

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 ¹		TUESDAY ²		WEDNESDAY ¹		THURSDAY ³		FRIDAY		SATURDAY ⁴		SUNDAY ⁵		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
Week 1																
30 Dec - 5 Jan	8	6	6		8	6	6		rest day		18	12	10		56	46
Week 2																
6 - 12 Jan	8	6	6		8	6	6		rest day		21	15	10		59	49
Week 3																
13 - 19 Jan	8	6	6		8	6	6		rest day		25	15	10		63	49
18 Jan	Mielie Marathon															
Week 4																
20 - 26 Jan	8	6	6		8	6	6		rest day		30	12	10		68	46
Sat 25 Jan	Pamoja Marathon															
Week 5																
27 Jan - 2 Feb	8	6	6		10	10	6		rest day		18	15	10		58	53
Wed 29 Jan	Striders Night Race															
Week 6																
3 - 9 Feb	rest day		6		8	6	rest day	rest day			42	21	10		66	43
Sat 8 Feb											Kloppers Marathon		Recovery Run			
Week 7																
10 - 16 Feb	8	6	6		8	6	6		rest day		25	12	10		63	46
Week 8																
17 - 23 Feb	8	6	6		8	6	6		rest day		16	14	10		54	48
Week 9																
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			
Week 10																
3 - 9 Mrt	8	6	6		8	6	6		rest day		21	16	10		59	50
Week 11																
10 - 16 Mrt	8	6	6		8	6	6		rest day		35	18	10		73	52
Sat 15 Mrt	SWASAP Marathon															
Week 12																
17 - 23 Mrt	8	6	6		8	6	6		rest day		21	15	10		59	49
Week 13																
24 - 30 Mrt	8	6	6		8	6	6		rest day		12	8	10		50	42
Week 14																
31 Mar - 6 Apr	8	6	rest day	rest day			3		rest day		56		21			
											Race day		Race day			
Times:	¹ 05:15 from Yello Coffee Preller / ² 17:30 from Naval Hill Statue / ³ 17:30 from Naval Hill Gate ⁴ 05:30 from Yello Coffee Preller / ⁵ 06:30 from vida e caffè Preller															