

FINISHERS



FEBRUARY TRAINING PROGRAMME

	M	T	W	T	F	S	S
04-Feb	REST	Run 50min easy walking when needed	REST	Run 50min easy walking when needed	REST	Run 1hr10 easy walking when needed	Run 1hr40 easy, walking when needed
11-Feb	REST	Run 55min easy walking when needed	REST	Run 55min easy walking when needed	REST	Run 1hr15 easy walking when needed	Run 1hr50 easy, walking when needed
18-Feb	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	Run 1hr20 easy walking when needed	Run 2hrs easy walking when needed
25-Feb	REST	Run 1hr easy walking when needed	REST	Run 1hr easy walking when needed	REST	Run 1hr10 easy walking when needed	Run 1hr30 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

FEELING GOOD?

You're coming along nicely and building up a good routine. You may feel pretty comfortable running, but it's important to keep walking as part of your training because this will be a vital part of your Comrades race day strategy.

Resist the temptation to run your qualifier this month so that you can run Two Oceans Ultra. It will put too much stress on you and you're likely to get injured.

**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.*