

BILL ROWAN



MAY/JUNE TRAINING PROGRAMME

	M	T	W	T	F	S	S
4-May	REST	Easy 30min run	REST	Easy 1hr30 run	REST	Easy 2hr run	Easy 3hr30 run
11-May	REST	Easy 30min run	REST	Easy 1hr30 run	REST	Easy 2hr run	Easy 3hr30 run
18-May	REST	5min easy, 10x2min on tough hill, 5min easy	REST	Easy 1hr25 run	REST	Easy 2hr run	Easy 3hr run
25-May	REST	5min easy, 10x2min on tough hill, 5min easy	REST	Easy 1hr25 run	REST	Easy 1hr30 run	Easy 2hr30 run
1-June	REST	20min easy + 8 TT	REST	Easy 1hr run	REST	Easy 1hr run	Easy1hr run
8-June	REST	Easy 30min run	REST	Easy 30min run	REST	Run 15min easy	COMRADES!

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
TIME TRIALS	
4KM	16:50
5KM	21:30
8KM	35:30

WELCOME

to the most important month of your life.

Take a deep breath and remember: this is meant to be fun!

May is nerve-racking: you don't want to get sick or injured, and you're unsure of what to do.

In the days leading up to the race, stay off your feet and out of the sun. Take a quick tour of the expo, get your number and leave. Try to do this at least 2 days before race day. Embrace the taper and don't run more than the programme recommends. Don't try any new equipment or nutrition on race day - stick to your plan and trust your training.

GOOD LUCK!