

# FINISHERS

## TRAINING PROGRAMME



	M	T	W	T	F	S	S
<b>Week 11</b>	REST	Run 1hr on hilly route walking when needed	REST	Run 1hr15 easy walking when needed	REST	Run 1hr50 easy walking when needed	Run 2hrs45 easy, walking when needed
<b>Week 12</b>	REST	Run 1hr on hilly route walking when needed	REST	Run 1hr20 easy walking when needed	REST	Run 2hrs easy walking when needed	Run 3hrs easy, walking when needed
<b>Week 13</b>	REST	Run 1hr on hilly route walking when needed	REST	Run 1hr20 easy walking when needed	REST	Run 2hrs easy walking when needed	Run 3hrs easy, walking when needed
<b>Week 14</b>	REST	5km Time trial, do this to the best of your ability, walk if you need to. DO NOT go 100% effort	REST	Run 1hr easy walking when needed	REST	Long Run or REST	Long Run or REST

### 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

### LONG RUN MONTH!

You really have come a long way. Look back and think how you imagined that 50km would ever be possible as a training run! It is imperative that you do not race these long runs as a "test" for Comrades. Go slowly and see it as an opportunity to practice your race routine: look at it as a dress rehearsal.

Remember: 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.*