

# OLD MUTUAL TRAINING PROGRAM

This training program is designed by the Sports Science Institute of South Africa for intermediate athletes aiming to run a 42 km running race.

## Only complete the intermediate level training program:

- If you have more than 5 years of running experience.
- Have a 10 km running time of less than 40 - 49 minutes.
- Are able to run 3 - 4 times a week.

## UNDERSTANDING THE TRAINING PROGRAM

ABBREVIATION	TERM	DESCRIPTION
WU	Warm Up	<ul style="list-style-type: none"> <li>• Take the first 2 – 3 km of each workout to warm the muscles up.</li> <li>• Start slow and assess how your body feels.</li> <li>• Sometimes there may be a hard run on the schedule, but even by the end of the warm up you may still be feeling tired and heavy-legged. In this case it will be better to NOT go ahead and do the hard workout.</li> </ul>
LSD	Long Slow Distance	<ul style="list-style-type: none"> <li>• Long slow distance runs are essential to preparing for endurance running events.</li> <li>• They should simulate race conditions as closely as possible (temperature, terrain, hills, etc.).</li> </ul>
SPD	Speed	<ul style="list-style-type: none"> <li>• These sessions will include short bouts of high intensity intervals.</li> <li>• These workouts will help improve your ability to surge at necessary points in the race such as the finish and when passing competitors.</li> </ul>
E	Easy	<ul style="list-style-type: none"> <li>• An “easy” pace run is one done at a speed where it takes no effort at all, you look around, you can chat if you are running with someone.</li> </ul>
M	Moderate	<ul style="list-style-type: none"> <li>• This running speed is just a bit faster than “easy”.</li> <li>• A little input of effort; don’t want to talk quite so much; and have to concentrate a bit on the running pace.</li> </ul>
H	Hard	<ul style="list-style-type: none"> <li>• This requires a big input of effort, relative to the distance (so “hard” for 5 km is a bigger effort input than “hard” for 10 km, for example).</li> <li>• Lots of concentration required, breathing very hard, certainly would not want to talk; looking forward to when you can slow down.</li> </ul>

A note on training zones:	RPE	ZONES
Depending on the coach, training plan, or equipment you use – training zones will differ. This plan uses RPE as a guide to intensity.  If you do choose to train with zones, this table which gives you some basic guidance on which RPE level corresponds with specific zones.	1	Z1
	2	Z1
	3	Z2
	4	Z2
	5	Z3
	6	Z3
	7	Z4
	8	Z4
	9	Z5
	10	Z5

ADVICE ON A SUCCESSFUL TRAINING PLAN	STRENGTH TRAINING	SIGNS THAT YOU NEED A REST DAY
	Strength training 3 times a week for 15 - 20 minutes helps athletes avoid overuse injuries and improves muscle imbalances.	<ul style="list-style-type: none"> <li>• Impaired performance that does not improve with 2 - 3 days of rest</li> <li>• A feeling of heavy, slow, tired legs or arms that does not improve with 2 - 3 days rest</li> <li>• Trouble sleeping</li> <li>• Sudden loss of appetite</li> <li>• Cranky mood</li> <li>• Flu-like symptoms</li> </ul>

TRAINING PHASES	BASE	TRANSITION	PEAK	TAPER
GOALS	<ul style="list-style-type: none"> <li>• Train with low intensity</li> <li>• Increase aerobic capacity</li> </ul>	<ul style="list-style-type: none"> <li>• Build volume</li> <li>• Increase intensity</li> <li>• Simulate race conditions in training</li> </ul>	<ul style="list-style-type: none"> <li>• Complete longest run</li> <li>• Most specific fast running</li> </ul>	<ul style="list-style-type: none"> <li>• Sharpen technical skills</li> <li>• Decrease volume but maintain intensity</li> </ul>
Recovery weeks are included approximately every 4 weeks throughout the entirety of the plan to allow your body to adapt to the previous weeks of training. Some athletes are tempted to train more in recovery weeks, but resist the temptation!				

