

**Old Mutual Two Oceans Ultra Marathon  
Training Schedule - 7 Hour Blue Medal**

1-Jan	Sunday	Rest
2-Jan	Monday	10km easy
3-Jan	Tuesday	60 min easy
4-Jan	Wednesday	Hills 6 - 8 x 100m fast up Walk back
5-Jan	Thursday	70-80 min easy
6-Jan	Friday	Rest
7-Jan	Saturday	90 -110 mins long slow distance walk 90 seconds every 10 min
8-Jan	Sunday	60-70 min easy with 2 min walk every 13 minutes run
9-Jan	Monday	Rest
10-Jan	Tuesday	8km Fartlek 8 x 30 sec hard 2 min easy between
11-Jan	Wednesday	10-12km
12-Jan	Thursday	Easy 50 min
13-Jan	Friday	Rest
14-Jan	Saturday	Easy 20-30 min with 3 x 60-80 metre acceleration run at end
15-Jan	Sunday	21km race - run 9 minutes walk 1 min throughout - run as you feel from 18km.
16-Jan	Monday	Rest
17-Jan	Tuesday	60 min easy
18-Jan	Wednesday	80 min easy
19-Jan	Thursday	45-50 min with 4 x 45 sec pick up in pace with 4 min easy between
20-Jan	Friday	Rest
21-Jan	Saturday	Hills 2 x 3 x 100m fast up Walk back between hill and 3 min rest between set
22-Jan	Sunday	130 -150 min long slow distance run 8 min walk 2 min
23-Jan	Monday	Rest
24-Jan	Tuesday	easy 50 min
25-Jan	Wednesday	60-80 min easy
26-Jan	Thursday	Fartlek 8-10km with 4 x 30 seconds hard 3 min easy
27-Jan	Friday	Rest
28-Jan	Saturday	160-190 min long slow distance with run 13 minutes walk 2 minutes
29-Jan	Sunday	Easy 45 - 60 min
30-Jan	Monday	Rest
31-Jan	Tuesday	Hills 2 x 4 x 100m fast up Walk back between hill and 3 min rest between set
1-Feb	Wednesday	80 min easy
2-Feb	Thursday	45-50 min with 4 x 45 sec pick up in pace with 4 min easy between
3-Feb	Friday	Rest
4-Feb	Saturday	200-230 mins LSD run 8 min walk 2 min
5-Feb	Sunday	Easy 40-50 min - recovery or rest
6-Feb	Monday	Easy 40-50 min - recovery or rest
7-Feb	Tuesday	40-45 min easy
8-Feb	Wednesday	60-80 min easy
9-Feb	Thursday	Fartlek 5 x 30 seconds hard 3 easy
10-Feb	Friday	Rest
11-Feb	Saturday	140 -150 min long slow distance run 8 min walk 2 min
12-Feb	Sunday	60-80 min easy
13-Feb	Monday	Rest