

TWO OCEANS MARATHON 2020 TRAINING PROGRAMME



THE SAINSBURY TRAINING PLAN FOR THE ULTRA MARATHON

Here is your 15-week programme to get you ready to chase a Sainsbury Medal finish in the Two Oceans Ultra Marathon. You should have been comfortably averaging a minimum of 35 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; 3x3min HL (RPE 6–7) with 2min walk between; CD	REST	14km LSD (RPE 3–4)	8km E (RPE 2–3)	36
Week 2 6 Jan – 12 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 13 Jan – 19 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 20 Jan – 26 Jan	REST	8km E (RPE 2–3)	REST	10km E (RPE 2–3)	REST	12km LSD (RPE 3–4)	Cross-training	30

	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
Week 5 27 Jan – 2 Feb	REST	10km E (RPE 2–3)	7km HL 2km WU; 3x5min HL (RPE 6) with 2min walk between; CD	REST	12km E (RPE 2–3)	REST	21km TT (RPE 8–9)	50
Week 6 3 Feb – 9 Feb	REST	8km E (RPE 2–3)	9km HL 2km WU; 4x4min HL (RPE 6) with 2min E between;	12km E (RPE 2–3)	REST	5km TT (RPE 8–9)	22km LSD 3km WU; 14km with big	56

			CD				hills (RPE 5); 5km E (RPE 2)	
Week 7 10 Feb – 16 Feb	REST	6km E (RPE 2–3)	REST	10km E (RPE 2–3)	REST	14km LSD (RPE 3) Flat run	Cross-training	30

	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
Week 8 17 Feb – 23 Feb	REST	10km SPD 2km WU; 10x90 sec 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 9 24 Feb – 1 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 10 2 Mar – 8 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	REST	12km	REST	10km E	REST	15km	Cros	37

11 9 Mar – 15 Mar		E (RPE 2–3)		(RPE 2– 3)		LSD Flat route (RPE 3–4)	s- traini ng	
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	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 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 13 23 Mar – 29 Mar	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 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		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	REST	3km Walk	REST	Cross- training	REST	8km E (RPE	REST	11

13 Apr – 19 Apr						2-3)		
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