

BLUE MEDAL // ULTRA-MARATHON TRAINING PLAN

	MON	TUE	WED	THU	FRI	SAT	SUN
23-Dec WEEK 1	Rest	45min Easy	Rest	45min Easy	Rest	1hr Easy	1hr Easy
30-Dec WEEK 2	Rest	50min Easy	Rest	50min Easy	Rest	1hr Easy	1hr10 Easy
6-Jan WEEK 3	Rest	55min Easy	Rest	55min Easy	Rest	1hr Easy	1hr20 Easy
13-Jan WEEK 4	Rest	1hr Easy	Rest	5km Time Trial	Rest	1hr Easy	1hr30 Easy
20-Jan WEEK 5	Rest	1hr05 Easy	Rest	1hr Easy	Rest	1hr10 Easy	1hr45 Easy
27-Jan WEEK 6	Rest	1hr10 Easy	Rest	1hr Easy	Rest	1hr20 Easy	2hrs Easy
3-Feb WEEK 7	Rest	1hr15 Easy	Rest	1hr Easy	Rest	1hr30 Easy	2hrs30 Easy
10-Feb WEEK 8	Rest	1hr20 Easy	Rest	5km Time Trial	Rest	Qualifier or Rest	Qualifier or Rest
17-Feb WEEK 9	Rest	1hr20 Easy	Rest	1hr (on Hilly Route)	Rest	1hr40 Easy	2hrs30 (on Hilly Route)
24-Feb WEEK 10	Rest	1hr20 Easy	Rest	1hr (on Hilly Route)	Rest	2hrs Easy	3hrs (on Hilly Route)
2-Mar WEEK 11	Rest	1hr30 Easy	Rest	1hr (on Hilly Route)	Rest	2hrs Easy	3hrs (on Hilly Route)
9-Mar WEEK 12	Rest	1hr Easy	Rest	1hr (on Hilly Route)	Rest	2hrs Easy	3hrs (on Hilly Route)
16-Mar WEEK 13	Rest	45min Easy	Rest	45min Easy	Rest	2hrs Easy	3hrs (on Hilly Route)
23-Mar WEEK 14	Rest	1hr30 Easy	Rest	5km Time Trial	Rest	1hr30 Easy	2hrs Easy (on Hilly Route)
30-Mar WEEK 15	Rest	1hr Easy	Rest	45min Easy (on Hilly Route)	Rest	1hr Easy	1hr (on Hilly Route)
6-Apr WEEK 16	Rest	30min Easy	Rest	20min Easy	Rest	Two Oceans	

KEY:

TRAINING PACES FOR SUB-7:00 (IN MINUTES):

Easy: 7.20 - 7.40

TIME TRIALS:

5km: 32.00

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 WARM UP

Before you run, do these exercises as part of a dynamic warm-up.

High Skips

Repeat the same motion as a forward skip, but explode upwards each time your foot leaves the ground. Continue for about 30 metres, walk back, and repeat twice for a total of 3 sets of skips.



Toe Jumps

Stand with feet hip-width apart; rise to the balls of your feet. Keeping knees stiff (but not locked), quickly hop up and down. Do 3 sets of 20 jumps. More advanced: stand on your right leg with left leg bent behind you. Hop on your right leg. Do 5 jumps and switch legs for 1 set. Do 3 sets.



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