

BRONZE



MAY/JUNE TRAINING PROGRAMME

	M	T	W	T	F	S	S
4-May	REST	REST	REST	Run 45min easy	REST	Run 2hr easy walking when needed	Run 3hrs easy walking when needed
11-May	REST	REST	REST	Run 45min easy	REST	Run 2hrs easy walking when needed	Run 3hrs easy walking when needed
18-May	REST	5min easy, 8x2min hill repeats, 5min easy running	REST	Run 1hr15 easy, walking when needed	REST	Run 2hrs easy walking when needed	Run 2hrs30 easy walking when needed
25-May	REST	5min easy, 6x2min hill repeats, 5min easy running	REST	Run 1hr15 easy, walking when needed	REST	Run 1hr30 easy walking when needed	Run 2hrs easy walking when needed
1-June	REST	5min easy, 4x2min hill repeats, 5min easy running	REST	Run 1hr easy, walking when needed	REST	Run 1hr easy walking when needed	Run 1hr easy, walking when needed
8-June	REST	Run 25min easy	REST	Run 25min easy	REST	Run 10min easy	COMRADES!

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

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!