

OMTOM2019 56KM ULTRA MARATHON SUB-5 TRAINING PROGRAMME



Here's everything you need to know about preparing to run the race of your life in our **Old Mutual Two Oceans Marathon 50th milestone event**. Put your best running feet forward with this comprehensive training guide brought to you by our official training partner, **the Sports Science Institute of South Africa (SSISA)**.

Chasing a sub-5 finish?

Here's a 16-week programme to make sure you make the Sainsbury medal cut-off safely. You should have been comfortably averaging a minimum of 25 – 30 km per week in the 4 – 6 weeks before starting this programme.

Make sure you've familiarised yourself with our introductory notes first, as well as the abbreviations below. Then proceed to start your OMTOM 2019 training with purpose – you've got this!

Good luck! Sikunqwenelela impumelelo! Alles van die beste! Sikufisela inhlanhla!

Key

WU: Warm Up
E: Easy
LSD: Long Slow Distance
HL: Hills
SPD: Speed
TT: Time Trial
CD: Cool Down
RPE: Rate of Perceived Exertion
Base
Transition
Peak
Taper
Race
Rest Day
Recovery

WEEKS 1 – 4

31 DECEMBER – 27 JANUARY

	MON	TUES	WED	THUR	FRI	SAT	SUN	TOTAL
Week 1 31 Dec – 6 Jan	Rest	8km E (RPE 2-3)	Rest	6km HL 2km WU; 3x3min HL (RPE 6-7) with 2min walk between; CD	Rest	14km LSD (RPE 3-4)	8km E (RPE 2-3)	36
Week 2 7 Jan – 13 Jan	Rest	10km E (RPE 2-3)	Rest	7km HL 2km WU; 4x3min HL (RPE 6) with 2min walk between; CD	Rest	16km LSD (RPE 3-4)	8km E (RPE 2-3)	41
Week 3 14 Jan – 20 Jan	Rest	8km E (RPE 2-3)	6km SPD 2km WU; 10x1min HD (RPE 8-9) with 30sec E between; CD	Rest	5km HL 1km WU; 3x4min HL (RPE 6) with 2min walk between; CD	8km E (RPE 2-3)	18km LSD (RPE 3-4)	45
Week 4 21 Jan – 27 Jan	Rest	8km E (RPE 2-3)	Rest	10km E (RPE 2-3)	Rest	12km LSD (RPE 3-4)	Cross- training	30

WEEKS 5 – 8

28 JANUARY – 24 FEBRUARY

	MON	TUES	WED	THUR	FRI	SAT	SUN	TOTAL
Week 5 28 Jan – 3 Feb	Rest	10km E (RPE 2-3)	7km HL 2km WU; 3x5min HL (RPE 6) with 2min walk between; CD	Rest	10km E (RPE 2-3)	Rest	21km TT (RPE 8-9)	48
Week 6 4 Feb – 10 Feb	Rest	7km E (RPE 2-3)	8km HL 2km WU; 4x4min HL (RPE 6) with 2min E between; CD	12km E (RPE 2-3)	Rest	22km LSD 3km WU; 14km with big hills (RPE 5); 5km E (RPE 2)	5km E (RPE 2-3)	54
Week 7 11 Feb – 17 Feb	Rest	10km E (RPE 2-3)	8km HL 2km WU; 4x4min HL (RPE 6) with 2min E between; CD	12km E (RPE 2-3)	Rest	5km TT (RPE 8-9)	25km LSD 3km WU; 15km with big hills (RPE 5); 7km E	60
Week 8 18 Feb – 24 Feb	Rest	6km E (RPE 2-3)	Rest	10km E (RPE 2-3)	Rest	14km LSD (RPE 3) Flat run	Cross- training	30

WEEKS 9 – 12

25 FEBRUARY – 24 MARCH

	MON	TUES	WED	THUR	FRI	SAT	SUN	TOTAL
Week 9 25 Feb – 3 Mar	Rest	10km SPD 2km WU; 10x90sec HD (RPE 8-9) with 1min E between; CD	6km HL 2km WU; 5x4min HL (RPE 5) with 1min E between; CD.	Rest	8km E (RPE 2-3)	28km LSD 3km WU; 17km with big hills (RPE 4); CD	6km HL (RPE 2-3) Walk hills to keep effort low	58
Week 10 4 Mar – 10 Mar	Rest	10km E (RPE 2-3)	7km SPD 2km WU; 5x2min HD (RPE 7-8) with 1min E between; CD	Rest	12km E (RPE 2-3)	Rest	32km TT (RPE 8-9)	61
Week 11 11 Mar – 17 Mar	Rest	10km E (RPE 2-3)	6km SPD 2km WU; 6x2min HD (RPE 7-8) with 1min E between; CD	Rest	10km HL 2km WU; 4x5min HL (RPE 5) with 2min E between; CD	8km E (RPE 2-3)	36km LSD 3km WU; 22km with big hills (RPE 5); 11km E (RPE 2-3).	70
Week 12 18 Mar – 24 Mar	Rest	12km E (RPE 2-3)	Rest	10km E (RPE 2-3)	Rest	15km LSD Flat route (RPE 3-4)	Cross- training	37

WEEKS 13 – 18

25 MARCH – 5 MAY

	MON	TUES	WED	THUR	FRI	SAT	SUN	TOTAL
Week 13 25 Mar – 31 Mar	Rest	8km SPD 2km WU; 8x1min HD (RPE 7-8) with 30sec E jog between; CD	6km HL 1km WU; 2x8min HL (RPE 6) with 2min E between; CD	9km E (RPE 2-3)	Rest	40km LSD (RPE 3-4)	10km E (RPE 2-3)	73
Week 14 1 Apr – 7 Apr	Rest	8km SPD 6x1min HD (RPE 7-8) with 30sec E between; CD	6km HL 2km WU; 2x5min HL (RPE 6) with 2 min E between; CD	8km E (RPE 2-3)	Rest	30km LSD (RPE 3-4) Gentle hills	5km E (RPE 2-3)	57
Week 15 8 Apr – 14 Apr	Rest	8km E (RPE 2-3)	Rest	12km SPD 2km WU; 7x1min HD (RPE 7-8) with 30sec E between; CD	Rest	15km LSD (RPE 3-4) Gentle hills		35
Week 16 15 Apr – 21 Apr	Rest	5km E (RPE 2-3)	8km SPD 2km WU; 8x1min HD (RPE 8-9) with 1min E between; CD	Rest	3km E (RPE 2-3)	OMTOM 56km Race	Rest	72
Week 17 22 Apr – 28 Apr	Rest	3km Walk	Rest	Cross-training	Rest	8km E (RPE 2-3)	Rest	11
Week 18 29 Apr – 5 May	6km E (RPE 2-3)	Rest	Cross-training	Rest	9km E (RPE 2-3)	Rest	10km E (RPE 2-3)	25