



# BRONZE

## APRIL TRAINING PROGRAMME

	M	T	W	T	F	S	S
<b>06-Apr</b>	REST	5min easy, 8x2min hill repeats, 5min easy running	REST	Run 1hr15 easy, walking when needed	REST	Run 2hrs easy walking when needed	Run 3hrs easy walking when needed
<b>13-Apr</b>	REST	5min easy, 8x2min hill repeats, 5min easy running	REST	Run 1hr15 easy, walking when needed	REST	Run 2hrs easy walking when needed	Run 3hrs easy walking when needed
<b>20-Apr</b>	REST	5km Time Trial to be run hard but not at 100%	REST	Run 1hr15 easy, walking when needed	REST	Run 2hrs easy walking when needed	Run 3hrs easy walking when needed
<b>27-Apr</b>	REST	Run 45min easy	REST	Run 45min easy	REST	Long Run or REST	Long Run or REST

BRONZE MEDAL TRAINING PACES*	
RECOVERY	6:40 - 7:00
EASY RUNNING	6:20 - 6:40
LONG RUNS	6:30 - 6:45
HILL REPEATS	5:20 - 5:30
TIME TRIALS	
4KM	22:00
5KM	27:40
8KM	45:30

### 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.*