

BILL ROWAN December Training Programme

brought to you by **RUNNER'S WORLD**



WEEK STARTING	M	T	W	T	F	S	S
07 DEC	REST	Easy 55min run	REST	Easy 50min run	REST	Easy 1hr run	Easy 1hr20 run
14 DEC	REST	Easy 1hr run	REST	Easy 55min run	REST	Easy 1hr05 run	Easy 1hr30 run
21 DEC	REST	20min easy + 5 or 8km TT	REST	Easy 1hr run	REST	Easy 1hr10 run	Easy 1hr40 run
28 DEC	REST	20min easy + 5 or 8km TT	REST	Easy 1hr05 run	REST	Easy 1hr15 run	Easy 1hr50 run



BILL ROWAN 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	35:30

Welcome to your first month of training for the world's greatest ultra marathon!

The focus in December is all about creating the habit. Make sure you get onto the road and do the runs: they lay the foundation for the months to come.

Don't be tempted to overdo it: being disciplined now will take off the pressure in January and February. Trust the process!

**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.*