

BRONZE

TRAINING PROGRAMME



	M	T	W	T	F	S	S
WEEK 7	REST	REST	REST	Jog 45min easy walking when needed	REST	Run 1hr easy walking when needed	Run 1hr30 easy walking when needed
WEEK 8	REST	5min easy, 5x2min hill repeats, 5min easy running	REST	Run 1hr15 easy, walking when needed	REST	Run 1hr45 easy walking when needed	Run 3hrs easy walking when needed
WEEK 9	REST	5min easy, 6x2min hill repeats, 5min easy running	REST	Run 1hr15 easy, walking when needed	REST	Run 1hr50 easy walking when needed	Run 3hrs easy walking when needed
WEEK 10	REST	5min easy, 7x2min hill repeats, 5min easy running	REST	Run 1hr15 easy, walking when needed	REST	Run 1hr55 easy walking when needed	Run 3hrs 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

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.*