

BILL ROWAN



MARCH TRAINING PROGRAMME

	M	T	W	T	F	S	S
4-Mar	REST	REST	REST	45min easy run	REST	Easy 1hr run	Easy 1hr30 run
11-Mar	REST	5min easy, 5x2min on tough hill, 5min easy	REST	Easy 1hr30 run	REST	Easy 2hr run	Easy 3hr run
18-Mar	REST	5min easy, 6x2min on tough hill, 5min easy	REST	Easy 1hr30 run	REST	Easy 2hr run	Easy 3hr15 run
25-Mar	REST	5min easy, 7x2min on tough hill, 5min easy	REST	Easy 1hr30 run	REST	Easy 2hr run	Easy 3hr30 run

BILL ROWAN MEDAL TRAINING PACES*

RECOVERY	5:50-6:20
EASY RUNNING	5:20-5:40
LONG RUNS	5:20-6:00
HILL REPEATS	4:20-4:30
TIME TRIALS	
4KM	16:50
5KM	21:30
8KM	35:30

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.*