

BRONZE

TRAINING PROGRAMME



	M	T	W	T	F	S	S
WEEK 3	REST	Run 1hr15 easy, walking when needed	REST	Run 1hr15 easy, walking when needed	REST	Jog 1hr35 easy walking when needed	Run 2hrs45 easy walking when needed
WEEK 4	REST	Run 1hr15 easy, walking when needed	REST	Run 1hr15 easy, walking when needed	REST	Jog 1hr40 easy walking when needed	Run 3hrs easy walking when needed
WEEK 5	REST	Run 1hr15 easy, walking when needed	REST	Run 1hr15 easy, walking when needed	REST	Jog 1hr easy walking when needed	Run 2hrs easy walking when needed
WEEK 6	REST	Jog 40min easy, walking when needed	REST	Jog 45min easy walking when needed	REST	Qualifier or REST	Qualifier or REST

BILL ROWAN 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

YOU WILL BE QUALIFYING this month and the top of your worry list is your seeding. This puts you at risk of going out too hard or overtraining. This is dangerous territory! It is vital that you take the race as it comes and pace yourself well.

Don't choose a very easy marathon or one with lots of downhill. This will cause a false expectation at Comrades - and a downhill race could lead to injury.

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.*