12-week Training plan: Two Oceans Ultra Marathon – Sainsbury Medal

Description: This program is designed for runners aiming to finish the Two Oceans Ultra marathon between 4 and 5 hours (an average pace of 4:17 – 5:20/km).

Notes:
WU: Warm up easy jog before your workout: recommended 7-20mins
CD: Cool down easy jog after your workout: recommended 7-20mins
Recovery: Stand, walk or jog slowly in between speed workout intervals.
Easy: Refer to "Easy runs" under the OWN MY PB tab for a full description
Long Runs: A good option for Long Runs, is to incorporate it into club organized runs or races where possible. Reminder: Please avoid the temptation to run too fast during these races. Focus on your own effort and remember that long runs should be slower than your planned race pace.
Race Pace: Your planned average pace for the Two Oceans Ultra marathon.
Hill Repeats: Refer to "Hill Repeats" under the OWN MY PB tab for a full description. Aim for about 80% of your maximum effort.
Cut-Downs 3-2-1-3-2-1: Run Tempo effort for 3km, recover for 4minutes, run Tempo effort for 2km, recover for 3mins, run Tempo effort for 1km, recover 2minutes, and repeat**.**

Rest days are an important part of the process. Taking an additional day off running when you feel fatigued is no bad thing and will help you in the long term.

Remember: This program is a GUIDELINE and can be altered to fit your lifestyle and level of fitness. We encourage you to learn more about yourself and understand the purpose of different workouts so that you can design your OWN training routine.

Week 1

Monday	Rest day
Tuesday	Easy 6km
Wednesday	Easy 5km or Rest
Thursday	WU, 2 x 4km at Two Oceans Race Pace, 5min recovery in between, CD.
Friday	Rest day
Saturday	Easy 5km with strides
Sunday	WU, 21-32km Race @ Two Oceans Race Pace or quicker, CD. OR: 21km Long Run

Week 2

Monday	Rest day
Tuesday	Easy 6km
Wednesday	Easy 5km or Rest
Thursday	WU, Track 5 x 1000m @ 10km race pace, 4min recovery in between, CD.
Friday	Rest day
Saturday	Easy 8km
Sunday	16km Easy Long Run

Week 3

Monday	Rest day
Tuesday	Easy 6km
Wednesday	Easy 5km or Rest
Thursday	WU, 12 x 1min Hill Repeats, CD. *See Notes*
Friday	Rest day
Saturday	Easy 8km
Sunday	20km Long Run

Week 4

Monday	Rest day
Tuesday	Easy 8km
Wednesday	Easy 5km or Rest
Thursday	WU, 2 x 5km at Two Oceans Race Pace, 6min or 1km recovery jog in between, CD.
Friday	Rest day
Saturday	Easy 8km
Sunday	32km Long Run

Week 5

Monday	Rest day
Tuesday	Easy 8km
Wednesday	Easy 5km or Rest
Thursday	WU, 8 x 2min Hill Repeats, CD. *See Notes*
Friday	Rest day
Saturday	Easy 5km with strides
Sunday	21-32km Race OR: 21km Long Run

Week 6

Monday	Rest day
Tuesday	Easy 8km
Wednesday	Easy 8km or Rest
Thursday	WU, 3 x 4km at Two Oceans Race Pace, 5min recovery in between, CD. *See Notes*
Friday	Rest day
Saturday	Easy 8km
Sunday	35km Long Run, try to run last 5km at Two Oceans Race Pace

Week 7

Monday	Rest day
Tuesday	Easy 10km
Wednesday	Easy 8km or Rest
Thursday	WU, Track 6 x 1000m @ 10km race pace, 4min recovery in between, CD.
Friday	Rest day
Saturday	Easy 8km
Sunday	42-45km Long Run *See Notes*

Week 8

Monday	Rest day
Tuesday	Easy 10km
Wednesday	Easy 8km or Rest
Thursday	WU, 3 x 5km at Two Oceans Race Pace, 6min or 1km recovery jog in between, CD.
Friday	Rest day
Saturday	Easy 8km
Sunday	32km Long Run on a hilly route

Week 9

Monday	Rest day
Tuesday	Easy 10km
Wednesday	Easy 8km or Rest
Thursday	WU, 8 x 2min Hill Repeats, CD. *See Notes*
Friday	Rest day
Saturday	Easy 8km
Sunday	30km Long Run, try to run last 5km at Two Oceans Race Pace

Week 10

Monday	Rest day
Tuesday	Easy 10km
Wednesday	Easy 8km or Rest
Thursday	WU, Cut downs: 3-2-1-3-2-1 (4/3/2min recovery in between), CD. *See Notes*
Friday	Rest day
Saturday	Easy 8km
Sunday	25km Long Run on a hilly route

Week 11

Monday	Rest day
Tuesday	Easy 8km
Wednesday	Easy 5km or Rest
Thursday	WU, 8km at Two Oceans Race Pace, CD
Friday	Rest day
Saturday	Easy 8km
Sunday	18km Long Run

Week 12

Monday	4 x 1000m Taper @ Marathon Pace, Short WU and CD.
Tuesday	Easy 5km or Rest
Wednesday	3 x 1000m Taper @ Marathon Pace, Short WU and CD.
Thursday	Rest day
Friday	Easy 4km with strides
Saturday	**RACE DAY!!!**
Sunday	