



BRONZE

TRAINING PROGRAMME

	M	T	W	T	F	S	S
WEEK 1	REST	Jog 1hr15 easy, walking when needed	REST	Jog 1hr15 easy, walking when needed	REST	Jog 1hr25 easy walking when needed	Run 2hrs15 easy walking when needed
WEEK 2	REST	Jog 1hr15 easy, walking when needed	5KM TIME TRIAL TO BE RUN HARD BUT NOT AT 100%	Jog 1hr15 easy, walking when needed	REST	Jog 1hr30 easy walking when needed	Run 2hrs30 easy walking when needed

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

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.*