

TWO OCEANS MARATHON 2020 TRAINING PROGRAMMES



THE BRONZE MEDAL TRAINING PLAN FOR THE ULTRA MARATHON

Here is your 15-week programme to get you ready to chase a Bronze Medal finish in the Two Oceans Ultra Marathon. You should have been comfortably averaging a minimum of 30 km per week the 4 – 6 weeks before starting this programme.

Please read the accompanying introductory notes about this and the other programmes we offer in order to decide which programme best suits your needs. Please take note of the key below explaining the various abbreviations used in the programme that follows. Then, all you need to do is kick the New Year off with a bang and start your training for the Two Oceans Ultra Marathon on 11 April 2020. Good luck!

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

	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
Week 1 30 Dec – 5 Jan	REST	8km E (RPE 2–3)	REST	6km HL 2km WU; 3x2min HL (RPE 6–7) with 2min walk between; CD	REST	14km LSD (RPE 3–4)	REST	28
Week 2 6 Jan – 12 Jan	REST	10km E (RPE 2–3)	REST	7km HL 2km WU; 3x3min HL (RPE 6–7) with 2min walk between; CD	REST	16km LSD (RPE 3–4)	REST	33
Week 3 13 Jan – 19 Jan	REST	8km E (RPE 2–3)	6km SPD 2km WU; 8x1min HD (RPE 8–9) with 2min E between; CD	REST	5km HL 1km WU; 3x4min HL (RPE 6–7) with 2min walk between; CD	REST	18km LSD (RPE 3–4)	37
Week 4 20 Jan – 26 Jan	REST	7km E (RPE 2–3)	REST	8km E (RPE 2–3)	REST	10km LSD (RPE 3–4)	REST	25

	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
Week 5 27 Jan – 2 Feb	REST	8km E (RPE 2–3)	5km HL 2km WU; 4x4min HL (RPE 6–7) with 2min walk between; CD	REST	7km E (RPE 2–3)	REST	21km TT (RPE 8–9)	41
Week 6 3 Feb – 9 Feb	REST	7km E (RPE 2–3)	6km HL 2km WU; 4x3min HL (RPE 6) with 1:30min E between; CD	5km E (RPE 2–3)	REST	5km TT (RPE 8–9)	22km LSD 3km WU; 14km with big hills (RPE 5); 5km E (RPE 2)	45
Week 7 10 Feb –	REST	6km E (RPE 2–3)	REST	10km E (RPE 2–3)	REST	14km LSD (RPE 3) Flat run	REST	30

16 Feb								
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	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
Week 8 17 Feb – 23 Feb	REST	12km E (RPE 2–3)	8km HL 2km WU; 5x3min HL (RPE 5) with 1min E between; CD.	REST	Cross– training	25km LSD 3km WU; 17km with big hills (RPE 4); CD	5km HL (RPE 2– 3) Walk hills to keep effort low	50
Week 9 24 Feb – 1 Mar	REST	6km E (RPE 2– 3)	5km SPD 2km WU; 5x2min HD (RPE 7) with 1min E between; CD	REST	7km E (RPE 2–3)	REST	32km TT (RPE 8– 9)	50
Week 10 2 Mar – 8 Mar	REST	10km E (RPE 2– 3)	8km SPD 2km WU; 10x1min HD (RPE 7–8) with 30sec E between; CD	REST	12km HL 2km WU; 4x5min HL (RPE 5) with 2min E between; CD	REST	36km LSD 3km WU; 22km with big hills (RPE 5); 11km E (RPE 2– 3).	66
Week 11 9 Mar – 15 Mar	REST	12km E (RPE 2– 3)	REST	10km E (RPE 2–3)	REST	15km LSD Flat route (RPE 3–4)	REST	37

	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
Week 12 16 Mar – 22 Mar	REST	8km SPD 2km WU; 8x1min HD (RPE 7–8) with 30sec E jog between; CD	6km HL 2km WU; 2x5min 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 13 23 Mar – 29 Mar	REST	8km E (RPE 2–3)	6km HL 2km WU; 2x5min HL (RPE 6) with 3min E between; CD	8km E (RPE 2–3)	REST	30km LSD (RPE 3–4) Gentle hills	5km E (RPE 2–3)	57
Week 14 30 Apr – 5 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	REST	35
Week 15 6 Apr – 12 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)	TOM Ultra Marathon	REST	72
Week 16 13 Apr – 19 Apr	REST	3km Walk	REST	Cross-training	REST	8km E (RPE 2–3)	REST	11
Week 17 20 Apr – 26 Apr	6km E (RPE 2–3)	REST	Cross-training	REST	9km E (RPE 2–3)	REST	10km E (RPE 2–3)	25