

Two Oceans Training Requirements and Paces - Table 1

Typical 10km time	33.00	35:45	37.25	41.40	45.50	50.00	54.30	58.20	60.20	62:50	80 mins
Best 42.2km Time	2hr 35min	2hr 45 min	2 hr. 55 min	3 hr. 15 min	3hr 35min	3 hr. 55min	4 hr. 15min	4 hr. 35min	4hr 44min	4 hr. 55 min	n/a
Indication of Two Oceans 56k Finish	3hr 35min	3hr 55 min	4hr 10 min	4 hour 35min	5 hours	5 hour 35 min	6 hour	6 hour 27 min	6 hour 45 min	7 hour	n/a
Indication of Two Oceans Half marathon	1 hour 15 min	1 hour 20 min	1 hour 24 min	1 hour 34 min	1 hour 44 min	1 hour 54 min	2 hour 5 minutes	2 hour 15 min	2 hour 20 min	2 hour 25 min	3 hours
400m Intervals (per Lap)	1 min 12 sec	1 min 17 sec	1min 22 sec	1 min 31 sec	1 min 42 sec	1 min 52 sec	2 mins 2 sec	2 mins 13 secs	2 min 17 sec	2 min 35 sec	n/a use fartlek
1000m intervals Per km	3 min 8 sec	3 min 20 sec	3 min 33 secs	3 min 55 sec	4 min 20 sec	4 min 50 sec	5 min 20 sec	5 min 45 sec	5 min 55 sec	6 min 05 sec	n/a use fartlek
Mod 8-12km runs at per km	3 min 45 sec	3 min 58 sec	4 min 12 sec	4 min 22 secs	5 min	5 min 30 sec	5 min 55 secs	6 min 20 sec	6 min 35 sec	6 min 55 sec	8 min 45 sec
Training 35-45km runs at per km	4 mins	4 min 15 sec	4 min 30 sec	4 min 44 sec	5 min 25 secs	6 min	6 min 30 secs	7 mins	7 min 15 sec	7 min 30 sec	n/a

NOTE: 1) Doing more than maximum is likely to result in overtraining 2) Peak training is based on 10-12hours per week training Doing more is unlikely to allow sufficient time for recovery unless you are a fulltime athlete 3) Realistically, the slowest qualifying marathon time required to finish Two Oceans in 7 hours is 4 Hours 55 minutes! 4) Keep easy runs easy and Quality work in 400 and 1000m at suggested pace 2) If training in a race - keep it easy. You need to train slower than Two Oceans pace to prepare your muscles and joints for running the Two Oceans pace on race day - Or expect cramps from fatigued muscles!