

OLD MUTUAL TWO OCEANS MARATHON 2019 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)**.

Choose your programme

Africa's biggest running event awaits! Ensure you're as race ready for OMTOM 2019 as possible with these training programmes. There are three each for the 56km Ultra Marathon and 21.1km Half Marathon.

Choose a programme based on whether you'd like to run a sub-5:00, sub-6:00 or sub-7:00 in the **56km**, or sub-2:00, sub-2:30 or sub-3:00 in the **21.1km**. Once you understand how to use the programmes and what the abbreviations mean, choose the programme that you'd like to follow and start training!

Race day: Your 16-week countdown to a historic race

The programmes are 16 weeks long, running from **Monday, 31 December** to Saturday 20 April. We've added an extra two weeks, post-race to help Ultra runners with your recovery. You should be free from injury and moderately fit when you commence this programme, but we've made the distances manageable to ease you into the training.

Four training phases

Each programme is colour-coded to represent specific training phases, plus recovery weeks, race day, and rest days.

- 1 Base Phase:** The goal of this phase is to increase your aerobic capacity/endurance base. The volume will continually increase, while the intensity remains relatively low.
- 2 Transition Phase:** In this phase, you will see an increase in intensity. As you get closer to race day, you want to simulate racing conditions in training, so expect to see longer efforts at race pace.
- 3 Peak Phase:** This is the final stretch of training leading up to the taper, and you will complete your longest training sessions in preparation for your race. Speed work and race pace workouts continue.
- 4 Taper Phase:** This phase lasts two weeks, and is the time to decrease volume but maintain intensity to sharpen your speed and technical skills leading up to race day.

Recovery weeks

Rest weeks are included more or less every four weeks throughout the programmes, to allow your body to adapt to the previous weeks of training. Some of you may be tempted to train more in recovery weeks,

but we advise you not to do so! Rest and rejuvenation are key to seeing improvements in training and performance.

Also look out for the following signs that you may need a rest day:

- Impaired performance that does not improve with 2-3 days of rest
- A feeling of heavy, slow, tired legs or arms that does not improve with 2-3 days of rest
- Trouble sleeping
- Sudden loss of appetite
- Cranky mood
- Flu-like symptoms

Training with Rate of Perceived Exertion (RPE)

Also note that these plans use a RPE scale of 1-10, as per the Borg Scale below. You can guide your training using RPE, regardless of the equipment you may have (HR monitor, GPS device). Depending on your coach, training plan, or equipment, training zones will differ. This plan uses RPE as a guide to intensity. If you do choose to train with zones, the following table we've formulated gives you some *basic* guidance on which RPE level corresponds with specific zones.

Borg RPE Scale

1	Really Easy	Zone 1
2	Easy	Zone 1
3	Moderate	Zone 2
4	Sort of Hard	Zone 2
5	Hard	Zone 3
6	Hard	Zone 3
7	Really hard	Zone 4
8	Really Hard	Zone 4
9	Really, Really Hard	Zone 5
10	Maximal, like hardest Race	Zone 5

Key terms and definitions

- **WU: Warm Up** Take the first 10 to 15 minutes (2 to 3km) of each workout to warm the muscles up. Start slowly and assess how your body feels. Sometimes there may be a hard run on the schedule, but even by the end of the WU you may still be feeling tired, sluggish and heavy-legged. In this case it will be better to NOT do the planned hard workout. (RPE 1)
- **E: Easy** This means exactly that. An easy pace run is one done at a speed where it takes no effort at all, you can look around, and you can chat if you are running with someone. (RPE 2)
- **M: Moderate** This running speed is just a bit faster than easy. It requires a little input of effort, you won't want to talk quite so much, and you'll have to concentrate a bit on the running pace. (RPE 3)
- **HD: Hard** This requires a big input of effort, relative to the distance (for example, hard for 5km is a bigger effort input than hard for 10km). Lots of concentration is required, breathing will be very hard, you certainly won't want to talk, and you'll be looking forward to when you can slow down. (RPE 6-7)
- **LSD: Long Slow Distance** These runs are essential to preparing for running the race. They should simulate race conditions as closely as possible, such as temperature, terrain, hills, etc. (RPE 3-5)
- **HL: Hills** The Old Mutual Two Oceans routes include some big climbs, notably Chapman's Peak and Constantia Nek on the Ultra Marathon, so the hill training includes relatively long intervals to prepare for these big hills. (RPE 6-7)

- **SPD: Speed** These sessions will include short bouts of high intensity intervals, and will help improve your ability to surge at necessary points in the race, such as the finish and when passing other competitors. (RPE 7-8)
- **TT: Time Trial** A race pace run on a measured course to test your fitness and endurance as you prepare for the race. (RPE 8-9)
- **CD: Cool Down** Once you have completed the main part of a session, cool down by jogging at an easy pace. (RPE 2)
- **Cross-training** These are workouts where you do something other than running, such as yoga, paddling, hiking, swimming, etc.

Qualifying marathon

If you plan to run your qualifying marathon for the 56-km race in January, February, or early March you will need to slightly adjust this plan the week of and the week after your marathon race.

Week of the race:

- *3 days before marathon:* 8 – 10 km run with speed work. Warm up as needed. Then run 3 – 4 x 500m hard (RPE 6 – 7) with 3 – 4 minutes easy jogging between efforts. Finish the run with easy jogging.
- *2 days before marathon:* 5 – 6 km easy run (RPE 2 – 3).
- *1 day before marathon:* Rest **or** 3-km run including three – four 30 – 40 second pick-ups.

Week after the race:

- *1 day after marathon:* Rest if very sore **or** 20 – 30 min easy walk if you feel good.
- *2 days after marathon:* Rest if very sore **or** 3 km easy run.

The remainder of the week should be a planned recovery week where total weekly mileage should be approximately 60% of the average of the last 4 weeks. Runs should be easy effort, and emphasis should be on recovering as quickly as possible. Recovery includes sleep, nutrition, and foam roll or massage.

Add strength training

We recommend that you do basic strength training three times a week for 15 to 20 minutes, as this helps you avoid overuse injuries and improves muscle imbalances.

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

Personalised training programmes available

Although the training programmes in the next few pages contain all the elements needed for you to succeed in your training for the Old Mutual Two Oceans 56km or 21.1km races, they are generic packaged training plans.

If you'd like a plan specifically catered to your physiology, schedule and goals, the Sports Science Institute of South Africa offers personalised coaching services. For more information, contact Rebecca Johansson at rjohansson@ssisa.com or **021 659 5638**.