BROUGHT TO YOU BY



# INTERMEDIATE TRAINING PROGRAM – 42KM

DAY	BASE			RECOVERY WEEK	BASE		TRANSITION	RECOVERY WEEK	TRANSITION		PEAK	RECOVERY WEEK	PEAK		TAPER	
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16
Mon	REST	REST	REST	REST	REST	REST	REST	REST	REST	REST	REST	REST	REST	REST	REST	REST
Tues	10km E (RPE 2-3)	10km E (RPE 2-3)	8km E (RPE 2-3)	8km E (RPE 2-3)	10km E (RPE 2-3)	12km E (RPE 2-3)	10km E (RPE 2-3)	9km E (RPE 2-3)	12km E (RPE 2-3)	12km E (RPE 2-3)	12km E (RPE 2-3)	8km E (RPE 2-3)	10km E (RPE 2-3)	10km E (RPE 2-3)	10km E (RPE 2-3)	10km E (RPE 2-3)
Wed	REST	REST	8km SPD: • 2km WU; • 2 x 6 min hard (RPE 6) with 3 min jog between; • Finish with cool down run (RPE 2).	REST	6km SPD: • 2km WU; • 3 x 4 min hard (RPE 5) with 2 min EZ jog between; • Finish with cool down run (RPE 2).	6km SPD: • 2km WU; • 4 x 3 min at hard pace (RPE 5) with 1:30 min jog between; • Finish with cool down run (RPE 2).	5km SPD: • 2km WU; • 4 x 3 min hard (RPE 6) with 1:30 min jog between; • Finish with cool down run.	8km SPD: • 2km WU; • 6 x 1 min hard (RPE 8) with :30 seconds E between; • Finish with cool down run (RPE 2).	5km SPD: • 2km WU; • x 2 min hard (RPE 7) with 1:00 min E between; • Finish with cool down run (RPE 2).	8km SPD: • 2km WU; • 5 x 2 min hard (RPE 7) with 1:00 min E between; • Finish with cool down run (RPE 2).	8km SPD: • 2km WU; • 8 x :30 sec hard (RPE 6) with :30 seconds E jogging between; • Finish with cool down run (RPE 2).	REST	7km SPD: • 2km WU; • 2 x 3min hard (RPE 6) with 1:30min E jogging between; • Finish with cool down run (RPE 2).	7km SPD: • 2km WU; • 8 x 1 min hard (RPE 8) with :30sec E jogging between; • Finish with cool down run (RPE 2).	6km SPD: • 2km WU; • 6 x 1 min hard (RPE 6) with :30 sec E jogging between; • Finish with cool down run (RPE 2).	REST
Thurs	8km SPD: • 2km WU; • 2 x 4 min hard (RPE 6) with 2min jog between; 3-4km WD.	8km SPD: • 2km WU; • 3 x 3 min hard (RPE 6) with 1:30 min jog between; 3-4km WD.	REST	7km SPD: • 2km WU; • 4 x 1 min at hard pace (RPE 7-8) with 1 min jog between; • Finish with cool down run (RPE 2).	REST	REST	8km E (RPE 2-3)	REST	8km E (RPE 2-3)	5km E (RPE 2-3)	5km E (RPE 2-3)	5km SPD: • 2km WU; • 6 x :30 sec hard (RPE 6) with :30 seconds E between; • Finish with cool down run (RPE 2).	8km E (RPE 2-3)	6km E (RPE 2-3)	REST	6km SPD: • 1km WU; • 4 x 1 min hard (RPE 8) with :30 sec E jogging between; • Finish with cool down run (RPE 2).
Fri	REST	REST	5km E (RPE 2-3)	REST	8km E (RPE 2-3)	8km E (RPE 2-3)	REST	5km E (RPE 2-3)	REST	REST	REST	REST	REST	REST	8km E (RPE 2-3)	REST
Sat	12km LSD (RPE 2-3)	14km LSD (RPE 2-3)	REST	13km LSD (RPE 2-3)	REST	REST	5km LSD (RPE 2-3)	REST	5km E (RPE 2-3)	5km E (RPE 2-3)	6km E (RPE 2-3)	16km LSD (RPE 2-3)	5km E (RPE 2-3)	8km E (RPE 2-3)	14km LSD (RPE 2-3)	<b>42km RACE</b>
Sun	REST	REST	16km LSD: • 2km WU; • 6km at moderate effort (RPE 3-4); • 8km E (RPE 2).	REST	18km LSD: • 2km WU; • 8km at moderate effort (RPE 3-4); • 8km E (RPE 2).	20km LSD: • 3km WU; • 9km at moderate effort (RPE 3-4); • 8km E (RPE 2).	22km LSD: • 3km WU; • 3 x 3km at sort of hard effort (RPE 4) with 3min EZ jogging between; • 8-9km E (RPE 2).	15km E (RPE 2-3)	25km LSD: • 3km WU; • 4 x 3km at sort of hard effort (RPE 4) with 3min EZ jogging between; • 8-9km E (RPE 2).	289km LSD: • 2km WU; • 5km at moderate effort (RPE 3), 3min E jogging; 4km at moderate effort, 3min E jogging, 3km sort of hard effort (RPE 4), 3min E jogging, 2km sort of hard (RPE 4), 3min	31km LSD: • 3km WU; • 3 x 5km at moderate effort (RPE 3) with 3min E jogging between; • 11km E (RPE 2).	REST	35km LSD: • 5km WU; • 8km at moderate effort (RPE 3), 2km E (RPE 2), 2 x 6km at sort of hard effort (RPE 4) with 2km E jogging between; • 4km E (RPE 2).	20km LSD: • 4km WU; • 6km at moderate effort (RPE 3); • 10km E (RPE 2).	REST	REST
<b>Total kms</b>	<b>30</b>	<b>32</b>	<b>37</b>	<b>28</b>	<b>42</b>	<b>46</b>	<b>50</b>	<b>37</b>	<b>55</b>	<b>58</b>	<b>62</b>	<b>29</b>	<b>65</b>	<b>51</b>	<b>38</b>	<b>58</b>