



## Test Week Workout Progression Summary

	Week 4	Week 8	Week 10
<b>B2B</b>			
<b>Run as Easy-Steady-Hard</b> (Day 1am)	30-20-10min x 2	30-20-10min x 2	30-20-10min x 2
<b>Power hike</b> (Day 1pm)	1-1.5hrs	1-1.5hrs	1-1.5hrs
<b>Time On Feet</b> (Day 1 eve-night)		3-4 hrs	3-4 hrs
<b>Run as E-S-H</b> (Day 2 am)			20-10-5min x 2
<b>Depletion</b>	1.5-2hrs	2-3hrs	3-4hrs
<b>Overdressed</b>	1-1.5hrs	1.5-2hrs	2-2.5hrs

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>