

# SILVER // ULTRA-MARATHON TRAINING PLAN

|                       | MON        | TUE  | WED        | THU   | FRI  | SAT                 | SUN                     |
|-----------------------|------------|--|------------|---|------|---------------------|-------------------------|
| <b>23-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>30-Dec 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>6-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>13-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>20-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>27-Jan 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>3-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>10-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>17-Feb WEEK 9</b>  | 50min Easy | Rest   | Rest       | 45min Easy                                    | Rest | 1hr Easy            | 1hr30 Easy              |
| <b>24-Feb 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>2-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>9-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>16-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>23-Mar 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>30-Mar 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>6-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.

**DO THIS!**
**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.



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**RUNNER'S**