

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

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
14-Feb	Tuesday	60 mins including 5km time trial @ 10km pace
15-Feb	Wednesday	25km LSD
16-Feb	Thursday	Am 10km easy pm 10km easy
17-Feb	Friday	35-40 min easy
18-Feb	Saturday	6 x 800 in 2:45 with 2:30 min recovery
19-Feb	Sunday	25km LSD
20-Feb	Monday	Rest
21-Feb	Tuesday	2 x 5 x 200 @5km pace with 60 sec rec and 4 min between set
22-Feb	Wednesday	Easy 70 mins @ long slow pace
23-Feb	Thursday	Rest
24-Feb	Friday	20-30 min easy with 3-4 x 150-200m accelerations and walk back recovery
25-Feb	Saturday	42km qualifier (go slowest time for realistic / required seeding batch)
26-Feb	Sunday	60 min very easy recovery or rest
27-Feb	Monday	Rest or 60 min very easy recovery
28-Feb	Tuesday	60 min with 6 x 30 second pick up in pace with 4 min easy between
29-Feb	Wednesday	Am 10km easy pm 10km easy
1-Mar	Thursday	70 min easy
2-Mar	Friday	35-40 min easy
3-Mar	Saturday	20-25km long slow distance with 1 min walk every 24 min
4-Mar	Sunday	18-20km long slow distance with 1 min walk every 24 min
5-Mar	Monday	Rest
6-Mar	Tuesday	60 min with 6 x 30 second pick up in pace with 4 min easy between
7-Mar	Wednesday	Am 10km easy pm 10km easy
8-Mar	Thursday	Am 8km pm 40 min with 5 x 90 second pick up with 5 min easy
9-Mar	Friday	35-40 min easy
10-Mar	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
11-Mar	Sunday	80-90 min very easy
12-Mar	Monday	Rest