

BILL ROWAN

TRAINING PROGRAMME



	M	T	W	T	F	S	S
WEEK 11	REST	5min easy, 8x2min on tough hill, 5min easy	REST	Easy 1hr30 run	REST	Easy 2hr run	Easy 3hr30 run
WEEK 12	REST	5min easy, 9x2min on tough hill, 5min easy	REST	Easy 1hr30 run	REST	Easy 2hr run	Easy 3hr30 run
WEEK 13	REST	5min easy, 10x2min on tough hill, 5min easy	REST	Easy 1hr30 run	REST	Easy 2hr run	Easy 3hr30 run
WEEK 14	REST	20min easy + 8 TT	REST	Easy 1hr run	REST	Long Run or REST	Long Run or REST

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

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.*