THE ULTIMATE HUMAN RACE

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2013 Comrades Marathon

Bill Rowan Medal Programme

by Lindsey Parry – Official Coach of the Comrades Marathon

JANUARY TO JUNE 2013

It is 2013 and time for us to take proper aim at the Comrades. A reminder that it has been 2 years since the last UP run and we will therefore need to prepare physically for the challenge of COWIES HILL, FIELDS HILL and BOTHAS HILL, which all fall within the first 40km, and Inchunga, Umlaas Road and Polly Shortts in the second half. By preparing for this physical challenge you will also prepare mentally for the task that awaits you in the second half of the UP run.

The focus for the next 5 months will be to continue building on the foundation we created in 2012. If you are a Comrades Novice but have completed marathons in the past in close to 3:30 or can run a sub 1hr40 half marathon then this programme is for you. If you are a Novice and are not a regular runner then either follow the finishers programme under the training tab or keep checking the Comrades and Runners World website for the Bonitas Novice Project.

This programme is time based so people of more experience and greater running ability will get relatively more out of the programme and progress faster. Time based programmes also prevent you from settling on a route that you need to run faster every time you run that particular route. It is easier to maintain discipline and run easy on easy days. The aim is to be able to run a sub 3:30 marathon before Comrades.

Because you will employ a run walk strategy for your Qualifier, Long run and Comrades you need to incorporate this into your long runs. Very important to note about run walk strategy is that the walk is not a Sunday stroll but fast walking with purpose. It is a change in focus on the muscles not a “rest”.

Note that training days are interchangeable, if your club does hills, Time Trials or longer run on a different day or club long runs on a different day then you can change days around.

Lastly, even though the DOWN run had many challenging hills, the first 37km of the UP are physically and mentally draining so we will need to prepare for this with lots of time spent running hills.

Training Paces for 3:30 marathon:

Recovery:	5:50-6:20
Easy:	5:20-5:40
Long Runs:	5:20-6:00
Hill Repeats:	4:20-4:30

Time Trials:	
4km	16:50
5km	21:30
8km	35:30

Start at the slower end of the training paces, moving towards the faster end as you progress.

Please note that the Time Trial and training paces times are a guide.

Enjoy the training!
@LindseyParryZA

January 2013:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Jan		Easy 1hr15 Run	Easy 1hr Run	Easy 1hr Run	REST	Easy 1hr30 Run	2hrs10 LSD
7 Jan	REST	Easy 1hr15 Run	Easy 1hr05 Run	Easy 1hr Run	REST	Easy 1hr40 Run	2hrs20 LSD
14 Jan	REST	Easy 15min; 5km TT; Easy 10min	Easy 1hr10 Run	Easy 1hr Run	REST	Easy 1hr50 Run	2hrs45 LSD
21 Jan	REST	Easy 15min; 5km TT; Easy 10min	Easy 1hr Run	Easy 45min Run	REST	Easy 1hr30 run	2hrs10 LSD
28 Jan	REST	Easy 15min; 5km TT; Easy 10min	Easy 1hr15 Run	Easy 1hr Run			

February 2013:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Feb					REST	Easy 2hrs Run	3hrs LSD on hilly route
4 Feb	REST	Easy 20min; 8km TT; Easy 10min	Easy 1hr20 Run	Easy 1hr10 Run	REST	Easy 2hrs Run	3hrs15 LSD on hilly route
11 Feb	REST	Easy 20min; 8km TT; Easy 10min	Easy 1hr25 Run	Easy 1hr10 Run	REST	Easy 1hr30 Run	2hrs LSD
18 Feb	REST	Easy 40min Run	Easy 50min Run	Easy 40min Run	REST	Qualifier or REST	Qualifier or REST
25 Feb	REST	REST	REST	Easy 30min Run			

March 2013:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Mar					REST	Easy 1hr Run	1hr30 easy
4 Mar	REST	Easy 20min; 5x2min hill repeats; Easy 20min	Easy 1hr30 Run	Easy 1hr10 Run	REST	Easy 2hr Run	3hrs30 LSD on hilly route
11 Mar	REST	Easy 20min; 6x2min hill repeats; Easy 20min	Easy 1hr30 Run	Easy 1hr15 Run	REST	Easy 2hr Run	3hrs30 LSD on hilly route
18 Mar	REST	Easy 20min; 7x2min hill repeats; Easy 20min	Easy 1hr30 Run	Easy 1hr15 Run	REST	Easy 2hr Run	3hrs30 LSD on hilly route
25 Mar	REST	Easy 20min; 8km TT; Easy 10min	Easy 1hr Run	Easy 1hr Run	REST	Easy 1hr30 Run	2hrs30 LSD on hilly route

