



## The Bronze Medal Plan for the 56km Ultra

Here is your 7-week programme to get you ready to chase a Bronze 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 45-50 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

<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
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
<b>Week 1</b> 28 February – 6 March	REST	12km E (RPE 2-3)	10 km HL 2km WU; 5x3min HL (RPE 5) with 1min E between; 2km CD.	REST	7km E (RPE 2-3)	REST	32km TT (RPE 8-9)	52
<b>Week 2</b> 07 – 13 March	REST	8km E (RPE 2-3)	10km SPD 2km WU; 6x3min HD (RPE 7) with 1min E between; 2km CD	REST	12km HL 2km WU; 4x5min HL (RPE 5) with 2min E between; 2km CD	REST	36km LSD 3km WU; 22km with big hills (RPE 5); 11km E (RPE 2-3).	55
<b>Week 3</b> 14 – 20 March	REST	12km E (RPE 2-3)	REST	10km E (RPE 2-3)	REST	15km LSD Flat route (RPE 3-4)	REST	37
<b>Week 4</b> 21 – 27 March	REST	9km SPD 2km WU; 10x1min HD (RPE 7-8) with 1 min E jog between; 2km CD	8km HL 2km WU; 3x5min HL (RPE 6) with 2min E between; CD	8km E (RPE 2-3)	REST	40km LSD (RPE 3-4)	10km E (RPE 2-3)	75
	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
<b>Week 5</b> 28 March – 03 April	REST	8km E (RPE 2-3)	7km HL 2km WU; 2x5min HL (RPE 6) with 3min E between; 2km CD	8km E (RPE 2-3)	REST	30km LSD (RPE 3-4) Gentle hills	5km E (RPE 2-3)	58
<b>Week 6</b> 04 – 10 April	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

<b>Week 7</b> 11-17 April	REST	<b>5km E</b> (RPE 2-3)	REST	<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>TWO OCEANS</b> <b>56km Race</b>	<b>72</b>
<b>Week 8</b> 18-24 April	REST	<b>3km Walk</b>	REST	<b>Cross-training</b>	REST	<b>8km E</b> (RPE 2-3)	REST	<b>11</b>
<b>Week 9</b> 25 April – 1 May	<b>5km E</b> (RPE 2-3)	REST	<b>Cross-training</b>	REST	<b>8km E</b> (RPE 2-3)	REST	<b>10km E</b> (RPE 2-3)	<b>23</b>

**END**