



Team Vitality: 5-week Two Oceans 56km Ultra Marathon Tapering Training Programme

Introduction

At Team Vitality, we have seen thousands of our members participate in the Two Oceans 56km Ultra Marathon in previous years. To support our members, we have put together this 5-week programme to give guidance on how to taper leading up to race day. The idea is to get stronger as you reduce your training load.

The programme is geared at helping you perform at your best on race day. We'll be covering the following topics:

1. **Qualifying criteria:** Marathon times you need to be able to run leading up to race day
2. **Training paces:** Range of paces necessary for your various training sessions based on your targeted finishing time for the Two Oceans 56km Ultra Marathon
3. **Training schedule**
4. **Cross training:** Resource videos
5. **General notes**

To reduce the risk of injury, please consult a healthcare provider before beginning this or any training programme. The exercises and advice presented in this programme are in no way intended as a substitute for medical consultation. All activities done in conjunction with or as a result of this training programme are done voluntarily and solely at your own risk. Discovery Vitality shall not be liable for any injuries, damages or health problems that may arise from any information, products or services obtained from this training programme, including, without limitation, workouts, training regimen or information.

Qualifying criteria

Our guidelines are aimed at a spectrum of sub-elite runners including those wanting to improve their ultra marathon time and ultra marathon novices.

Marathon target	56km target
3:25:00 – 3:46:00	4:33:00 – 5:00:00
3:46:00 – 4:07:00	5:00:00 – 5:29:00
4:07:00 – 4:28:00	5:29:00 – 5:57:00
4:28:00 – 4:49:00	5:57:00 – 6:25:00

You need to have run a marathon in the past 6 weeks based the above targets.

Using the above as an example, you should aim to run a half marathon in under 2hrs 22mins before you attempt to run a full marathon.

Important note: It is always advisable to run faster before you run longer.

Training paces (mins/km)

56km target	Recovery pace	Comfortable pace	Race pace	Hills	Time trials	
					5 km	8 or 10 km
4:33:00 – 5:00:00	5:32 - 6:02	5:12 - 5:42	4:52 – 5:22	4:52 - 5:22	4:05 – 4:36	4:17 - 4:47
5:00:00 – 5:29:00	6:02 - 6:32	5:42 - 6:12	5:22 – 5:52	5:22 - 5:52	4:36 - 5:05	4:47 - 5:17
5:29:00 – 5:57:00	6:32 - 7.02	6:12 - 6:42	5:52 – 6:22	5:52 - 6:22	5:05 - 5:36	5:17 - 5:47
5:57:00 – 6:25:00	7:02 - 7:32	6:42 - 7:12	6:22 – 6:52	6:22 - 6:52	5:36 - 6:05	5.47: - 6:17

To reduce the risk of injury, please consult a healthcare provider before beginning this or any training programme. The exercises and advice presented in this programme are in no way intended as a substitute for medical consultation. All activities done in conjunction with or as a result of this training programme are done voluntarily and solely at your own risk. Discovery Vitality shall not be liable for any injuries, damages or health problems that may arise from any information, products or services obtained from this training programme, including, without limitation, workouts, training regimen or information.

Training schedule:

Week	Week start date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	13 Mar 2022	8 km comfortable pace	Strength or cross-training	8 km time trial	Rest	Rest	42 km race pace	Rest
2	20 Mar 2022	Rest	Strength or cross-training	8 km time trial	Rest	10 km comfortable pace	24 km comfortable pace	Rest
3	27 Mar 2022	8 km comfortable pace	Strength or cross-training	8 km time trial	Rest	10 km comfortable pace	21 km race pace	Rest
4	03 Apr 2022	8 km race pace	Strength or cross-training	8 km time trial	Rest	8km comfortable pace	21 km comfortable pace	Rest
5	10 Apr 2022	8 km comfortable pace	Rest	Rest	Rest	5 km comfortable pace	56 km race	Rest

Cross-training

Cross-training is any form of exercise outside of your running. It is an essential part of your training programme because it helps you to:

- Reduce impact caused by regular running, allow muscles that are working hard in running to recover.
- Cross-training and recovery workouts should go easy on eccentric muscle contractions which is a big part of running movement. Rather focus on isometric and concentric exercises with less demanding eccentric focus to facilitate recovery.
- Cross training helps to strength other supportive muscles that can help you maintain good running posture and form especially as you fatigue towards the end of the race.

To reduce the risk of injury, please consult a healthcare provider before beginning this or any training programme. The exercises and advice presented in this programme are in no way intended as a substitute for medical consultation. All activities done in conjunction with or as a result of this training programme are done voluntarily and solely at your own risk. Discovery Vitality shall not be liable for any injuries, damages or health problems that may arise from any information, products or services obtained from this training programme, including, without limitation, workouts, training regimen or information.

