

**Old Mutual Two Oceans Ultra Marathon  
Training Schedule - Silver Medal**

1-Jan	Sunday	Rest
2-Jan	Monday	12-14km easy
3-Jan	Tuesday	6 x 800 in 2:45 with 2:30 min recovery
4-Jan	Wednesday	18km easy
5-Jan	Thursday	Am 8km easy pm 40 min with 3 x 1 min pick up in pace with 5 min easy
6-Jan	Friday	35-40 min easy
7-Jan	Saturday	Track 2 x 6 x 400 @ 5km pace with 90 second recovery and 5 min between set
8-Jan	Sunday	120 - 150 min long slow distance
9-Jan	Monday	Rest
10-Jan	Tuesday	60 mins including 5km time trial @ 10km pace
11-Jan	Wednesday	Am 10km easy pm 10km easy
12-Jan	Thursday	Hills 4 x 3 x 35 sec Hill jog back with 3 min between set
13-Jan	Friday	35-40 min easy
14-Jan	Saturday	Easy 20 minutes then 6km @ marathon pace then 10 mins then 4km @ marathon pace then 10 min easy then 2km @ marathon pace then 20-30 min easy (or 21km race as training with last 6km as you feel)
15-Jan	Sunday	70 min easy
16-Jan	Monday	Rest
17-Jan	Tuesday	8 x 800 in 2:45-2:50 with 2:30 recovery
18-Jan	Wednesday	18km easy with middle 4km @ Marathon pace
19-Jan	Thursday	60 min with 6 x 30 second pick up in pace with 6 min easy between
20-Jan	Friday	35-40 min easy
21-Jan	Saturday	Track 8 x 400m @ 5km pace with 90 sec rec
22-Jan	Sunday	150-180 min long slow distance - include 1 min walk every 30 min
23-Jan	Monday	Rest
24-Jan	Tuesday	Hills 5 x 3 x 35 seconds with 4 min between sets
25-Jan	Wednesday	Am 10km easy pm 10km easy
26-Jan	Thursday	60 min with 6 x 30 second pick up in pace with 6 min easy between
27-Jan	Friday	Easy 35-40 min
28-Jan	Saturday	5 x 1200 @ 10km pace with 2-2:30 min rec Or 10km race
29-Jan	Sunday	100-140 min long slow distance with 1 min walk every 30 min
30-Jan	Monday	Rest
31-Jan	Tuesday	10 x 350m @10km with 50m walk recovery
1-Feb	Wednesday	18km easy
2-Feb	Thursday	60 min with 6 x 30 second pick up in pace with 4 min easy between
3-Feb	Friday	35-40 min easy
4-Feb	Saturday	Easy 20 min then 8km @ marathon Pace then 10 min easy then 6km @ marathon pace then 10 min then 3km @ marathon pace then 20-30 min easy
5-Feb	Sunday	50-60 min easy
6-Feb	Monday	Rest
7-Feb	Tuesday	60 mins including 5km time trial @ 10km pace
8-Feb	Wednesday	Am 10km easy pm 10km easy
9-Feb	Thursday	70 min easy
10-Feb	Friday	35-40 min easy
11-Feb	Saturday	25km LSD
12-Feb	Sunday	18km easy

13-Feb	Monday	Rest
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