

BILL ROWAN

MAY TRAINING PROGRAMME



| | M | T | W | T | F | S | S |
|---------------|------|---|------|----------------|------|----------------|------------------|
| 06-May | REST | Easy 30min run | REST | Easy 1hr30 run | REST | Easy 2hr run | Easy 3hr30 run |
| 13-May | REST | 5min easy, 10x2min on tough hill, 5min easy | REST | Easy 1hr25 run | REST | Easy 2hr run | Easy 3hr run |
| 20-May | REST | 5min easy, 10x2min on tough hill, 5min easy | REST | Easy 1hr25 run | REST | Easy 1hr30 run | Easy 2hr30 run |
| 27-May | REST | 20min easy + 8 TT | REST | Easy 1hr run | REST | Easy 1hr run | Easy1hr run |
| 3-June | REST | Easy 30min run | REST | Easy 30min run | REST | Run 15min easy | COMRADES! |

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 |

WELCOME to the most important month of your life.

Take a deep breath and remember: this is meant to be fun!

May is nerve-racking: you don't want to get sick or injured, and you're unsure of what to do.

In the days leading up to the race, stay off your feet and out of the sun. Take a quick tour of the expo, get your number and leave. Try to do this at least 2 days before race day. Embrace the taper and don't run more than the programme recommends. Don't try any new equipment or nutrition on race day - stick to your plan and trust your training.

GOOD LUCK!