

# SAINSBURY // ULTRA-MARATHON TRAINING PLAN

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>23-Dec WEEK 1</b>	Rest	20min Easy; 10min Tempo; 20min Easy	1hr Easy	20min Easy; 10min Tempo; 20min Easy	Rest	1hr Easy	1hr30 Easy
<b>30-Dec WEEK 2</b>	Rest	20min Easy; 15min Tempo; 20min Easy	1hr05 Easy	20min Easy; 15min Tempo; 20min Easy	Rest	1hr05 Easy	1hr45 Easy
<b>6-Jan WEEK 3</b>	Rest	20min Easy; 20min Tempo; 20min Easy	1hr10 Easy	20min Easy; 20min Tempo; 20min Easy	Rest	1hr10 Easy	2hrs Easy
<b>13-Jan WEEK 4</b>	Rest	20min Easy; 20min Tempo; 20min Easy	1hr15 Easy	20min Easy; 5km Time Trial; 20min Easy	Rest	1hr15 Easy	2hrs15 Easy
<b>20-Jan WEEK 5</b>	Rest	20min Easy; 5x2min Hill Repeats; 20min Easy	1hr20 Easy	20min Easy; 5km Time Trial; 20min Easy	Rest	1hr20 Easy	2hrs30 (on Hilly Route)
<b>27-Jan WEEK 6</b>	Rest	20min Easy; 6x2min Hill Repeats; 20min Easy	1hr20 Easy	20min Easy; 5km Time Trial; 20min Easy	Rest	1hr30 Easy	3hrs (on Hilly Route)
<b>3-Feb WEEK 7</b>	Rest	20min Easy; 7x2min Hill Repeats; 20min Easy	1hr20 Easy	20min Easy; 5km Time Trial; 20min Easy	Rest	1hr30 Easy	2hrs Easy
<b>10-Feb WEEK 8</b>	Rest	20min Easy; 5x2min Hill Repeats; 20min Easy	50min Easy	40min Easy	Rest	Qualifier or Rest	Qualifier or Rest
<b>17-Feb WEEK 9</b>	Rest	Rest	Rest	45min Easy	Rest	1hr Easy	2hrs Easy
<b>24-Feb WEEK 10</b>	Rest	20min Easy; 8x2min Hill Repeats; 20min Easy	1hr20 Easy	20min Easy; 8km Time Trial; 20min Easy	Rest	1hr45 Easy	3hrs30 (on Hilly Route)
<b>2-Mar WEEK 11</b>	Rest	20min Easy; 8x2min Hill Repeats; 20min Easy	1hr20 Easy	20min Easy; 8km Time Trial; 20min Easy	Rest	2hrs Easy	3hrs45 (on Hilly Route)
<b>9-Mar WEEK 12</b>	Rest	20min Easy; 8x2min Hill Repeats; 20min Easy	1hr20 Easy	20min Easy; 8km Time Trial; 20min Easy	Rest	2hrs Easy	4hrs (on Hilly Route)
<b>16-Mar WEEK 13</b>	Rest	20min Easy; 8x2min Hill Repeats; 20min Easy	1hr20 Easy	20min Easy; 8km Time Trial; 20min Easy	Rest	2hrs Easy	3hrs (on Hilly Route)
<b>23-Mar WEEK 14</b>	Rest	20min Easy; 6x2min Hill Repeats; 20min Easy	1hr10 Easy	20min Easy; 8km Time Trial; 20min Easy	Rest	1hr30 Easy	2hrs (on Hilly Route)
<b>30-Mar WEEK 15</b>	Rest	20min Easy; 4x2min Hill Repeats; 20min Easy	1hr Easy	20min Easy; 5km Time Trial; 20min Easy	Rest	1hr Easy	1hr (on Hilly Route)
<b>6-Apr WEEK 16</b>	Rest	20min Easy	30min Easy	20min Easy	Rest	Two Oceans Marathon	

**KEY:**

**TRAINING PACES FOR SUB-5:00 (IN MINUTES):**

**Easy:** 5.20 - 5.40  
**Hill Repeats:** 4.20 - 4.30  
**Tempo:** 4.25 - 4.35

**TIME TRIALS:**

**5km:** 21.30  
**8km:** 35.30

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 PREVENTION**

Use yoga to strengthen and stretch major running muscles in a matter of minutes.



**Listing Boat Pose**

Return to your V-sit and rock onto your right glute. For more of a challenge, lower your legs and upper body closer to the ground. Hold for five to 10 breaths, then repeat on the left side.



**Cross-Legged Forward Fold**

Cross your ankles with the other shin in front, and fold your torso over your legs for another 10 to 15 breaths.



SEE THESE EXERCISES IN MOTION AT **RUNNERSWORLD.CO.ZA/JIFFYMOVES**.