

# OMTOM2019 56KM ULTRA MARATHON SUB-7 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 50<sup>th</sup> 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-7 finish?

Chasing a sub-7:00 finish? Here's a 16-week programme to ensure you make the 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

<b>WU:</b> Warm Up
<b>E:</b> Easy
<b>LSD:</b> Long Slow Distance
<b>HL:</b> Hills
<b>SPD:</b> Speed
<b>TT:</b> Time Trial
<b>CD:</b> Cool Down
<b>RPE:</b> 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
<b>Week 1</b> 31 Dec – 6 Jan	Rest	<b>7km E</b> (RPE 2-3)	Rest	<b>6km E</b> (RPE 2-3)	Rest	<b>12km LSD</b> (RPE 3-4)	Rest	<b>25</b>
<b>Week 2</b> 7 Jan – 13 Jan	Rest	<b>9km E</b> (RPE 2-3)	Rest	<b>7km HL</b> 2km WU; 3x3min HL (RPE 6) with 2min walk between; CD	Rest	<b>14km LSD</b> (RPE 3-4)	Rest	<b>30</b>
<b>Week 3</b> 14 Jan – 20 Jan	Rest	<b>8km E</b> (RPE 2-3)	<b>6km E</b> (RPE 2-3)	Rest	<b>4km HL</b> 1km WU; 3x3min HL (RPE 6) with 2min walk between; CD	Rest	<b>17km LSD</b> (RPE 3-4)	<b>35</b>
<b>Week 4</b> 21 Jan - 27 Jan	Rest	<b>7km E</b> (RPE 2-3)	Rest	<b>8km E</b> (RPE 2-3)	Rest	<b>10km LSD</b> (RPE 3-4)	Rest	<b>25</b>

# WEEKS 5 – 8

## 28 JANUARY – 24 FEBRUARY

	MON	TUES	WED	THUR	FRI	SAT	SUN	TOTAL
<b>Week 5</b> 28 Jan – 3 Feb	Rest	<b>10km E</b> (RPE 2-3)	<b>5km HL</b> 2km WU; 3x4min HL (RPE 5) with 2min E between; CD	Rest	<b>5km E</b> (RPE 2-3)	Rest	<b>20km LSD</b> 2km WU; 12km with big hills (RPE 5); 6km Mod (RPE 3)	<b>40</b>
<b>Week 6</b> 4 Feb – 10 Feb	Rest	<b>7km E</b> (RPE 2-3)	<b>6km HL</b> 2km WU; 4x3min HL (RPE 6) with 1:30min E between; CD	<b>5km E</b> (RPE 2-3)	Rest	<b>22km LSD</b> 3km WU; 14km with big hills (RPE 5); 5km E (RPE 2)	<b>5km E</b> (RPE 2-3)	<b>45</b>
<b>Week 7</b> 11 Feb – 17 Feb	Rest	<b>7km E</b> (RPE 2-3)	<b>6km HL</b> 2km WU; 3x4min HL (RPE 6) with 2min E between; CD	<b>7km E</b> (RPE 2-3)	Rest	<b>25km LSD</b> 3km WU; 15km with big hills (RPE 5); 7km E (RPE 2)	<b>5km E</b> (RPE 2-3)	<b>50</b>
<b>Week 8</b> 18 Feb – 24 Feb	Rest	<b>6km E</b> (RPE 2-3)	Rest	<b>10km E</b> (RPE 2-3)	Rest	<b>14km LSD</b> (RPE 3) Flat run	Rest	<b>30</b>

# WEEKS 9 – 12

## 25 FEBRUARY – 24 MARCH

	MON	TUES	WED	THUR	FRI	SAT	SUN	TOTAL
<b>Week 9</b> 25 Feb – 3 Mar	Rest	<b>7km E</b> (RPE 2-3)	<b>6km HL</b> 2km WU; 5x3min HL (RPE 5) with 1min E between; CD	Rest	Rest	<b>28km LSD</b> 3km WU; 17km with big hills (RPE 4); CD	<b>6km HL</b> (RPE 2-3) Walk hills to keep effort low	<b>47km</b>
<b>Week 10</b> 4 Mar – 10 Mar	Rest	<b>6km E</b> (RPE 2-3)	<b>5km SPD</b> 2km WU; 5x2min HD (RPE 7) with 1min E between; CD	Rest	<b>7km E</b> (RPE 2-3)	Rest	<b>32km LSD</b> 2km WU; 20km at hard effort (RPE 4-5); 10km E (RPE 2-3)	<b>50km</b>
<b>Week 11</b> 11 Mar – 17 Mar	Rest	<b>8km E</b> (RPE 2-3)	<b>4km SPD</b> 2km WU; 8x1min HD (RPE 8) with 30sec E between; CD	Rest	<b>9km E</b> (RPE 2-3)	Rest	<b>36km LSD</b> 3km WU; 22km with big hills (RPE 5); 11km E (RPE 2-3)	<b>57km</b>
<b>Week 12</b> 18 Mar – 24 Mar	Rest	<b>12km E</b> (RPE 2-3)	Rest	<b>10km E</b> (RPE 2-3)	Rest	<b>15km LSD</b> Flat route (RPE 3-4)	<b>Cross- training</b>	<b>37km</b>

# WEEKS 13 – 16

## 25 MARCH – 5 MAY

	MON	TUES	WED	THUR	FRI	SAT	SUN	TOTAL
<b>Week 13</b> 25 Mar – 31 Mar	Rest	<b>8km E</b> (RPE 2-3)	<b>6km HL</b> 2km WU; 2x5min HL (RPE 6) with 2min E between; CD	<b>11km E</b> (RPE 2-3)	Rest	<b>40km LSD</b> (RPE 3-4)	Rest	<b>65km</b>
<b>Week 14</b> 1 Apr – 7 Apr	Rest	<b>6km E</b> (RPE 2-3)	<b>5km HL</b> 2km WU; 2x5min HL (RPE 6) with 3min E between; CD	<b>7km E</b> (RPE 2-3)	Rest	<b>30km LSD</b> (RPE 3-4) Gentle hills	<b>5km E</b> (RPE 2-3)	<b>53km</b>
<b>Week 15</b> 8 Apr – 14 Apr	Rest	<b>8km E</b> (RPE 2-3)	Rest	<b>12km E</b> (RPE 2-3)	Rest	<b>15km LSD</b> (RPE 3-4) Gentle hills	Rest	<b>35km</b>
<b>Week 16</b> 15 Apr – 21 Apr	Rest	<b>5km E</b> (RPE 2-3)	<b>8km SPD</b> 2km WU; 8x1min HD (RPE 8-9) with 1min E between; CD	Rest	<b>3km E</b> (RPE 2-3)	<b>OMTOM</b> 56km Race	Rest	<b>72km</b>
<b>Week 17</b> 22 Apr – 28 Apr	Rest	<b>3km Walk</b>	Rest	<b>Cross- training</b>	Rest	<b>8km E</b> (RPE 2-3)	Rest	<b>11km</b>
<b>Week 18</b> 29 Apr – 5 May	<b>6km E</b> (RPE 2-3)	Rest	<b>Cross- training</b>	Rest	<b>9km E</b> (RPE 2-3)	Rest	<b>10km E</b> (RPE 2-3)	<b>25km</b>