2026 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]		
	Recovery Run		Interval Training	Road Run		Hill Training	Rest Day	Long Run		Vida Run 10km	Weekly Total	
	56 km	*21 km*		56 km	*21 km*			56 km	*21 km*		56 km	*21 km*
Week 1												
29 Des - 4 Jan	8	*6*	6	8	*6*	10	rest day	18	*12*	10	**60**	***50***
Thurs 1 Jan	New Year's Run											
Week 2												
5 - 11 Jan	8	*6*	6	8	*6*	6	rest day	21	*15*	10	**59**	***49***
Week 3												
12 - 18 Jan	8	*6*	6	8	*6*	6	rest day	25	*15*	10	**63**	***49***
17 Jan	**Mielie (Welkom)**											
Week 4												
19 - 25 Jan	8	*6*	6	8	*6*	6	rest day	30	*12*	10	**68**	***46***
Sat 24 Jan	**Pamoja (Bloemfontein)**											
Week 5												
26 Jan - 1 Feb	8	*6*	6	**10**	**10**	6	rest day	18	*15*	10	**58**	***53***
Wed 28 Jan				**Striders NR**								
Sat 31 Jan	**Meerkat (Kimberley)**											
Week 6												
2 - 8 Feb	rest day		6	8	*6*	6	rest day	**42**	***21***	10	**66**	***43***
Sat 7 Feb								**Kloppers**				
Week 7												
9 - 15 Feb	8	*6*	6	8	*6*	6	rest day	25	*12*	10	**63**	***46***
Week 8												
16 - 22 Feb	8	*6*	6	8	*6*	6	rest day	16	*14*	10	**54**	***48***
Week 9												
23 Feb - 1 Mar	rest day		6	8	*6*	6	rest day	**42**	***21***	10	**72**	***49***
Sat 28 Feb								**Mimosa Mall**				
Sat 28 Feb	**Bielie Mielie (Reitz)**											
Week 10												
2 - 8 March	8	*6*	6	8	*6*	6	rest day	21	*16*	10	**59**	***50***
Sat 7 March	**Diamond Marathon (Kimberley) / Surrender Hill (Fouriesburg)**											
Week 11												
9 - 15 March	8	*6*	6	8	*6*	6	rest day	35	*18*	10	**73**	***52***
Sat 14 March	**SWASAP (Bloemfontein)**											
Week 12												
16 - 22 March	8	*6*	6	8	*6*	6	rest day	21	*15*	10	**59**	***49***
Week 13												
23 - 29 March	8	*6*	6	8	*6*	6	rest day	20	*12*	10	**58**	***46***
Week 14												
30 Mar - 5 Apr	8	*6*	6	8	*6*	6	**5**	**21 (3x7)**		**10**		***34***
Fri, Sat & Sun							**TRE Easter Runs**					
Week 15												
6 - 12 Apr	8	*6*	rest day	rest day		3	rest day	**56**		**21**		
								Race day		**Race day**		

Times:	[1] 05:15 Yello Coffee Preller / [2] 05:15 Yello Coffee Preller OR 17:30 Naval Hill Statue / [3] 05:15 Yello Coffee Preller OR 17:30 Naval Hill Gate / [4] 05:30 Yello Coffee Preller / [5] 06:30 vida e caffè Preller

#conquerconsistency

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