

# TEAM VITALITY

## Bruce Fordyce sub 7 hour (blue medal) for Two Oceans

A note from Bruce:

“We now know that it is only possible to train specifically and hard for a marathon or ultra-marathon for about 8-10 weeks so my programmes are for that specific period. I am assuming that all serious runners have been training for a while beforehand and that they have a base and a running foundation on which to build. I have also allowed a few days to taper and build up strength before race day.”

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 1	rest	8km	10km	8km hilly run	rest	5-10km parkrun or time trial	30km
WEEK 2	rest	10km	12km	8km hilly run	rest	5-10km easy run	25km
WEEK 3	rest	10km	10km	10km hilly run	rest	5-10km parkrun or time trial	40km or marathon in 5 hours
WEEK 4	rest	5km	8km	10km hilly run	rest	5-10km easy run	20km
WEEK 5	rest	10km	15km	10km hilly run	rest	5-10km parkrun or time trial	25km
WEEK 6	rest	8km	10km	10km hilly run	rest	5-10km easy run	40km or marathon in 5 hours
WEEK 7	rest	5km	8km	10km hilly run	rest	5-10km parkrun or time trial	20km
WEEK 8	rest	10km	15km	10km hilly run	rest	5-10km easy run	30km

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 9	rest	8km	10km	10km hilly run	rest	5-10km parkrun or time trial	20km
WEEK 10	rest	10km	8km	8km hilly run	rest	5-10km easy run	15km
WEEK 11	rest	8km	5km	rest	rest	race	

This is a 12-week training programme for a sub-7 hour finish at the Two Oceans marathon. It is also suitable for a sub 6-hour Two Oceans or faster depending on the ability of the runner at the Two Oceans marathon. These runners might want to add some extra mileage on the Friday rest day. It allows for runners to return from holiday and then to commence training for the Two Oceans. It really is the bare minimum so any extra training a runner can manage will be beneficial. There is time allowed for a two week taper to race day. All training is run at a relaxed pace except where otherwise stipulated. The Thursday hilly run should be run over a hill with lots of steep climbs and descents so that the legs can become accustomed to hilly second half of Two Oceans. The parkrun or time trial on a Saturday gives runners a good test of how their fitness is progressing. A fast time or PB in the final two weeks should be seen as a very encouraging sign.

