



Plan Summary

Week 1-4 Getting Ready (distances are in miles)

	Week 1	Week 2	Week 3	Week 4 Rest & Test
Conditioning	x3-5	x3-5	x3-5	B2B
Run Out & Back	20-20min	25-25min	30-30min	Depletion
Power Hike	30min	40min	50min	Overdressed
Bike Strength Ride	45-60min	60-75min	75-90min	
Cadence Run	30-40min	40-50min	50-60min	
B2B (am)		Run Easy-Steady-Hard 15-10-5min x 2	2x 60min lap as speed hike followed by long stage pace	
B2B (pm)		60 min as 30min long stage pace/30min speed hike	Run Easy-Steady-Hard 15-10-5-7.5-5-2.5	

Marathon des Sables 12-week Training Plan by Andy Mouncey.

To read the rest of this training article please visit:

<http://www.runultra.co.uk/Training/November-2016/Marathon-des-Sables-12-Week-Plan>