



# BILL ROWAN

## FEBRUARY TRAINING PROGRAMME

	M	T	W	T	F	S	S
<b>3-Feb</b>	REST	20min easy + 5 TT	REST	Easy 1hr30 run	REST	Easy 1hr40 run	Easy 3hr run
<b>10-Feb</b>	REST	20min easy + 8 TT	REST	Easy 1hr30 run	REST	Easy 1hr45 run	Easy 3hr run
<b>17-Feb</b>	REST	20min easy + 8 TT	REST	Easy 1hr15 run	REST	Easy 1hr run	Easy 1hr run
<b>24-Feb</b>	REST	45min easy run	REST	40min easy run	REST	Qualifier or REST	Qualifier or REST

### 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
<b>TIME TRIALS</b>	
4KM	16:50
5KM	21:30
8KM	35:30

### YOU WILL BE QUALIFYING

this month and the top of your worry list is your seeding. This puts you at risk of going out too hard or overtraining. This is dangerous territory! It is vital that you take the race as it comes and pace yourself well.

Don't choose a very easy marathon or one with lots of downhill. This will cause a false expectation at Comrades - and a downhill race could lead to injury.

Remember that 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.*