



The Sainsbury Plan for the 56km Ultra

Here is your 7-week programme to get you ready to chase a Sainsbury Medal finish in the Two Oceans Ultra Marathon. This programme presupposes that you have been training for the past couple months, that you prepared your aerobic base adequately and have already started including interval-based sessions (e.g. hill repeats and/or speed work) into your training. You should have been comfortably averaging a minimum of 50-55 km per week the 4 – 6 weeks before starting this programme.

Please read the Totalsports Two Oceans Training Programmes Introduction, take note of the key below explaining the abbreviations used in the programme, as well as the 'RPE' or Rating of perceived exertion scale for guiding the intensity of your training sessions. You are then ready to ramp up your training for the Totalsports Two Oceans Half Marathon on 16 April! Best of 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
Transition
Peak
Taper
Race
Rest Day
Recovery

**Rating of Perceived Exertion
(RPE Scale)**

10	Maximal
9	Really, Really, Hard
8	Really Hard
7	
6	Hard
5	Challenging
4	Moderate
3	Easy
2	Really Easy
1	Rest

	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
Week 1 28 February – 6 March	REST	10km SPD 2km WU; 10x90sec HD (RPE 8-9) with 1min E between; 2km CD	10km HL 2km WU; 5x4min HL (RPE 5) with 1min E between; 2km CD.	REST	8km E (RPE 2-3)	REST	32km TT (RPE 8-9)	60
Week 2 07 – 13 March	REST	10km E (RPE 2-3)	8km SPD 2km WU; 6x3min HD (RPE 7-8) with 1min E between; 2km CD	REST	10km HL 2km WU; 4x5min HL (RPE 5) with 2min E between; 2km CD	5km E (RPE 2-3)	36km LSD 3km WU; 22km with big hills (RPE 5); 11km E (RPE 2-3).	69
Week 3 14 – 20 March	REST	12km E (RPE 2-3)	REST	10km E (RPE 2-3)	REST	15km LSD Flat route (RPE 3-4)	Cross-training	37
Week 4 21 – 27 March	REST	9km SPD 2km WU; 10x1min HD (RPE 7-8) with 30sec E jog between; 2km CD	8km HL 2km WU; 2x8min HL (RPE 6) with 2min E between; 2km CD	9km E (RPE 2-3)	REST	40km LSD (RPE 3-4)	10km E (RPE 2-3)	76
Week 5 28 Mar – 03 Apr	REST	8km SPD 2km WU; 8x1min HD (RPE 7-8) with 30sec E between; 2km CD	8km HL 2km WU; 2x6min HL (RPE 6) with 2 min E between; 2km CD	8km E (RPE 2-3)	REST	30km LSD (RPE 3-4) Gentle hills	6km E (RPE 2-3)	60
Week 6 04 – 10 Apr	REST	8km E (RPE 2-3)	REST	12km SPD 3km WU; 8x1min HD (RPE 7-8) with 30sec E between; 3km CD	REST	15km LSD (RPE 3-4) Gentle hills	REST	35

Week 7 11-17 Apr	REST	5km E (RPE 2-3)	REST	8km SPD 2km WU; 8x1min HD (RPE 8-9) with 1min E between; CD	REST	3km E (RPE 2-3)	TWO OCEANS 56km Race	72
Week 8 18-24 April	REST	3 km Walk	REST	Cross-training	REST	10km E (RPE 2-3)	REST	13
Week 9 25 April – 01 May	7km E (RPE 2-3)	REST	Cross-training	REST	8km E (RPE 2-3)	REST	10km E (RPE 2-3)	25

END