

BILL ROWAN

TRAINING PROGRAMME



	M	T	W	T	F	S	S
WEEK 7	REST	REST	REST	45min easy run	REST	Easy 1hr run	Easy 1hr30 run
WEEK 8	REST	5min easy, 5x2min on tough hill, 5min easy	REST	Easy 1hr30 run	REST	Easy 2hr run	Easy 3hr run
WEEK 9	REST	5min easy, 6x2min on tough hill, 5min easy	REST	Easy 1hr30 run	REST	Easy 2hr run	Easy 3hr15 run
WEEK 10	REST	5min easy, 7x2min on tough hill, 5min easy	REST	Easy 1hr30 run	REST	Easy 2hr run	Easy 3hr30 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

FEELING GOOD?

You've done a marathon and qualified for Comrades - but you're now wondering how you're going to run double that distance? The trick will be to continue your steady development with patience. You can do another marathon or a shorter ultra (50km) in March as a TRAINING RUN. It is important not to "race" this race: if you do, you'll struggle to recover in time for Comrades.

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.*