April 2013:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Apr	REST	Easy 20min; 8x2min hill repeats; Easy 20min	Easy 1hr30 Run	Easy 1hr20 Run	REST	Easy 2hr Run	3hrs45 LSD hilly route
8 Apr	REST	Easy 20min; 9x2min hill repeats; Easy 20min	Easy 1hr30 Run	Easy 1hr20 Run	REST	Easy 2hr Run	3hrs45 LSD hilly route
15 Apr	REST	Easy 20min; 10x2min hill repeats; Easy 20min	Easy 1hr30 Run	Easy 1hr20 Run	REST	Easy 2hr Run	3hrs45 LSD hilly route
22 Apr	REST	Easy 20min; 8km TT; Easy 10min	Easy 1hr Run	Easy 1hr Run	REST	Easy 40min Run	Long run
29 Apr	REST	Easy 1hr15 Run					

May 2013:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 May			Easy 1hr30 Run	Easy 1hr20 Run	REST	Easy 2hr Run	4hrs LSD on hilly route
6 May	REST	Easy 20min; 10x2min hill repeats; Easy 20min	Easy 1hr20 Run	Easy 1hr10 Run	REST	2hrs easy	3hrs LSD
13 May	REST	Easy 8min; 7x2min hill repeats; Easy 20min	Easy 1hr10 Run	Easy 1hr Run	REST	Easy 1hr30 Run	2hrs LSD
20 May	REST	Easy 20min; 5x2min hill repeats; Easy 20min	Easy 50min Run	Easy 45min Run	REST	Easy 1hr Run	Easy 1hr run
27May	REST	Easy 40min run	Easy 30min run	Easy 20min run	REST		

June 2013:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Jun						Easy 20min run	**Comrades Marathon Race Day**
3 Jun	REST	REST	REST	REST	REST	REST	REST
10 Jun	REST	REST	REST	REST	REST	REST	REST
17 Jun	REST	REST	REST	REST	REST	REST	REST

JULY TO DECEMBER 2012

July 2012 and it is only 11 months until the 2013 UP Comrades Marathon. The major challenges on the up run come in the form of COWIES HILL, FIELDS HILL and BOTHAS HILL which all fall within the first 40km of the UP run. After Half way you are face with Inchanga and Finally the mythical climb of Bothas Hill. There are also some un named climbs along the way. It is important to prepare physically for the challenge and in so doing also prepare for the psychological challenge of running
89 odd kilometers from Durban to Pietermaritzburg.

It is important to do some running in winter to lay a platform for spring and summer. For those of you who completed the 2012 down run you may find that the programme starts out a little slowly for you, you can do a bit more than what is on the programme but do not get too carried away, in the coming months less is more and the focus is on a improving your half marathon and marathon time. We focus on Comrades from December/January.

If this is your first attempt at Comrades but are a regular runner and can do a Half Marathon in 1hr45 then this is the place for you to start. If you are not a regular runner and have not run a half marathon before or are slower than 1hr45 then you need to follow the BRONZE programme, If you find your Time Trial times are closer to this programme, use the Bronze programme by asking me how to adapt it via the Comrades Coaches Forum. Essentially start out a little easier and build up a little slower to ensure you build up injury free.

This programme is time based so people of more experience and greater running ability will get relatively more out of the programme and progress faster. Time based programmes also prevent you from settling on a route that you need to run faster every time you run that particular route. It is easier to maintain discipline and run easy on easy days. The aim is to be able to run a sub 3:30 marathon before Comrades. As was the case in 2012, December will not be a rest month as it forms the first month of Comrades training.

Later in the program there is an option to rest on a Wednesday or to do an additional run set. You need to monitor your recovery: If you are in good shape, feel rested and ready for each workout then you can do the additional set. If however you are always feeling tired and struggling through workouts you need to keep that as a rest day. This is crucial; it is during recovery that we improve and get stronger, in the absence of recovery we get sick and injured.

Also note that training days are interchangeable, if your club has Time Trials (TT) on a Tuesday or Wednesday you can swap Thursday with one of these days.

Lastly, even though the DOWN run had many challenging hills, the first 37km of the UP are physically and mentally draining so we will need to prepare for this with lots of time spent running hills. Hill sessions are to be run hard but not flat out with a gentle recovery back to the bottom, long runs should ALWAYS contain hills, the longer the better, BUT you need to run them EASY.

