

Ultra Marathoners – 3M3D

Novice 1	Novice 2	Intermediate 1
<ul style="list-style-type: none"> • If this is your first ultra-marathon. • If you have done 1-2 marathons or even an ultra-marathon within the past two years. • If you have been running consistently for 1-2 yrs. • If you are able to comfortably run distances between 20-25km. • If you are training 3-5 days a week and you are ready to incorporate tempo runs into your training. • If you have at least 16 weeks to train. • If 16 weeks from your target race you can comfortably run 24km. • If you are an experienced runner or returning from injury and are looking for a (relatively) gentle way to prepare for your ultra. 	<ul style="list-style-type: none"> • If you have run a few marathons within the past two years, or • If you have previously completed an Ultra-marathon of a similar distance. • If you have been running consistently for the past two years. • If you are ready to increase your mileage. • If your weekly mileage is 30km or more. • If you train 3-5 days a week and do speed work and tempo running. • If 16 weeks from your target race you can comfortably run 28km. 	<ul style="list-style-type: none"> • If you have run a marathon in under 4 hours. • If you train consistently throughout the year. • If you are ready to increase your mileage. • If your weekly mileage is 40km or more. • If you train 4-5 days a week and do speed work and tempo running. • If 16 weeks from your target race you can comfortably run 32km.