

**Old Mutual Two Oceans Ultra Marathon
Training Schedule - 5 Hour Sainsbury Medal**

1-Jan	Sunday	Rest
2-Jan	Monday	8-10km easy
3-Jan	Tuesday	4 x 800 in 3;25- 3:30 with 3 min rec
4-Jan	Wednesday	80 min easy
5-Jan	Thursday	60 min with 5 x 45 sec pick up in pace and 5 min easy between
6-Jan	Friday	Easy 35 Min
7-Jan	Saturday	Track 3-4 x 1000m at 10km pace rest 2 min
8-Jan	Sunday	120-150 min long slow distance with 90 second walk every 19 minutes
9-Jan	Monday	Rest
10-Jan	Tuesday	Hills 2 x 4 x 35 seconds jog back rec
11-Jan	Wednesday	Am 8km easy pm 8km easy
12-Jan	Thursday	60 min with 5 x 45 sec pick up in pace and 5 min easy between
13-Jan	Friday	Easy 35 Min
14-Jan	Saturday	Easy 20 min then 6km @ marathon pace then 15 min easy then 3km @ marathon pace then 15 min easy (or 21km race doing 3 x 6km with 90 second walk between and run last 3km as you feel)
15-Jan	Sunday	60-70 min very easy / recovery
16-Jan	Monday	Rest
17-Jan	Tuesday	60 mins easy including 5km Time Trial @ 10km pace (not faster)
18-Jan	Wednesday	70-90 min very easy with 1 min walk every 14 min
19-Jan	Thursday	60 min with 5 x 45 sec pick up in pace and 5 min easy between
20-Jan	Friday	Easy 35 Min
21-Jan	Saturday	6 x 800 in 3:25- 3:30 with 3 min recovery
22-Jan	Sunday	150-180 min long slow distance with 1 min walk every 14 minutes
23-Jan	Monday	Rest
24-Jan	Tuesday	Hills 4 x 3 x 35 seconds with 3 min rec between set
25-Jan	Wednesday	Am 8km easy pm 8km with 4 x 30 sec pick up in pace with 5 min easy between
26-Jan	Thursday	60 min easy pace
27-Jan	Friday	Easy 35 Min
28-Jan	Saturday	Easy 20 min then 6km @ marathon pace then 15 min easy then 3km @ marathon pace then 15 min easy
29-Jan	Sunday	70-90 min very easy with 1 min walk every 14 min
30-Jan	Monday	Rest
31-Jan	Tuesday	Hills 3 x 4 x 35 seconds with 3 min recovery between set
1-Feb	Wednesday	70-80 min easy
2-Feb	Thursday	40-50 min easy
3-Feb	Friday	Easy 35 Min
4-Feb	Saturday	Track 1x 1000m Rec 2 1/2 min 1x 2000m rec 5 min 1 x 1000 all @ 10km pace
5-Feb	Sunday	easy 90-120 min long slow distance with 1 min walk every 19 min
6-Feb	Monday	rest
7-Feb	Tuesday	Track 8 x 400 @ 10km pace rest 1 1/2 min
8-Feb	Wednesday	am 10 km easy pm 8km easy
9-Feb	Thursday	60 min with 5 x 45 sec pick up in pace and 5 min easy between
10-Feb	Friday	Easy 35 Min
11-Feb	Saturday	

12-Feb	Sunday	Easy 20 min then 7km @ marathon pace then 10 min easy then 5km @ marathon pace then 10 min easy then 3km @ marathon then 20 - 30 min easy
13-Feb	Monday	Rest