

OLD MUTUAL TRAINING PROGRAM

This training program is designed by the Sports Science Institute of South Africa for intermediate athletes aiming to run the Old Mutual Two Oceans Marathon 56 km marathon.

Only complete the intermediate level training program:

- If you have 1 - 5 years of running experience.
- Have a 10 km running time of 40 - 49 minutes.
- Are able to run 3 - 4 times a week.

UNDERSTANDING THE TRAINING PROGRAM

ABBREVIATION	TERM	DESCRIPTION	A note on training zones:	RPE	ZONES
WU	Warm Up	<ul style="list-style-type: none"> • Take the first 2 – 3 km of each workout to warm the muscles up. • Start slow and assess how your body feels. • Sometimes there may be a hard run on the schedule, but even by the end of the warm up you may still be feeling tired and heavy-legged. In this case it will be better to NOT go ahead and do the hard workout. 	<p>Depending on the coach, training plan, or equipment you use – training zones will differ. This plan uses RPE as a guide to intensity.</p> <p>If you do choose to train with zones, this table gives you some basic guidance on which RPE level corresponds with specific zones.</p>	1	Z1
LSD	Long Slow Distance	<ul style="list-style-type: none"> • Long slow distance runs are essential to preparing for endurance running events. • They should simulate race conditions as closely as possible (temperature, terrain, hills, etc.). 		2	Z1
SPD	Speed	<ul style="list-style-type: none"> • These sessions will include short bouts of high intensity intervals. • These workouts will help improve your ability to surge at necessary points in the race such as the finish and when passing competitors. 		3	Z2
E	Easy	<ul style="list-style-type: none"> • An “easy” pace run is one done at a speed where it takes no effort at all, you look around, you can chat if you are running with someone. 		4	Z2
M	Moderate	<ul style="list-style-type: none"> • This running speed is just a bit faster than “easy”. • A little input of effort; don’t want to talk quite so much; and have to concentrate a bit on the running pace. 		5	Z3
H	Hard	<ul style="list-style-type: none"> • This requires a big input of effort, relative to the distance (so “hard” for 5 km is a bigger effort input than “hard” for 10 km, for example). • Lots of concentration required, breathing very hard, certainly would not want to talk; looking forward to when you can slow down. 		6	Z3
				7	Z4
				8	Z4
				9	Z5
				10	Z5

ADVICE ON A SUCCESSFUL TRAINING PLAN

STRENGTH TRAINING

Strength training 3 times a week for 15 - 20 minutes helps athletes avoid overuse injuries and improves muscle imbalances.

SIGNS THAT YOU NEED A REST DAY

- Impaired performance that does not improve with 2 - 3 days of rest
- A feeling of heavy, slow, tired legs or arms that does not improve with 2 - 3 days rest
- Trouble sleeping
- Sudden loss of appetite
- Cranky mood
- Flu-like symptoms

TRAINING PHASES	BASE	TRANSITION	PEAK	TAPER
GOALS	<ul style="list-style-type: none"> • Train with low intensity • Increase aerobic capacity 	<ul style="list-style-type: none"> • Build volume • Increase intensity • Simulate race conditions in training 	<ul style="list-style-type: none"> • Complete longest run • Most specific fast running 	<ul style="list-style-type: none"> • Sharpen technical skills • Decrease volume but maintain intensity
Recovery weeks are included approximately every 4 weeks throughout the entirety of the plan to allow your body to adapt to the previous weeks of training. Some athletes are tempted to train more in recovery weeks, but resist the temptation!				

GOOD LUCK

This training program has the elements for you to succeed, it is a packaged training plan designed for athletes training for a 56 km. If you would like a plan catered to your specific physiology, time constraints, and goals, the Sports Science Institute offers personalised coaching services.

