

FINISHERS



JANUARY TRAINING PROGRAMME

	M	T	W	T	F	S	S
14-Jan	REST	Run 35min easy walking when needed	REST	Run 35min easy walking when needed	REST	Run 50min easy walking when needed	Run 1hr10 easy walking when needed
21-Jan	REST	Run 40min easy walking when needed	REST	Run 40min easy walking when needed	REST	Run 1hr easy walking when needed	Run 1hr20 easy, walking when needed
28-Jan	REST	5km Time trial, do this to the best of your ability, walk if you need to. DO NOT go 100% effort	REST	Run 45min easy walking when needed	REST	Run 1hr05 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
HILL REPEATS	4:20-4:30
TIME TRIALS	
4KM	26:00
5KM	32:00
8KM	52:00

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.*