

BRONZE // ULTRA-MARATHON TRAINING PLAN

	MON	TUE	WED	THU	FRI	SAT	SUN
23-Dec WEEK 1	Rest	15min Easy; 5min Tempo; 15min Easy	Rest	45min Easy	Rest	1hr Easy	1hr15 Easy
30-Dec WEEK 2	Rest	15min Easy; 10min Tempo; 15min Easy	Rest	50min Easy	Rest	1hr10 Easy	1hr30 Easy
6-Jan WEEK 3	Rest	15min Easy; 15min Tempo; 15min Easy	Rest	55min Easy	Rest	1hr20 Easy	1hr45 Easy
13-Jan WEEK 4	Rest	15min Easy; 15min Tempo; 15min Easy	Rest	15min Easy; 5km Time Trial; 15min Easy	Rest	1hr30 Easy	2hrs Easy
20-Jan WEEK 5	Rest	15min Easy; 5x2min Hill Repeats with slow jog recovery; 15min Easy	Rest	1hr Easy	Rest	1hr40 Easy	2hrs30 Easy
27-Jan WEEK 6	Rest	15min Easy; 6x2min Hill Repeats with slow jog recovery; 15min Easy	Rest	1hr10 Easy	Rest	1hr50 Easy	3hrs Easy
3-Feb WEEK 7	Rest	15min Easy; 7x2min Hill Repeats with slow jog recovery; 15min Easy	Rest	1hr20 Easy	Rest	1hr30 Easy	2hrs Easy
10-Feb WEEK 8	Rest	1hr Easy	Rest	45min Easy	Rest	Qualifier or Rest	Qualifier or Rest
17-Feb WEEK 9	Rest	Rest	Rest	45min Easy	Rest	1hr Easy	1hr Easy
24-Feb WEEK 10	Rest	15min Easy; 8x2min Hill Repeats with slow recovery jog; 15min Easy	Rest	1hr20 Easy	Rest	2hrs Easy	3hrs Easy
2-Mar WEEK 11	Rest	15min Easy; 8x2min Hill Repeats with slow recovery jog; 15min Easy	Rest	1hr30 Easy	Rest	2hrs Easy	3hrs15 Easy
9-Mar WEEK 12	Rest	15min Easy; 8x2min Hill Repeats with slow recovery jog; 15min Easy	Rest	1hr30 Easy	Rest	2hrs Easy	3hrs30 Easy
16-Mar WEEK 13	Rest	15min Easy; 8x2min Hill Repeats with slow recovery jog; 15min Easy	Rest	20min Easy; 5km Time Trial; 20min Easy	Rest	2hrs Easy	3hrs30 Easy
23-Mar WEEK 14	Rest	15min Easy; 6x2min Hill Repeats with slow recovery jog; 15min Easy	Rest	1hr20 Easy	Rest	1hr30 Easy	2hrs Easy
30-Mar WEEK 15	Rest	15min Easy; 4x2min Hill Repeats with slow recovery jog; 15min Easy	Rest	1hr Easy	Rest	1hr Easy	1hr Easy
6-Apr WEEK 16	Res	15min Easy	Rest	20min Easy	Rest	Two Oceans Marathon	

KEY:
TRAINING PACES FOR SUB-6:00 (IN MINUTES):

Easy: 6.20 - 6.40
Hill Repeats: 5.20 - 5.30
Tempo: 5.35 - 5.45

TIME TRIALS:

5km: 27.40

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 BUILD STRENGTH

Bridges

Lie on your back with feet hip-width apart. Press into your heels and lift your hips until your knees are bent 90 degrees. Hold for 20 seconds in week 1; add five seconds each week. Once you reach 45 seconds, drop to 30 and do single-leg bridges, resting your hands on your hips to ensure that they stay level.



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