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INTERMEDIATE TRAINING PROGRAM – 56KM

DAY	BASE			RECOVERY WEEK	TRANSITION			RECOVERY WEEK	PEAK		TAPER		
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	
Mon	REST	REST	REST	REST	REST	REST	REST	REST	REST	REST	REST	REST	
Tues	10km E (RPE 2-3)	7km E (RPE 2-3)	12km E (RPE 2-3)	8km E (RPE 2)	8km SPD: • 2km WU; • 8 x 60 sec very hard (RPE 8-9) with 60 sec E jog between	10km E (RPE 2-3)	10km E (RPE 2-3)	6km E (RPE 2-3)	8km SPD: • 2km WU; • 8 x 60 sec very hard (RPE 8-9) with 60 sec E jog between;	8km SPD: • 2km WU; • 4 x 2 min hard (RPE 7) with 1:00 min E between; • Finish with EZ running (RPE 2).	8km E (RPE 2-3)	5km E (RPE 2-3)	
Wed	REST	REST	6km H: • 2km WU; • 3 x 4 min hills (RPE 6) with 2 min rest or walk between; • Finish run with cool down run (RPE 2).	REST	6km H: • 2km WU; • 4 x 3 min hills at hard pace (RPE 6) with 1:30 min jog between; • Finish with cool down run (RPE 2).	7km SPD: • 2km WU; • 8 x 1:30 min very hard (RPE 7-8) with 1:00 min E jog between; • Finish with cool down run (RPE 2)	5km SPD: • 1km WU; • 4 x 2 min hard (RPE 6-7) with 1:00 min E jog between; • Finish with E running (RPE 2)	REST	6km H: • 2km WU; • 5 x 3 min hills hard (RPE 5) with 1:00 min E between; • Finish with EZ running (RPE 2).	6km H: • 2km WU; • 4 x 3 min hills hard (RPE 5) with 1:00 min E between; • Finish with EZ running (RPE 2).	REST	8km SPD: • 2km WU; • 6 x 1 min hard (RPE 6-7)	
Thurs	7km H: • 2km WU; • 3 x 3 min hills (RPE 6) with 2 min rest or walk between; • Finish run with easy running (RPE 2).	10km E (RPE 2-3)	REST	10km E (RPE 2-3)	REST	REST	REST	10km E (RPE 2-3)	9km E (RPE 2-3)	8km E (RPE 2)	12km SPD: • 2km WU; • 8 x :60 sec hard (RPE 8) with :30 seconds E jogging between; • Finish with E running (RPE 2).	REST	
Fri	REST	REST	Cross train (Yoga, Swimming, Hiking, Paddling, etc.)	REST	8km E (RPE 2)	12km E (RPE 2-3)	8km H: • 2km WU; • 5 x 3 min hills (RPE 6) with 1:30 min rest or walk between; • Finish run with easy running (RPE 2).	REST	REST	REST	REST	REST	3km E (RPE 2-3)
Sat	5km E (RPE 2-3)	21km LSD (RPE 3-4)	5km Time Trail	12km LSD (RPE 3-4)	28km SPD: • 2km WU; • 12km with big hills (RPE 5); • 14km moderate running (RPE 3).	REST	REST	14km LSD (RPE 3). Flat run. No major hills today.	30km LSD: • 5km WU; • 18km with big hills (RPE 4); • Finish with E running (RPE 2)	30km LSD: • 2km WU; • 18km at sort of hard effort (RPE 4-5); • 10km E (RPE 2-3).	15km LSD (RPE 3-4). No big hills. Gently rolling route.	56km RACE	
Sun	18km LSD (RPE 3-4): LSD runs in prep for OMTOM should simulate race route as closely as possible. This involves a consistent stretch of flat running, then 2 big climbs. These first 3-4 weeks, include routes of rolling hills in the LSD run.	5km E (RPE 2-3)	24km LSD (RPE 3-4)	Cross train (Yoga, Swimming, Hiking, Paddling, etc.)	5km E (RPE 2-3)	32km Time Trail	36km LSD: • 3km WU; • 16km with big hills (RPE 5); • 17km E (RPE 2-3).	Cross train (Yoga, Swimming, Hiking, Paddling, etc.)	5km E (RPE 2-3)	5km E (RPE 2-3)	REST	REST	
Total kms	40	43	47	30	55	61	64	30	68	57	35	72	

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