

## 50 KM - AHM (AL HAMRA) TRAINING PROGRAMME FOR BEGINNERS

28th - 30th November 2019  
[www.omanbyutmb.com](http://www.omanbyutmb.com)



# YOU ARE PLANNING TO RUN THE 50 KM OF OMAN BY UTMB® AND IT IS A VERY GOOD IDEA !

**Even if the distance seems affordable, compared to a 100 miles distance, it should not be taken lightly. The more prepared you are, the more fun you will have during the race and the faster you will recover the days after the race.**

You will have to face several difficulties: the distance (and therefore the duration, several hours), the altitude difference (2300 meters), the technical nature of the terrain and the heat. You have 4 months to prepare. We will try to guide you.



The purchase of a heart rate monitor would be a good idea (even if not compulsory). Let's go!

## THE SESSIONS

### 01 Endurance session

This should represent the  $\frac{3}{4}$  of your training. The problem will be to measure the intensity. If you have a heart rate monitor, you should not exceed 80% of the Maximum Heart Rate (we will see how to measure it later). If you don't have a heart rate monitor, you must be able to speak normally. We are talking about respiratory comfort. The ideal is to train on a terrain that corresponds to that of the race, i.e. technical with climbs and descents. Start with 30 minutes and gradually increase the duration (see finisher table).

One intense hillside session per week or every 10 days would be welcome. Here's how to organize it: You must find a hill not very far from home. After warm-up (15 minutes of jogging + some acceleration), you start the session. Run or walk (depending on your level and the slope) for 3 minutes, turn around immediately after the 3 minutes (you have 2 minutes to get back down and back to the starting point, don't drag it out). Repeat the exercise 5 times. The session is successful if you are «regular» on the 5 climbs and feel the muscular fatigue at the end of the session. If the session is successful and you have a heart rate monitor, the highest value that appears is your maximum heart rate

### 02 Core strength session

On the training programme at the end of the document, you will find weeks colored in green, brown and red. Brown weeks must be more intense than green weeks.

For instance, 4 sessions in the brown weeks and 2 or 3 in the green weeks. The red week is important: The idea is to run at least 40 km on a terrain that looks like the one of the race in the week. Green weeks are used to « assimilate » done during the brown or red weeks.

**Jean-Claude Banffi**  
Coach partner of UTMB Mont-Blanc

## AUGUST 2019

Thursday	1	-
Friday	2	-
Saturday	3	30 minutes
Sunday	4	-
Monday	5	-
Tuesday	6	40 minutes
Wednesday	7	-
Thursday	8	-
Friday	9	40 minutes
Saturday	10	Intense hillside session
Sunday	11	-
Monday	12	-
Tuesday	13	50 minutes
Wednesday	14	-
Thursday	15	-
Friday	16	50 minutes
Saturday	17	Intense hillside session
Sunday	18	-
Monday	19	Intense hillside session
Tuesday	20	-
Wednesday	21	1 hour and a half
Thursday	22	-
Friday	23	1 hour
Saturday	24	-
Sunday	25	1 hour and a half
Monday	26	-
Tuesday	27	Intense hillside session
Wednesday	28	50 minutes
Thursday	29	-
Friday	30	-
Saturday	31	50 minutes

## SEPTEMBER 2019

Sunday	1	-
Monday	2	-
Tuesday	3	Intense hillside session
Wednesday	4	-
Thursday	5	1 hour and a half
Friday	6	Core strength
Saturday	7	-
Sunday	8	2 hours
Monday	9	-
Tuesday	10	Intense hillside session
Wednesday	11	50 minutes
Thursday	12	-
Friday	13	-
Saturday	14	50 minutes
Sunday	15	-
Monday	16	-
Tuesday	17	Intense hillside session
Wednesday	18	-
Thursday	19	1 hour and a half
Friday	20	Core strength
Saturday	21	-
Sunday	22	2 hours
Monday	23	-
Tuesday	24	Intense hillside session
Wednesday	25	50 minutes
Thursday	26	-
Friday	27	-
Saturday	28	50 minutes
Sunday	29	-
Monday	30	-

## OCTOBER 2019

Tuesday	1	Intense hillside session
Wednesday	2	-
Thursday	3	1 hour and a half
Friday	4	Core strength
Saturday	5	-
Sunday	6	2 hours
Monday	7	-
Tuesday	8	Intense hillside session
Wednesday	9	50 minutes
Thursday	10	-
Friday	11	-
Saturday	12	50 minutes
Sunday	13	-
Monday	14	Intense hillside session
Tuesday	15	4 hours
Wednesday	16	-
Thursday	17	-
Friday	18	-
Saturday	19	4 hours
Sunday	20	4 hours
Monday	21	-
Tuesday	22	Intense hillside session
Wednesday	23	Core strength
Thursday	24	1 hour
Friday	25	-
Saturday	26	-
Sunday	27	1 hour
Monday	28	Intense hillside session
Tuesday	29	-
Wednesday	30	1 hour and a half
Thursday	31	Core strength

## NOVEMBER 2019

Friday	1	-
Saturday	2	2 hours
Sunday	3	2 hours
Monday	4	-
Tuesday	5	Intense hillside session
Wednesday	6	Core strength
Thursday	7	1 hour
Friday	8	-
Saturday	9	-
Sunday	10	1 hour
Monday	11	-
Tuesday	12	Intense hillside session
Wednesday	13	-
Thursday	14	1 hour and a half
Friday	15	Core strength
Saturday	16	-
Sunday	17	2 hours
Monday	18	-
Tuesday	19	Intense hillside session
Wednesday	20	Core strength
Thursday	21	-
Friday	22	-
Saturday	23	1 hour
Sunday	24	-
Monday	25	30 minutes (low intensity)
Tuesday	26	Rest
Wednesday	27	30 minutes footing
Thursday	28	Rest
Friday	29	Oman By UTMB®
Saturday	30	-



**GOOD LUCK!**

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