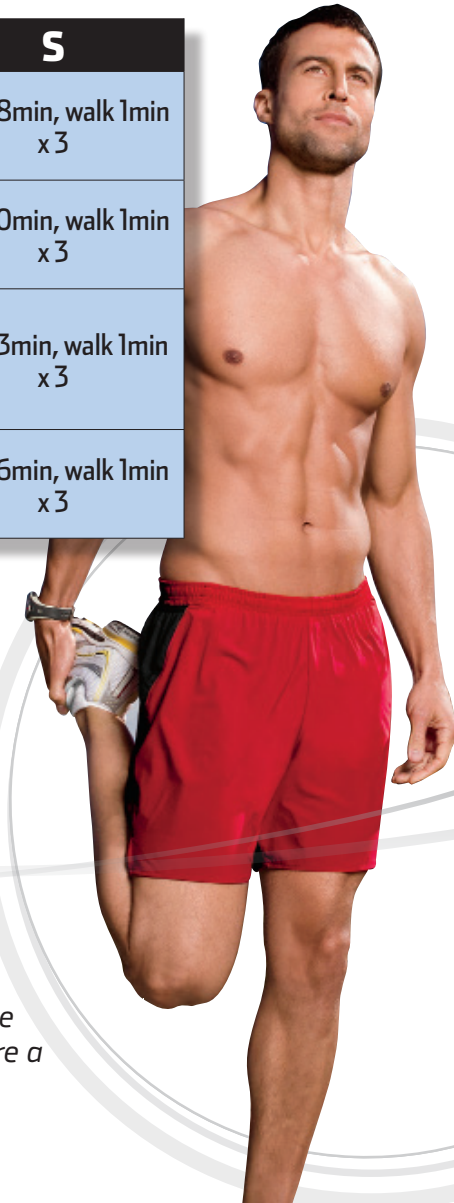


FINISHERS December Training Programme

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



WEEK STARTING	M	T	W	T	F	S	S
07 DEC	REST	Walk 5min easy; Jog 11min walk 1min x 4; Walk 5min	REST	Walk 5min easy; Jog 10min walk 1min x 4; Walk 5min	REST	Jog 22min, walk 2min x 3	Jog 28min, walk 1min x 3
14 DEC	REST	Walk 5min easy; Jog 12min walk 1min x 4; Walk 5min	REST	Walk 5min easy; Jog 11min walk 1min x 4; Walk 5min	REST	Jog 24min, walk 2min x 3	Jog 30min, walk 1min x 3
21 DEC	REST	5km Time trial, do this to the best of your ability, walk if you need to. DO NOT go 100% effort	REST	Walk 5min easy; Jog 12min walk 1min x 4; Walk 5min	REST	Jog 26min, walk 2min x 3	Jog 33min, walk 1min x 3
28 DEC	REST	Walk 5min easy; Jog 14min walk 1min x 4; Walk 5min	REST	Walk 5min easy; Jog 13min walk 1min x 4; Walk 5min	REST	Jog 28min, walk 2min x 3	Jog 36min, walk 1min x 3



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

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.*