

### 2024 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>2</sup>		FRIDAY		SATURDAY <sup>1</sup>		SUNDAY <sup>3</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>																
8 - 14 Jan	8	6	6		8	6	6		rest day		18	12	10		56	46
<b>Week 2</b>																
15 - 21 Jan	8	6	6		8	6	6		rest day		15	15	10		53	49
<b>Week 3</b>																
22 - 28 Jan	8	6	6		8	6	6		rest day		21	15	10		59	49
<b>Week 4</b>																
29 Jan - 4 Feb	8	6	6		10		6		rest day		15	12	10		55	50
31 Jan					Striders Night Race											
<b>Week 5</b>																
5 - 11 Feb	rest day		6		8	6	rest day	rest day			42	21	10		66	43
10 Feb											Kloppers Marathon					
<b>Week 6</b>																
12 - 18 Feb	8	6	6		8	6	6		rest day		21	12	10		59	46
<b>Week 7</b>																
19 - 25 Feb	8	6	6		8	6	6		rest day		30	12	10		68	46
<b>Week 8</b>																
26 Feb - 3 Mar	8	6	6		8	6	6		rest day		15	14	10		53	48
<b>Week 9</b>																
4 - 10 Mar	8	6	6		8	6	6		rest day		40	14	10		78	48
<b>Week 10</b>																
11 - 17 Mar	8	6	6		8	6	6		rest day		20	16	10		58	50
<b>Week 11</b>																
18 - 24 Mar	8	6	6		8	6	6		rest day		25	16	10		63	50
<b>Week 12</b>																
25 - 31 Mar	8	6	6		8	6	6		rest day		20	18	10		58	52
<b>Week 13</b>																
1 - 7 Apr	8	6	6		8	6	6		rest day		12	8	10		50	42
<b>Week 14</b>																
8 - 14 Apr	8	6	rest day	rest day			3		rest day		56	21				
											Race day		Race day			
Times:	<sup>1</sup> 05:15 from vida e caffè Preller / <sup>2</sup> 17:30 from statue on Naval Hill / <sup>3</sup> 06:30 from vida e caffè Preller															