

# TEAM VITALITY

## Bruce Fordyce Bill Rowan medal

A note from Bruce:

“We now know that it is only possible to train specifically and hard for a marathon or ultra-marathon for about 8-10 weeks so my programmes are for that specific period. I am assuming that all serious runners have been training for a while beforehand and that they have a base and a running foundation on which to build. I have also allowed a few days to taper and build up strength before race day.”

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>WEEK 1</b>	rest	15km on a hilly course or hill session	15-25km steady pace	15km	10km easy pace	Time trial, parkrun or cross country race. 15km total including warm up and cool down	30km slow
<b>WEEK 2</b>	rest	15km on a hilly course or hill session	15-20km steady pace	15km	12km easy pace	15km at comfortable pace	60km slow
<b>WEEK 3</b>	rest	15km on a hilly course or hill session	15-20km steady pace	15km	10km easy pace	Time trial, parkrun or cross country race. 15km total including warm up and cool down	30km slow
<b>WEEK 4</b>	rest	15km on a hilly course or hill session	15-20km steady pace	15km	12km easy pace	15km at comfortable pace	40km slow
<b>WEEK 5</b>	rest	15km on a hilly course or hill session	15-20km steady pace	15km	10km easy pace	Time trial, parkrun or cross country race. 15km total including warm up and cool down	30km slow
<b>WEEK 6</b>	rest	15km on a hilly course or hill session	15-20km steady pace	15km	12km easy pace	15km. at a comfortable pace	50km slow

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 7	rest	15km on a hilly course or hill session	15-20km steady pace	15km	10km easy pace	Time trial, parkrun or cross country race. 15km total including warm up and cool down	30km slow
WEEK 8	rest	15km on a hilly course or hill session	15-20km steady pace	15km	12km easy pace	15km. at a comfortable pace	25km slow
WEEK 9	rest	15km on a hilly course or hill session	15km steady pace	12km hilly run	8km easy pace	Time trial, parkrun or cross country race. 12km total including warm up and cool down*	15km slow
WEEK 10	rest	8km light jog	5km light jog	rest	rest	rest	race

This is a sub 7:30-9:00 Bill Rowan training schedule for the Comrades. There is quite a difference in ability between a sub 8 hour runner and a 9 hour runner. So this is strictly a guide and a rough idea of how to train for a Bill Rowan medal. This is an 8-10 week programme which assumes you have been running steadily beforehand and have something of a foundation and training base. This is the hardest training phase and allows for an 8 week hard training phase followed by a two week taper to race day.

**Monday:** Most runners favour a rest day on a Monday following a long run.

**Tuesday:** Hilly route or closer to race day in late April, a specific hill training session running up a steep hill of 300-500 metres 5-8 times. Jog down to recover for a total of 15km or so.

**Wednesday:** The midweek longer run. Run this session at a brisk, even pace. Close to Comrades race pace (15-20 km).

**Thursday:** About 15 km at a steady pace.

**Friday:** 'Rest day'. One easy 10-12km run.

**Saturday:** Race day. Race a time trial, parkrun or cross country race every fortnight. This is the best session for being able to monitor your progress. As your times improve so your fitness level is improving. On the alternative Saturday run one easy 15-18km run\*. A PB or fast time in the last session is an extremely encouraging sign.

**Sunday:** Long SLOW run. This session is important for the time you spend on your legs not for the speed it is run. You will develop speed in other sessions. Alternate a long run each Sunday with an ultra-long run.

