

BILL ROWAN

APRIL TRAINING PROGRAMME



	M	T	W	T	F	S	S
01-Apr	REST	5min easy, 8x2min on tough hill, 5min easy	REST	Easy 1hr30 run	REST	Easy 2hr run	Easy 3hr30 run
08-Apr	REST	5min easy, 9x2min on tough hill, 5min easy	REST	Easy 1hr30 run	REST	Easy 2hr run	Easy 3hr30 run
15-Apr	REST	5min easy, 10x2min on tough hill, 5min easy	REST	Easy 1hr30 run	REST	Easy 2hr run	Easy 3hr30 run
22-Apr	REST	20min easy + 8 TT	REST	Easy 1hr run	REST	Long Run or REST	Long Run or REST
29-Apr	REST	Easy 30min run	REST	Easy 1hr30 run	REST	Easy 2hr run	Easy 3hr30 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

LONG RUN MONTH!

You really have come a long way. Look back and think how you imagined that 50km would ever be possible as a training run! It is imperative that you do not race these long runs as a "test" for Comrades. Go slowly and see it as an opportunity to practice your race routine: look at it as a dress rehearsal.

Remember: 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.*