



**12 WEEK**

**ULTRA MARATHON**

**TRAINING PROGRAM**



# Ultra Marathon Training Program

**Please consult your doctor before beginning any new exercise program.**

The novice program is designed for runners who are:

- Currently and consistently running at least three days (or 50km) per week, and
- Are new or novice ultra runners (> 42km), and
- Have run at least one marathon in the last 12 months

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.

WEEK	MON	TUE	WED	THUR	FRI	SAT	SUN	KMS
Week 1	Rest	<b>Quality Session</b> <b>3km Time Trial</b> 8km Total Run	<b>Mid Week Long Run</b> 12km	<b>Run</b> <b>20 mins</b> At Half Marathon Race Pace 12km Total Run	Rest	Rest	<b>Long Run</b> 24km	56km
Week 2	Rest	<b>Quality Session</b> <b>24 mins Run</b> 2mins hard, 1min easy 8km Total Run	<b>Mid Week Long Run</b> 14km	<b>Hill Session</b> <b>6 Hill Reps</b> Easy Downhill Recovery 12km Total Run	Rest	Rest	<b>Long Run</b> 28km	62km
Week 3	Rest	<b>Quality Session</b> <b>4 x 2km ON, 2 min SR</b> Alternate between running at 90-95% effort for 2km and SR for 2mins. 10km Total Run	<b>Mid Week Long Run</b> 16km	<b>Run</b> <b>25 mins</b> At Half Marathon Race Pace 12km Total Run	Rest	Rest	<b>Long Run</b> 32km	70km
Week 4	Rest	<b>Quality Session</b> <b>4 x 1km ON, 2 x 500m ON, 90 sec SR each</b> 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 1 time. 8km Total Run	<b>Mid Week Long Run</b> 18km	<b>Run</b> <b>10km</b> At Marathon Race Pace 14km Total Run	Rest	Rest	<b>Long Run</b> 36km	76km
Week 5	Rest	<b>Quality Session</b> <b>1,500m Repeats</b> 1,500m easy pace, 1,500m moderate pace, 1,500m hard. No Recovery. 8km Total Run	<b>Mid Week Long Run</b> 14km	<b>Run</b> <b>8km</b> Easy pace	Rest	Rest	<b>Long Run</b> 28km	58km
Week 6	Rest	<b>Quality Session</b> <b>1,500m Repeats</b> 4 x 1,500m with 500m easy recovery between sets. 12km Total Run	<b>Mid Week Long Run</b> 16km	<b>Hill Session</b> <b>8 Hill Reps</b> Easy Downhill Recovery 10km Total Run	Rest	<b>Run</b> 10km	<b>Long Run</b> 36km	84km

WEEK	MON	TUE	WED	THUR	FRI	SAT	SUN	KMS
Week 7	Rest	<b>Quality Session</b> <b>8 x 500m Hard Effort, Easy Effort</b> <b>No Recovery</b> 10km Total Run	<b>Mid Week Long Run</b> 18km	<b>Run</b> <b>12km</b> At Marathon Race Pace 14km Total Run	Rest	<b>Run</b> 8km	<b>Long Run</b> 40km	90km
Week 8	Rest	<b>Quality Session</b> <b>6 x 1km ON, 90 Sec SR</b> 10km Total Run	<b>Mid Week Long Run</b> 20km	<b>Run</b> <b>20 mins Efforts</b> 20mins Moderate Effort, 20min Hard Effort. 14km Total Run	Rest	<b>Run</b> 8km	<b>Long Run</b> 44km	96km
Week 9	Rest	<b>Quality Session</b> <b>6 x 500m Hard Effort, Easy Effort</b> <b>No Recovery</b> 10km Total Run	<b>Mid Week Long Run</b> 18km	<b>Hill Session</b> <b>6 Hill Reps</b> Easy Downhill Recovery 10km Total Run	Rest	Rest	<b>Long Run</b> 32km	70km
Week 10	Rest	<b>Quality Session</b> <b>3km Time Trial</b> 10km Total Run	<b>Mid Week Long Run</b> 16km	<b>Run</b> <b>30 mins</b> At 10km Race Pace 10km Total Run	Rest	Rest	<b>Long Run</b> 24km	60km
Week 11	Rest	<b>Quality Session</b> <b>4 x 1km ON, 90 sec SR</b> Alternate between running at 90-95% effort for 1km and SR for 90sec. 8km Total Run	<b>Mid Week Long Run</b> 16km	<b>Run</b> <b>6km</b> At 5km Race Pace 10km Total Run	Rest	Rest	<b>Long Run</b> 16km	50km
Week 12	Rest	<b>Run</b> <b>2km</b> At Marathon Race Pace 8km Total Run	<b>Mid Week Long Run</b> 8km	<b>Run</b> Easy 8km	Rest	Rest		