

FINISHERS

TRAINING PROGRAMME



	M	T	W	T	F	S	S
WEEK 1	REST	Run 35min easy walking when needed	REST	Run 35min easy walking when needed	REST	Run 50min easy walking when needed	Run 1hr10 easy walking when needed
WEEK 2	REST	Run 40min easy walking when needed	REST	Run 40min easy walking when needed	REST	Run 1hr easy walking when needed	Run 1hr20 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
HILL REPEATS	4:20-4:30
TIME TRIALS	
4KM	26:00
5KM	32:00
8KM	52:00

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.*