This usually includes gym and other forms of sports, such as body weight exercises, weight training, swimming and cycling.

In this programme, we've included the following resource videos to help you:

- Back stretches and exeperhaps count down from to 1rcises: https://www.youtube.com/watch?v=ml_pkWSAZso
- Core-strength tips: https://www.youtube.com/watch?v=d_Thlwhjwbl
- Squat tips: <https://www.youtube.com/watch?v=SZE9PEu6m0>
- Lunge tips: <https://www.youtube.com/watch?v=c4DPecSldAo>
- Plank tips: https://www.youtube.com/watch?v=Gjh4TU_aipk
- Low-impact exercises: https://www.youtube.com/watch?v=N_lgmNWPGNg
- Vitality at home: https://www.youtube.com/results?search_query=vitality+at+home

General notes

Weekly training

- Please use the programme as a guideline. However, depending on your timetable, you can move things around. For example:
 - You can do your time trial on a Thursday and choose to rest on a Wednesday.
 - You can run your long runs on a Sunday. If that's your preferred day, then do the shorter 8 or 10 km run on a Saturday.
 - Include a rest/recovery day after your long run
- *Cross-training*. Aim to do a full body workout on most of your sessions
- *Hill repeats*. Try and find a hill of 300 m to 500 m long. Incline will always vary, but try and find a hill with a challenging incline.

Terrain

Cape Town is at sea-level (low altitude) and because of this, you will generally find it much easier to run there, especially if you train at high altitude. The 1st part of the route is also flat and fast, although flat doesn't always translate to easy because you are taxing the same muscle groups throughout the race. You need to reserve energy in the 1st half because you will need it to make your way up Chapman's Peak and Constantia Nek in the 2nd half of the race.

To reduce the risk of injury, please consult a healthcare provider before beginning this or any training programme. The exercises and advice presented in this programme are in no way intended as a substitute for medical consultation. All activities done in conjunction with or as a result of this training programme are done voluntarily and solely at your own risk. Discovery Vitality shall not be liable for any injuries, damages or health problems that may arise from any information, products or services obtained from this training programme, including, without limitation, workouts, training regimen or information.

With the above, we are hoping to give you the best support leading up to race day by leveraging our experts and the knowledge of other runners.

See you on the road.

Team Vitality

Team Vitality: 5-week Two Oceans Half Marathon Training Programme

Introduction

The Two Oceans half marathon has always been iconic event and this year is going to be no different.

To support our thousands of members participating in this event, we have put together this 5-week programme to give guidance on how you need to plan your final preps leading up to race day.

The programme is geared at helping you perform at your best on race day. We'll be covering the following topics:

1. **Qualifying criteria:** The 10km times you need to be able to run leading up to race day
2. **Training paces:** Range of paces necessary for your various training sessions based on your targeted finishing time for the Two Oceans Half Marathon
3. **Training schedule**
4. **Cross training:** Resource videos
5. **General notes**

Qualifying criteria

Our guidelines are aimed at a spectrum of sub-elite runners, those wanting to improve their half marathon times and half marathon novices.

It is assumed that those using these guidelines have a running base of at least 30km per week. It is not for those new to road running.

10km target times leading up to your half marathon	Half marathon target
43:00 – 48:00	1:40:00 – 1:51:00
48:00 – 53:00	1:51:00 – 2:01:00
53:00 – 58:00	2:01:00 – 2:11:00
58:00 – 1:03:00	2:11:00 – 2:22:00
1:03:00 – 1:08:00	2:22:00 – 2:33:00

To reduce the risk of injury, please consult a healthcare provider before beginning this or any training programme. The exercises and advice presented in this programme are in no way intended as a substitute for medical consultation. All activities done in conjunction with or as a result of this training programme are done voluntarily and solely at your own risk. Discovery Vitality shall not be liable for any injuries, damages or health problems that may arise from any information, products or services obtained from this training programme, including, without limitation, workouts, training regimen or information.

You need to have run a 10km in the past 2 weeks based on the above targets. Using the above as an example, you should aim to run a 10km in under 1hr 08mins before you attempt to run a half marathon. If you feel you are not ready yet and have not run a 10km yet, please check out our *“4-week 10km training programme”*.

Important note: It is always advisable to run faster before you run longer.

