

# BRONZE

## JANUARY TRAINING PROGRAMME



	M	T	W	T	F	S	S
<b>14-Jan</b>	REST	Jog 1hr15 easy, walking when needed	REST	Jog 1hr15 easy, walking when needed	REST	Jog 1hr25 easy walking when needed	Run 2hrs15 easy walking when needed
<b>21-Jan</b>	REST	Jog 1hr15 easy, walking when needed	<b>5KM TIME TRIAL TO BE RUN HARD BUT NOT AT 100%</b>	Jog 1hr15 easy, walking when needed	REST	Jog 1hr30 easy walking when needed	Run 2hrs30 easy walking when needed
<b>28-Jan</b>	REST	Run 1hr15 easy, walking when needed	REST	Run 1hr15 easy, walking when needed	REST	Jog 1hr35 easy walking when needed	Run 2hrs45 easy walking when needed

BRONZE MEDAL TRAINING PACES*	
RECOVERY	6:40 - 7:00
EASY RUNNING	6:20 - 6:40
LONG RUNS	6:30 - 6:45
HILL REPEATS	5:20 - 5:30
TIME TRIALS	
4KM	22:00
5KM	27:40
8KM	45:30

### 2019 HAS ARRIVED, BUT 9 JUNE STILL SEEMS A LONG WAY AWAY.

We're starting to up the ante this month: it's vital that you remain disciplined! Don't add extra training days or speed/hill work if the programme doesn't state it. If you overdo it, it will come back to bite you later in the programme. Remember to trust the process: there are many hours on the road that lie ahead!

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.*