



Plan Summary

Week 5-8 Really Running

	Week 5	Week 6	Week 7	Week 8 Rest & Test
Conditioning	2-3	2-3	2-3	B2B
Run Out & Back	35-35min	25-25min	40-40min	Depletion
Speed Hike	60min	60-90min	1.5-2hrs	Overdressed
Tempo Run	30-40min	40-50min	50-60min	
B2B	Run E-S-H 20-10-5min x 2 straight into power hike 40-60min		Speed hike 1-1.5hrs straight into power hike 45- 60min straight into Tempo Run 20-30min	

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>