

FINISHERS



APRIL TRAINING PROGRAMME

	M	T	W	T	F	S	S
01-Apr	REST	Run 1hr on hilly route walking when needed	REST	Run 1hr15 easy walking when needed	REST	Run 1hr50 easy walking when needed	Run 2hrs45 easy, walking when needed
08-Apr	REST	Run 1hr on hilly route walking when needed	REST	Run 1hr20 easy walking when needed	REST	Run 2hrs easy walking when needed	Run 3hrs easy, walking when needed
15-Apr	REST	Run 1hr on hilly route walking when needed	REST	Run 1hr20 easy walking when needed	REST	Run 2hrs easy walking when needed	Run 3hrs easy, walking when needed
22-Apr	REST	5km Time trial, do this to the best of your ability, walk if you need to. DO NOT go 100% effort	REST	Run 1hr easy walking when needed	REST	Long Run or REST	Long Run or REST
29-Apr	REST	REST	REST	Run 1hr easy walking when needed	REST	Run 2hrs easy walking when needed	Run 3hrs easy, walking when needed

FINISHERS MEDAL TRAINING PACES*

RECOVERY	8:00-8:15
EASY RUNNING	7:20-7:40
LONG RUNS	7:20-8:00
TIME TRIALS	
4KM	26:00
5KM	32:00
8KM	52:00

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.*