Training paces (mins/km)

Half marathon target	Recovery pace	Comfortable pace	Race pace	Hills	5km time trials
1:40:00 – 1:51:00	5:32 - 6:02	5:12 - 5:42	4:52 – 5:22	4:52 - 5:22	4:05 – 4:36
1:51:00 – 2:01:00	6:02 - 6:32	5:42 - 6:12	5:22 – 5:52	5:22 - 5:52	4:36 - 5:05
2:01:00 – 2:11:00	6:32 – 7:02	6:12 - 6:42	5:52 – 6:22	5:52 - 6:22	5:05 - 5:36
2:11:00 – 2:22:00	7:02 - 7:32	6:42 - 7:12	6:22 – 6:52	6:22 - 6:52	5:36 - 6:05
2:22:00 – 2:33:00	7:32 – 8:02	7:12 – 7:42	6:52 – 7:22	6:52 – 7:22	6:05 – 6:36

To reduce the risk of injury, please consult a healthcare provider before beginning this or any training programme. The exercises and advice presented in this programme are in no way intended as a substitute for medical consultation. All activities done in conjunction with or as a result of this training programme are done voluntarily and solely at your own risk. Discovery Vitality shall not be liable for any injuries, damages or health problems that may arise from any information, products or services obtained from this training programme, including, without limitation, workouts, training regimen or information.

Training schedule

Week	Week start date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	13 Mar 2023	6 km hill repeats	Strength or cross-training	5 km time trial	Rest	5 km recovery pace	12 km race pace	Rest
2	20 Mar 2023	7km comfortable pace	Strength or cross-training	5 km time trial	Rest	Strength or cross-training	14 km race pace	Rest
3	27 Mar 2023	6 km hill repeats	Strength or cross-training	5 km time trial	Rest	Rest	16 km race pace	Rest
4	03 Apr 2023	8 km comfortable pace	Strength or cross-training	5 km time trial	Rest	Strength or cross-training	12 km race pace	Rest
5	10 Apr 2023	5 km comfortable pace	Strength or cross-training	Rest	Rest	Rest	Rest/walk/stretch	Two Oceans Half Marathon

Cross-training

Cross-training is any form of exercise outside of your running. It is an essential part of your training programme because it helps you to:

- Reduce impact caused by regular running, allow muscles that are working hard in running to recover.
- Cross-training and recovery workouts should go easy on eccentric muscle contractions which is a big part of running movement. Rather focus on isometric and concentric exercises with less demanding eccentric focus to facilitate recovery.

To reduce the risk of injury, please consult a healthcare provider before beginning this or any training programme. The exercises and advice presented in this programme are in no way intended as a substitute for medical consultation. All activities done in conjunction with or as a result of this training programme are done voluntarily and solely at your own risk. Discovery Vitality shall not be liable for any injuries, damages or health problems that may arise from any information, products or services obtained from this training programme, including, without limitation, workouts, training regimen or information.

- Cross training helps to strength other supportive muscles that can help you maintain good running posture and form especially as you fatigue towards the end of the race.

This usually includes gym and other forms of sports, such as body weight exercises, weight training, swimming and cycling.

In this programme, we've included the following resource videos to help you:

- Back stretches and exercises: https://www.youtube.com/watch?v=ml_pkWSAZso
- Core-strength tips: https://www.youtube.com/watch?v=d_Thlwhjwbl
- Squat tips: <https://www.youtube.com/watch?v=SZEV9PEu6m0>
- Lunge tips: <https://www.youtube.com/watch?v=c4DPecSldAo>
- Plank tips: https://www.youtube.com/watch?v=Gjh4TU_aipk
- Low-impact exercises: https://www.youtube.com/watch?v=N_lgmNWPGNg
- Vitality at home: https://www.youtube.com/results?search_query=vitality+at+home

General notes

Weekly training

- Please use the programme as a guideline. However, depending on your timetable, you can move things around. For example:
 - You can do your time trial on a Thursday and choose to rest on a Wednesday.
 - You can run your long runs on a Sunday. If Sunday is your preferred day, then do the shorter recovery pace runs or strength/cross-training sessions on a Saturday.
 - Include a rest/recovery day after your race pace runs.
- *Cross-training*. Aim to do a 40 – 60 min full body workout on most of your sessions
- *Hill repeats*. Try and find a hill of 100 m to 250 m long. Incline will always vary, but try and find a hill with a challenging incline.

Terrain

To reduce the risk of injury, please consult a healthcare provider before beginning this or any training programme. The exercises and advice presented in this programme are in no way intended as a substitute for medical consultation. All activities done in conjunction with or as a result of this training programme are done voluntarily and solely at your own risk. Discovery Vitality shall not be liable for any injuries, damages or health problems that may arise from any information, products or services obtained from this training programme, including, without limitation, workouts, training regimen or information.

Cape Town is at sea-level (low altitude) and because of this, you will generally find it much easier to run there, especially if you train at high altitude. The route is also flat, although flat doesn't always translate to easy because you are using the same muscle groups throughout the race.

Based on the altitude and the route being flat, you can expect your race to be faster and more enjoyable.

With the above, we are hoping to give you the best support leading up to race day by leveraging our experts and the knowledge of other runners.

See you on the road.

Team Vitality