

# Chasing the Dream.... This time a Bigger, Longer and Tougher one !!!



## Run the World's most Beautiful Ultra-marathon- Two Oceans Ultra | 56 kms | South Africa



### Why Crazy about it ?

- Involves Long Distance Running- My Passion !!!
- Is Beautiful yet Challenging- 56 Kms | Hilly Terrain | Timed Cut-offs
- The training itself will motivate me develop Higher Endurance and Physical fitness levels
- Will enable me to take on longer and tougher 'Ultra Running' challenges

### My Efforts till date...

- Consistent Long Distance Runner since 3 years now
- Completed over 27 Half marathons | 1 Full Marathon | Several 10, 15, 25 kms official events
- Personal best time of 1:38:24 for a Half Marathon and 3:52:53 in my maiden full marathon
- Covered over 1800 kms in practice over last one year

### The Plan to achieve it...

- Execute a weekly training schedule and a proper progression of long runs
- Target mileage of 2200 kms with at least 25% Hill training component
- Undertake two 50 km runs and two official timed full marathons as practice runs
- Strengthening up through a mix of Flexibility & Cross training

### What would it Require ?

- Focused, Dedicated and Concerted Efforts- My Guarantee
- A funding bolster of 1.4 lakhs Sponsorship to cover
  - Registration Fee- Rs. 10000
  - Travel, Boarding & lodging- Rs. 90,000
  - Running Gear- 30,000
  - Nutrition- Rs 10,000

