

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

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
14-Feb	Tuesday	60 mins easy including 5km Time Trial @ 10km pace (not faster)
15-Feb	Wednesday	80 min easy
16-Feb	Thursday	60 min with 5 x 45 sec pick up in pace and 5 min easy between
17-Feb	Friday	Easy 35 Min
18-Feb	Saturday	Track 3 x 1000m at 10km pace rest 3 min
19-Feb	Sunday	20-25 km LSD 1 min walk every 19 minutes
20-Feb	Monday	Rest
21-Feb	Tuesday	Track 4 x 400m @ 3000m pace rest 3 min
22-Feb	Wednesday	easy 50 mins @ long slow pace
23-Feb	Thursday	Rest
24-Feb	Friday	20-30 min easy with 3-4 x 100m accelerations and walk back recovery
25-Feb	Saturday	42km qualifier (go slowest time for realistic / required seeding batch - walks 90 second every 2nd table)
26-Feb	Sunday	50-60 min very easy recovery or rest
27-Feb	Monday	Rest or 60 min very easy recovery
28-Feb	Tuesday	45-50 min easy
29-Feb	Wednesday	70 min easy
1-Mar	Thursday	60 min with 5 x 45 sec pick up in pace and 5 min easy between
2-Mar	Friday	Easy 35 Min
3-Mar	Saturday	20-25 km LSD 1 min walk every 19 minutes
4-Mar	Sunday	16-18km long slow distance with 90 second walk every 15 min
5-Mar	Monday	Rest
6-Mar	Tuesday	60 min easy
7-Mar	Wednesday	16-18km long slow distance with 90 second walk every 15 min
8-Mar	Thursday	Hills 2 x 4 x 35 seconds jog back rec 4 minutes recovery between sets
9-Mar	Friday	Easy 35 Min
10-Mar	Saturday	10 x 350m @ 10km Pace with 50 metre recovery walk
11-Mar	Sunday	150-180 min long slow distance with 1 min walk every 14 minutes
12-Mar	Monday	Rest