# BILL ROWAN

## FEBRUARY TRAINING PROGRAMME

| | M | T | W | T | F | S | S |
|---|---|---|---|---|---|---|---|
| **06-Feb** | REST | 20min easy + 8 TT | REST | Easy 1hr30 run | REST | Easy 1hr45 run | Easy 3hr run |
| **13-Feb** | REST | 20min easy + 8 TT | REST | Easy 1hr15 run | REST | Easy 1hr run | Easy 1hr run |
| **20-Feb** | REST | 45min easy run | REST | 40min easy run | REST | Qualifier or REST | Qualifier or REST |
| **27-Feb** | REST | REST | REST | 45min easy run | REST | Easy 1hr run | Easy 1hr30 run |

| BILL ROWAN MEDAL TRAINING PACES* | |
|---|---|
| RECOVERY | 5:50-6:20 |
| EASY RUNNING | 5:20-5:40 |
| LONG RUNS | 5:20-6:00 |
| HILL REPEATS | 4:20-4:30 |
| **TIME TRIALS** | |
| 4KM | 16:50 |
| 5KM | 21:30 |
| 8KM | 35:30 |

**YOU WILL BE QUALIFYING** this month and the top of your worry list is your seeding. This puts you at risk of going out too hard or overtraining. This is dangerous territory! It is vital that you take the race as it comes and pace yourself well.

Don't choose a very easy marathon or one with lots of downhill. This will cause a false expectation at Comrades - and a downhill race could lead to injury.

Remember that training days are interchangeable: if your club has Time Trials (TT) on a Tuesday or Wednesday, you can swap days.

**Training Paces: Start at the slower end of the training paces, and moving towards the faster end as you progress. Please note that the time trial and training paces times are a guide.*

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RUNNER'S WORLD