Training Paces for 3:30 marathon:

Recovery:	5:50-6:20
Easy:	5:20-5:40
Long Runs:	5:20-6:00
Hill Repeats:	4:20-4:30

Time Trials:	
4km	16:50
5km	12:30
8km	35:30

Start at the slower end of the training paces and move towards the faster end as you progress through the coming months of training.

Enjoy the training!

July 2012:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 July	REST	Easy 40min run	REST	Easy 40min run	REST	Easy 45min run	Easy 40min run
9 July	REST	Easy 45min run	REST	Easy 45min run	REST	Easy 50min run	Easy 50min run
16 July	REST	Easy 50min run	REST	Easy 50min run	REST	Easy 55min run	Easy 1hr run
23 July	REST	Easy 40min run	REST	Easy 40min run	REST	Easy 45min run	Easy 50min run
30 July	REST	Easy 55min run					

August 2012:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Aug			REST	Easy 55min	REST	Easy 1hr run	Easy 1hr10 run
6 Aug	REST	Easy 55min run	REST	Easy 1hr run	REST	Easy 1hr run	Easy 1hr20 run
13 Aug	REST	Easy 1hr run	REST	Easy 1hr run	REST	Easy 1hr run	Easy 1hr30 run
20 Aug	REST	Easy 45min run	REST	Easy 45min run	REST	Easy 1hr run	Easy 1hr30 run
27 Aug	REST	Easy 1hr run	REST	Easy 1hr run	REST		

September 2012:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Sep						Easy 1hr run	Easy 1hr40 run
3 Sep	REST	Easy 20min; 6x2min hill repeats; Easy 20min	45min recovery run or REST	Easy 20min; 5 or 8km TT; Easy 10min	REST	Easy 1hr10 run	2hr long run
10 Sep	REST	Easy 20min; 6x2min hill repeats; Easy 20min	REST	Easy 20min; 5km TT; Easy 10min	REST	Easy 1hr run	2hr long run
17 Sep	REST	Easy 20min; 7x2min hill repeats; Easy 20min	45min recovery run or REST	Easy 20min; 5 or 8km TT; Easy 10min	REST	Easy 1hr15 run	2hr10 long run
24 Sep	REST	Easy 20min; 8x2min hill repeats; Easy 20min	45min recovery run or REST	Easy 20min; 5 or 8km TT; Easy 10min	REST	Easy 1hr20 run	2hr20 long run

October 2012:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Oct	REST	Easy 20min; 9x2min hill repeats; Easy 20min	50min recovery run or REST	Easy 20min; 5 or 8km TT; Easy 10min	REST	Easy 1hr25 run	2hr30 long run
8 Oct	REST	Easy 20min; 7x2min hill repeats; Easy 20min	50min recovery run or REST	Easy 20min; 5 or 8km TT; Easy 10min	REST	Easy 1hr30 run	2hr40 long run
15 Oct	REST	Easy 20min; 10x2min hill repeats; Easy 20min	REST	Easy 20min; 5km TT; Easy 10min	REST	Easy 1hr run	2hr50 long run
22 Oct	REST	Easy 20min; 10x2min hill repeats; Easy 20min	50min recovery run or REST	Easy 20min; 5 or 8km TT; Easy 10min	REST	Easy 1hr40 run	3hr long run
29 Oct	REST	20E; 10 x 2min hills; 20E	50min recovery run or REST				

November 2012:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Nov	REST	Easy 20min; 7x2min hill repeats; Easy 20min	REST	Easy 20min; 5km TT; Easy 10min	REST	Easy 1hr run	1hr15 long run
5 Nov	REST	Easy 20min; 3x2min hill repeats; Easy 20min	REST	20min easy running	REST	MARATHON or REST	MARATHON or REST
12 Nov	REST	REST	REST	REST	REST	REST	REST
19 Nov	REST	REST	REST	REST	REST	REST	REST
26 Nov	REST	Easy 40min run	REST	Easy 40min run	REST		

December 2012:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Dec						Easy 40min run	Easy 1hr run
3 Dec	REST	Easy 50min run	REST	Easy 50min run	REST	Easy 1hr run	Easy 1hr run
10 Dec	REST	Easy 20min; 6x2min hill repeats; Easy 20min	REST	Easy 20min; 5 or 8km TT; Easy 10min	REST	Easy 1hr10 run	1hr30 long run
17 Dec	REST	Easy 20min; 8x2min hill repeats; Easy 20min	REST	Easy 20min; 5 or 8km TT; Easy 10min	REST	Easy 1hr20 run	1hr45 long run
24 Dec	REST	Merry Christmas!!	REST	Easy 1hr run	REST	Easy 1hr run	Easy 2hr run
31 Dec	Old Years eve 10km						