



## Plan Summary

### Week 9-12 Putting It Together

	<b>Week 9</b>	<b>Week 10 Rest &amp; Test</b>	<b>Week 11</b>	<b>Week 12 Rest, Travel, Race</b>
<b>Cadence Run</b>	40-60min	B2B	30-40min	Scenario Plan
<b>Bike Strength Ride</b>	1-1.5hr including big gear brisk cadence out of saddle on hills	Depletion	45-60min as Week 9	Re-visit Goals
<b>B2B Hike-Run Combo</b>	Power hike 60-80min straight into Run 30-40min @ best pace	Overdressed	Speed hike 1.5-2hrs straight into Run 20-30min @best pace	Embrace it all!

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>