

### 2025 TWO OCEANS TRAINING GUIDELINES:

56km Ultra-Marathon (± for sub 6 hours - bronze medal)

21km Half-Marathon (± for sub 2 hours 30 min / 3 hours)

DAY & TIME	MONDAY <sup>1</sup>		TUESDAY <sup>2</sup>		WEDNESDAY <sup>1</sup>		THURSDAY <sup>3</sup>		FRIDAY		SATURDAY <sup>4</sup>		SUNDAY <sup>5</sup>		Weekly Total	
DESCRIPTION	Recovery Run		Interval Training		Road Run		Hill Training		Rest Day		Long Run		Vida Run 10km			
	56 km	21 km			56 km	21 km					56 km	21 km			56 km	21 km
<b>Week 1</b>																
30 Dec - 5 Jan	8	6	6		8	6	6		rest day		18	12	10		56	46
<b>Week 2</b>																
6 - 12 Jan	8	6	6		8	6	6		rest day		21	15	10		59	49
<b>Week 3</b>																
13 - 19 Jan	8	6	6		8	6	6		rest day		25	15	10		63	49
18 Jan	Mielie Marathon															
<b>Week 4</b>																
20 - 26 Jan	8	6	6		8	6	6		rest day		30	12	10		68	46
Sat 25 Jan	Pamoja Marathon															
<b>Week 5</b>																
27 Jan - 2 Feb	8	6	6		10	10	6		rest day		18	15	10		58	53
Wed 29 Jan	Striders Night Race															
<b>Week 6</b>																
3 - 9 Feb	rest day		6		8	6	rest day	rest day			42	21	10		66	43
Sat 8 Feb											Kloppers Marathon		Recovery Run			
<b>Week 7</b>																
10 - 16 Feb	8	6	6		8	6	6		rest day		25	12	10		63	46
<b>Week 8</b>																
17 - 23 Feb	8	6	6		8	6	6		rest day		16	14	10		54	48
<b>Week 9</b>																
24 Feb - 2 Mrt	8	6	6		8	6	6		rest day		42	21	10		80	55
Sat 1 Mrt											Mimosa Mall Marathon		Recovery Run			
<b>Week 10</b>																
3 - 9 Mrt	8	6	6		8	6	6		rest day		21	16	10		59	50
<b>Week 11</b>																
10 - 16 Mrt	8	6	6		8	6	6		rest day		35	18	10		73	52
Sat 15 Mrt	SWASAP Marathon															
<b>Week 12</b>																
17 - 23 Mrt	8	6	6		8	6	6		rest day		21	15	10		59	49
<b>Week 13</b>																
24 - 30 Mrt	8	6	6		8	6	6		rest day		12	8	10		50	42
<b>Week 14</b>																
31 Mar - 6 Apr	8	6	rest day	rest day			3		rest day		56		21			
											Race day		Race day			
Times:	<sup>1</sup> 05:15 from Yello Coffee Preller / <sup>2</sup> 17:30 from Naval Hill Statue / <sup>3</sup> 17:30 from Naval Hill Gate <sup>4</sup> 05:30 from Yello Coffee Preller / <sup>5</sup> 06:30 from vida e caffè Preller															