

BILL ROWAN

TRAINING PROGRAMME



	M	T	W	T	F	S	S
WEEK 1	REST	20min easy + 5 TT	REST	Easy 1hr20 run	REST	Easy 1hr25 run	Easy 2hr15 run
WEEK 2	REST	20min easy + 5 TT	REST	Easy 1hr25 run	REST	Easy 1hr30 run	Easy 2hrs30 run

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

JANUARY HAS ARRIVED, BUT COMRADES 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.*