

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

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
14-Feb	Tuesday	Fartlek 8-10km with 4 x 30 seconds hard 3 min easy
15-Feb	Wednesday	80 min easy
16-Feb	Thursday	60 min easy
17-Feb	Friday	Rest
18-Feb	Saturday	Hills 6 - 8 x 100m fast up Walk back
19-Feb	Sunday	90 mins long slow distance walk 90 seconds every 10 min
20-Feb	Monday	Rest
21-Feb	Tuesday	45-50 min with 4 x 45 sec pick up in pace with 4 min easy between
22-Feb	Wednesday	40-45 min easy or rest
23-Feb	Thursday	Rest
24-Feb	Friday	Easy 20-30 min with 3 x 60-80 metre acceleration run at end
25-Feb	Saturday	Qualifier 42km - run 8min walk 2 min the whole way - target 4 hours 55 minutes NOT Faster
26-Feb	Sunday	Rest
27-Feb	Monday	Rest or 45 min very easy
28-Feb	Tuesday	Easy 50-60 min
29-Feb	Wednesday	Easy 45 min
1-Mar	Thursday	Fartlek 7km with 4 x 30 seconds hard 2 min easy
2-Mar	Friday	Rest
3-Mar	Saturday	Hills 2 x 4 x 100m fast up Walk back between hill and 3 min rest between set
4-Mar	Sunday	100 -130 min run and walk long slow distance run 8 minutes 30 seconds walk 90 seconds
5-Mar	Monday	Rest
6-Mar	Tuesday	50 min easy
7-Mar	Wednesday	80 min easy
8-Mar	Thursday	45-50 min with 4 x 45 sec pick up in pace with 4 min easy between
9-Mar	Friday	Rest
10-Mar	Saturday	90 -110 mins long slow distance walk 90 seconds every 10 min
11-Mar	Sunday	50-70 min easy with 2 min walk every 13 minutes run
12-Mar	Monday	Rest