

BRONZE

TRAINING PROGRAMME



	M	T	W	T	F	S	S
WEEK 11	REST	5min easy, 8x2min hill repeats, 5min easy running	REST	Run 1hr15 easy, walking when needed	REST	Run 2hrs easy walking when needed	Run 3hrs easy walking when needed
WEEK 12	REST	5min easy, 8x2min hill repeats, 5min easy running	REST	Run 1hr15 easy, walking when needed	REST	Run 2hrs easy walking when needed	Run 3hrs easy walking when needed
WEEK 13	REST	5km Time Trial to be run hard but not at 100%	REST	Run 1hr15 easy, walking when needed	REST	Run 2hrs easy walking when needed	Run 3hrs easy walking when needed
WEEK 14	REST	Run 45min easy	REST	Run 45min easy	REST	Long Run or REST	Long Run or REST

BRONZE MEDAL TRAINING PACES*	
RECOVERY	6:40 - 7:00
EASY RUNNING	6:20 - 6:40
LONG RUNS	6:30 - 6:45
HILL REPEATS	5:20 - 5:30
TIME TRIALS	
4KM	22:00
5KM	27:40
8KM	45:30

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.*