

**Old Mutual Two Oceans Ultra Marathon
Training Schedule - 6 Hour Bronze Medal**

3-Feb	Friday	Rest
4-Feb	Saturday	Easy 30 min then 5km @ marathon pace then 10 min easy then 3km @ marathon pace then 30 min easy walk 1 min after each faster section (Or 21km race doing 7 x 3km with 2 min walk at each table - keep pace easy until 18km then run as you feel to finish)
5-Feb	Sunday	80-90 min long slow distance with 1 min walk every 14 min
6-Feb	Monday	Rest
7-Feb	Tuesday	Easy 45 min with 3 x 45 second pick up in pace with 6 min easy between
8-Feb	Wednesday	60 min easy
9-Feb	Thursday	50-60 mins with 4 x 30 second pick up in pace with 5 min between
10-Feb	Friday	Rest
11-Feb	Saturday	100-130 min long run walk 2 min every 13 minutes
12-Feb	Sunday	60-70 min easy
13-Feb	Monday	Rest
14-Feb	Tuesday	60 min easy with 5km Time Trial @ 10km pace NOT Faster
15-Feb	Wednesday	80-90 min long slow distance with 1 min walk every 14 min
16-Feb	Thursday	Hills 3 x 3 x 35 seconds walk back recovery and 3 min recovery between sets
17-Feb	Friday	Rest
18-Feb	Saturday	18-20km easy
19-Feb	Sunday	50-60 mins with 4 x 30 second pick up in pace with 5 min between
20-Feb	Monday	Rest
21-Feb	Tuesday	Easy 45 min with 3 x 45 second pick up in pace with 6 min easy between
22-Feb	Wednesday	Easy 45-50 min very easy or rest
23-Feb	Thursday	Rest
24-Feb	Friday	20 min easy with 3-4 x 60-80 metres acceleration run s
25-Feb	Saturday	42km qualifier (go for slowest time for a realistic / required seeding batch - include 90 second to 2 min walks every table)
26-Feb	Sunday	40-50 min very easy or rest
27-Feb	Monday	Rest
28-Feb	Tuesday	40-50 min very easy
29-Feb	Wednesday	60-80 min easy
1-Mar	Thursday	60 min easy
2-Mar	Friday	Rest
3-Mar	Saturday	170-200 long run with 1 min walk every 9 min of running
4-Mar	Sunday	60-80 min easy with 2 min walk every 13 min
5-Mar	Monday	Rest
6-Mar	Tuesday	50-60 mins with 4 x 30 second pick up in pace with 5 min between
7-Mar	Wednesday	70-90 min easy with 1 min walk every 14 minutes
8-Mar	Thursday	50 min easy with 4 x 1 min pick up in pace with 6 min easy between
9-Mar	Friday	Rest
10-Mar	Saturday	8 x 350m @ 10km pace with 50m walk recovery
11-Mar	Sunday	120-150 min long run walk 2 min every 13 minutes
12-Mar	Monday	Rest