

FINISHERS



TRAINING PROGRAMME

	M	T	W	T	F	S	S
WEEK 7	REST	Run 1hr easy walking when needed	REST	Run 1hr easy walking when needed	REST	Run 1hr10 easy walking when needed	Run 1hr30 easy, walking when needed
WEEK 8	REST	Run 35min easy walking when needed	REST	Run 35min easy walking when needed	REST	REST	Qualifier
WEEK 9	REST	REST	REST	Run 30min easy walking when needed	REST	Run 45min easy walking when needed	Run 1hr easy, walking when needed
WEEK 10	REST	Run 1hr easy walking when needed	REST	Run 1hr easy walking when needed	REST	Run 1hr30 easy walking when needed	Run 2hrs15 easy, walking when needed

FINISHERS MEDAL TRAINING PACES*

RECOVERY	8:00-8:15
EASY RUNNING	7:20-7:40
LONG RUNS	7:20-8:00
TIME TRIALS	
4KM	26:00
5KM	32:00
8KM	52:00

QUALIFYING MONTH! You're building up fitness and are entering the riskiest phase of your training. Resist the urge to run too fast or you're likely to get injured.

Use your first marathon as practice for Comrades. Use the same nutrition and race strategy (walk breaks, lubrication, etc). After the race, take note of the chafe areas and blisters so that you can address these areas before the next race.

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.*