

# BRONZE December Training Programme

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



WEEK STARTING	M	T	W	T	F	S	S
<b>07 DEC</b>	REST	Jog 50min easy, walking when needed	REST	Jog 50min easy walking when needed	REST	Jog 55min easy walking when needed	Run 1hr10 easy walking when needed
<b>14 DEC</b>	REST	Jog 55min easy, walking when needed	REST	Jog 55min easy walking when needed	REST	Jog 1hr easy walking when needed	Run 1hr20 easy walking when needed
<b>21 DEC</b>	REST	Jog 1hr easy walking when needed	REST	Jog 1hr easy walking when needed	REST	Jog 1hr05 easy walking when needed	Run 1hr30 easy walking when needed
<b>28 DEC</b>	REST	Jog 1hr easy walking when needed	5km Time Trial to be run hard but not at 100%	Jog 1hr easy walking when needed	REST	Jog 1hr10 easy walking when needed	Run 1hr40 easy walking when needed

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

**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.*

