Easy; 8km Time Trial; 20min Easy	Rest	1hr45 Easy	3hrs (on Hilly Route)
<b>11-Mar WEEK 11</b>	1hr Easy	20min Easy; 9x2min Hill Repeats; 20min Easy	1hr20 Easy	20min Easy; 9x1km with 1.30 Rest; 10min Easy	Rest	1hr45 Easy	3hrs30 (on Hilly Route)
<b>18-Mar WEEK 12</b>	1hr Easy	Easy 20min; 10x2min Hill Repeats; Easy 20min	1hr30 Easy	20min Easy; 10x1km with 1.30 Rest; 10min Easy	Rest	1hr45 Easy	3hrs30 on Hilly Route
<b>25-Mar WEEK 13</b>	1hr Easy	20min Easy; 10x2min Hill Repeats; 20min Easy	1hr30 Easy	20min Easy; 8km Time Trial; 20min Easy	Rest	2hrs Easy	2hrs30 Easy
<b>1-Apr WEEK 14</b>	1hr Easy	20min Easy; 8x2min Hill Repeats; 20min Easy	1hr20 Easy	20min Easy; 8x1km with 1.30 Rest; 10min Easy	Rest	1hr30 Easy	2hrs Easy
<b>8-Apr WEEK 15</b>	45min Easy	20min Easy; 6x2min Hill Repeats; 20min Easy	1hr Easy	20min Easy; 6x1km with 1.30 Rest; 10min Easy	Rest	1hr Easy	1hr Easy
<b>15-Apr WEEK 16</b>	30min Easy	20min Easy	30min Easy	20min Easy	Rest	Two Oceans Marathon	

**KEY:**

**TRAINING PACES**

**FOR SUB-4:00 (IN**

**MINUTES):**

**Easy:** 4.30 - 5.10

**Hill Repeats:** 500m in 1.50 - 2.00

**Tempo:** 4.00/km

**1km repeats:**

3.30 - 3:45

**TIME TRIALS:**

**8km:** 30.15

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're doomed to failure. These are guidelines that you should aim for towards the end of your training programme.



**EXERCISE**

**COOLDOWN**

Static stretches like these are a good way to improve flexibility. Do them after your workout, when your muscles are warm and supple.



**Hip-Flexor Stretch**

Kneel on your right knee, with your left foot in front of your body. Lean forward from the hips. Hold for 30 seconds, then switch sides.



**Hamstring Stretch**

**With Rope**

Loop a strap around your right foot. Gently pull your leg towards the ceiling until you feel a light stretch. Hold for 30 seconds, then switch sides.



WE'RE ALWAYS RUNNING AT [RUNNERSWORLD.CO.ZA](http://RUNNERSWORLD.CO.ZA)