



12 WEEK
ULTRA MARATHON ADVANCED
TRAINING PROGRAM

Thanks to Kirstin Bull for writing the Ultra Marathon programs. Kirstin is the current Women's Australian 100km Record Holder and our 2016 Great Ocean Road Women's Marathon winner.

Kirstin has put together a fantastic 12 week training program to help you achieve your Ultra Marathon goal on May 21.

Please consult your doctor before beginning any new exercise program.

The Advanced program is designed for runners who are:

- Experienced marathon or ultra marathoners, and
- Are currently and consistently running at least four days (or 70km) per week

Please ensure if you do plan on running this event that you have been consistently running over the last six months. The risk of injury is high if you commence either of these twelve week programs without previous conditioning. If in doubt please seek advice from a reputable running coach.

NOTES TO GUIDE YOU ALONG THE WAY

These points will help you to follow your chosen program:

The quality work should always include-

- A warm up of 1-2km, followed by 4 x 60-80m strides.
- Use the strides to focus on your running form and a 'check in' with your body and how it is feeling.
- Each stride should be run progressively faster for an effective warm up.
- The total distance of the session, including the warm up, quality work and cool down is written in brackets. You may use this as a guide.
- Hard intervals should be run at a maximum pace you can sustain for all reps. For example, aim to have even (or as close as possible) 1km splits in the 4 x 1km session.

- The 'Easy' reps in the quality sessions allow for an active recovery. You may run as slow as you like, as long as you are still running. Try to avoid stopping. This is a form of active recovery, which teaches your body to recover whilst still running.
- For the hill reps, choose a hill approximately 150 to 200m in length. Run fast up the hill and use the downhill gradient as your recovery.
- Use a range of hill gradients during your training (if possible) to mimic the variety of hills you will find yourself running along the GOR course on race day. Try and run at least a third of your long training runs on hilly/undulating courses. Specificity in training is the key.
- The long runs, absorption runs and bookend runs should be run at a relaxed and easy pace where you are able to maintain a conversation. Ideally aim for 45 seconds to 1 minute slower than marathon race pace.
- Consider racing one or two 5km or 10km races or a half marathon during the mid section of this program. Regular racing teaches and reinforces mental and physical strength. It will also give you a good indicator of where your fitness levels are at.
- For runners following the advanced plan, the bookend Sat/Sun runs are specifically designed to work on muscular strength and fatigue.
- If you are feeling exhausted or you get sick, listen to your body and take a break. Don't push through unnecessarily. If you miss a few sessions, especially the long runs, please avoid trying to make these up in the last few weeks of the program.
- Ensure you practice your race day nutrition and hydration strategies whilst on your long training runs.
- Aim to get at least 7-8 hours of sleep per night.
- Eat a nutritious diet, have weekly to fortnightly massages and ensure stretching and/or yoga are part of your recovery routine.
- Above all else, have fun, enjoy the training and I'll see you at the start line on race day.
- SR – Standing Recovery JR – Jogging Recovery

WEEK	MON	TUE	WED	THUR	FRI	SAT	SUN	KMS
Week 1 27 th Feb	Absorption Run 10km Easy Pace	Quality Session 5km Time Trial 10km Total Run	Mid Week Long Run 16km	Run 30 mins At Half Marathon Race Pace 12km Total Run	Rest	Run 12km	Long Run 26km	86km
Week 2 6 th Mar	Absorption Run 10km Easy Pace	Quality Session 36 mins Run 2mins hard, 1min easy 12km Total Run	Mid Week Long Run 18km	Hill Session 8 Hill Reps Easy Downhill Recovery 12km Total Run	Rest	Run 12km	Long Run 30km	94km
Week 3 13 th Mar	Absorption Run 10km Easy Pace	Quality Session 4 x 2km ON, 2 min SR Alternate between running at 90-95% effort for 2km and SR for 2mins. 12km Total Run	Mid Week Long Run 20km	Run 35 mins At Half Marathon Race Pace 12km Total Run	Rest	Run 14km	Long Run 34km	102km
Week 4 20 th Mar	Absorption Run 10km Easy Pace	Quality Session 4 x 1km ON, 4 x 500m ON, 2 x 250m ON, 90 sec SR each Alternate between running at 90-95% effort for 1km and SR for 90sec, repeat 3 times. Then alternate between running at 90-95% effort for 500m and SR for 90 sec, repeat 3 times. Then alternate between running at 90-95% effort for 250m and SR for 90 sec, repeat 1 time. 8km Total Run	Mid Week Long Run 20km	Run 10km At Marathon Race Pace 14km Total Run	Rest	Run 14km	Long Run 36km	106km
Week 5 27 th Mar	Absorption Run 10km Easy Pace	Quality Session 2km Repeats 2km easy pace, 2km moderate pace, 2km hard. No Recovery. 10km Total Run	Mid Week Long Run 16km	Run 10km Easy pace	Rest	Run 10km	Long Run 28km	84km
Week 6 3 rd Apr	Absorption Run 10km Easy Pace	Quality Session 6 x 1,500m ON, 500m JR Alternate between running at 90-95% effort for 1,500m with 500m easy recovery between sets. 12km Total Run	Mid Week Long Run 20km	Hill Session 8 Hill Reps Easy Downhill Recovery 10km Total Run	Rest	Run 14km	Long Run 38km	104km

WEEK	MON	TUE	WED	THUR	FRI	SAT	SUN	KMS
Week 7 10 th Apr	Absorption Run 10km Easy Pace	Quality Session 8 x 500m Hard Effort, Easy Effort No Recovery 10km Total Run	Mid Week Long Run 22km	Run 12km At Marathon Race Pace 16km Total Run	Rest	Run 14km	Long Run 44km	116km
Week 8 17 th Apr	Absorption Run 10km Easy Pace	Quality Session 6 x 1km ON, 90 Sec SR 10km Total Run	Mid Week Long Run 24km	Quality Session 20 min Efforts Alternate between 90-95% effort for 20mins followed by 2mins JR, repeat 1 time. 12km Total Run	Rest	Run 16km	Long Run 54km	126km
Week 9 24 th Apr	Absorption Run 10km Easy Pace	Quality Session 8 x 500m Hard Effort, 8 x 250m Easy Effort No Recovery 10km Total Run	Mid Week Long Run 20km	Hill Session 10 Hill Reps Easy Downhill Recovery 10km Total Run	Rest	Run 14km	Long Run 30km	94km
Week 10 1 st May	Absorption Run 10km Easy Pace	Quality Session 5km Time Trial 10km Total Run	Mid Week Long Run 20km	Run 8km At 5km Race Pace 12km Total Run	Rest	Run 12km	Long Run 24km	88km
Week 11 8 th May	Absorption Run 10km Easy Pace	Quality Session 4 x 2km ON, 2mins SR Alternate between running at 90-95% effort for 2km and SR for 2mins. 12km Total Run	Mid Week Long Run 16km	Run 30 mins At Half Marathon Race Pace 12km Total Run	Rest	Run 10km	Long Run 16km	76km
Week 12 15 th May	Rest	Run 2km At Marathon Race Pace 8km Total Run	Mid Week Long Run 8km	Run Easy 8km	Rest	Rest		