

## **MAC MAC ULTRA**

### **46km 13 week program**

You need to be coming off a decent base of training and running consistently before using this program for the final 12-13 weeks of preparation.

### **Be sure to keep your easy runs very easy and your hard runs hard.**

You can incorporate strength and cross training days into this program.

You can incorporate walking into your long runs as you will be using this on race day and so it is important to practice this.

Guided training paces: (\*note these are as a guide for finishers and will vary)

Recovery: 6:15-7:30

Easy: 6:05-7:00

Longrun: 5:45- 6:45

Hill repeats: 5:30-6:05

1min repeats: 4:40-5:02

Time Trial: 27:20-27:40

Remember that less is more and its better to arrive on race day a little undercooked but fresh as opposed to over trained!

Enjoy the training!!

Sport Science Unit,

Sport Exercise Medicine Lifestyle Institute (SEMLI)

012 484 1711

[shona.hendricks@semli.co.za](mailto:shona.hendricks@semli.co.za)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
25 Feb	45 min rec run	REST	20 min easy 5 x 2 min hills (recover easy down hill) 15 min easy	1hr20 easy	REST / Cross training	2hr Long run	1hr Long run
4 March	45 min rec run	REST	20 min easy 6 x 2 min hills (recover easy down hill) 15 min easy	1hr25 easy	REST / Cross training	2hr15 Long run	1hr Long run
11 March	45 min rec run	REST	20 min easy 8 x 2 min hills (recover easy down hill) 15 min easy	1hr30 easy	REST / Cross training	2hr30 Long run	1hr long
18 March	45 min rec run	Warm up Time trial 5km Cool down	REST	1hr easy	REST / Cross training	2hr Long run	REST
25 March	45 min rec run	REST	15 min easy 4 x 1km 1 min rest 10 min easy	1hr30 easy	REST / Cross training	2hr30 Long run	1hr30 Long run
1 April	45 min rec run	REST	15 min easy 5 x 1km 1 min rest 10 min easy	1hr40 easy	REST / Cross training	3hr15 Long run	1hr30 Long run
8 April	45 min rec run	REST	15 min easy 6 x 1km	1hr40 easy	REST / Cross training	3hr30 Long run	2hr Long run

			1 min rest 10 min easy				
15 April	45 min rec run	REST	Warm up Time trial 5km Cool down	1hr Easy	REST / Cross training	2hr long run	1hr easy
22 April	45 min rec run	REST	20 min easy 6 x 2 min hills (recover easy down hill) 15 min easy	1hr40 easy	REST / Cross training	3hr15 long run	1hr long run
29 April	45 min rec run	REST	20 min easy 6 x 2 min hills (recover easy down hill) 15 min easy	1hr40 easy	REST / Cross training	4hr long run	1hr15 long run
6 May	45 min rec run	REST	20 min easy 6 x 2 min hills (recover easy down hill) 15 min easy	1hr40 easy	REST / Cross training	3hr long run	1hr long run
13 May	45 min rec run	REST	Warm up Time trial 5km Cool down	1hr10 easy	REST / Cross training	1hr long run	REST
20 May	20 min easy	REST	20 min easy	REST	10 min Recovery	RACE DAY! Trust your training and enjoy the day!	