THE ULTIMATE HUMAN RACE

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2013 Comrades Marathon

Finishers Training Programme

by Lindsey Parry – Official Coach of the Comrades Marathon

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.

The focus for the rest of this year will be on building you up to running consistently and regularly. 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 2hrs20 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 2hrs20 then you need to look at a beginners programme, use this 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 5:00 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.

Because you will employ a run walk strategy for your Qualifier, Long run and Comrades we will use this strategy in training. Very important to note about using a 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 hill training 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. 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 a 2:20 half marathon:

Recovery:	8:00-8:15
Easy:	7:20-7:40
Long Runs:	7:20-8:00

Time Trials:

4km	23:45
5km	30:15
8km	50:00

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

Please note that if you cannot run the Time Trial times this does not mean you are not capable of a 2hr20 half Marathon. These are guidelines so there is some room either side.

Enjoy the training!

July 2012:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 July	REST	Walk 5min easy; Jog 5min walk 1min x 4	REST	Walk 5min easy; Jog 3min walk 2 min x 4	REST	Walk 5min easy; Jog 9min walk 1min x 4	Walk 5min easy; Jog 5min walk 1min x 4
9 July	REST	Walk 5min easy; Jog 5min walk 1min x 5	REST	Walk 5min easy; Jog 3min walk 2min x 5	REST	Walk 5min easy; Jog 9min walk 1min x 5	Walk 5min easy; Jog 5min walk 1min x 5
16 July	REST	Walk 5min easy; Jog 5min walk 1min x 6	REST	Walk 5min easy; Jog 3min walk 2min x 6	REST	Walk 5min easy; Jog 9min walk 1min x 6	Walk 5min easy; Jog 5min walk 1min x 6
23 July	REST	Walk 5min easy; Jog 5min walk 1min x 6	REST	Walk 5min easy; Jog 3min walk 2min x 7	REST	Walk 5min easy; Jog 9min walk 1min x 6	Walk 5min easy; Jog 5min walk 1min x 6
30 July	REST	Walk 5min easy; Jog 5min walk 1min x 7					

August 2012:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Aug			REST	Walk 5min easy; Jog 3min walk 2min x 8	REST	Walk 5min easy; Jog 15min walk 1min x 4	Walk 5min easy; Jog 9min walk 1min x 5
6 Aug	REST	Walk 5min easy; Jog 9min walk 1min x 4	REST	Walk 5min easy; Jog 9min walk 1min x 4	REST	Walk 5min easy; Jog 15min walk 1min x 5	Walk 5min easy; Jog 9min walk 1min x 6
13 Aug	REST	Walk 5min easy; Jog 9min walk 1min x 5	REST	Walk 5min easy; Jog 9min walk 1min x 5	REST	Walk 5min easy; Jog 20min walk 1min x 4	Walk 5min easy; Jog 9min walk 1min x 6
20 Aug	REST	Walk 5min easy; Jog 9min walk 1min x 6	REST	Walk 5min easy; Jog 9min walk 1min x 6	REST	Walk 5min easy; Jog 24min walk 1min x 4	Walk 5min easy; Jog 9min walk 1min x 6
27 Aug	REST	Walk 5min easy; Jog 15min walk 1min x 3	REST	Walk 5min easy; Jog 15min walk 1min x 3	REST		

September 2012:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Sep						Walk 5min easy; Jog 28min walk 1min x 4	Walk 5min easy; Jog 15min walk 1min x 4
3 Sep	REST	Walk 5min easy; Jog 15min walk 1min x 4	REST	Walk 5min easy; Jog 15min walk 1min x 4	REST	Walk 5min easy; Jog 29min walk 1min x 4	Walk 5min easy; Jog 15min walk 1min x 4
10 Sep	REST	Walk 5min easy; Jog 15min walk 1min x 4	REST	Walk 5min easy; Jog 15min walk 1min x 4	REST	Walk 5min easy; Jog 32min walk 1min x 4	Walk 5min easy; Jog 15min walk 1min x 4
17 Sep	REST	Walk 5min easy; Jog 15min walk 1min x 4	5km Time trial, do this to the best of your ability, walk if you need to. DO NOT go 100% effort	Walk 5min easy; Jog 15min walk 1min x 4	REST	Walk 5min easy; Jog 35min walk 1min x 4	Walk 5min easy; Jog 15min walk 1min x 4
24 Sep	REST	Walk 5min easy; Jog 15min walk 1min x 4	REST	Walk 5min easy; Jog 15min walk 1min x 4	REST	Walk 5min easy; Jog 44min walk 1min x 3	Walk 5min easy; Jog 20min walk 1min x 3

October 2012:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Oct	REST	Walk 5min easy; Jog 20min walk 1min x 3; Walk 5min	REST	Walk 5min easy; Jog 20min walk 1min x 3; Walk 5min	REST	Walk 5min easy; Jog 44min walk 1min x 3	Walk 5min easy; Jog 20min walk 1min x 3
8 Oct	REST	Walk 5min easy; Jog 20min walk 1min x 3; Walk 5min	REST	Walk 5min easy; Jog 20min walk 1min x 3; Walk 5min	REST	Walk 5min easy; Jog 49min walk 1min x 3	Walk 5min easy; Jog 20min walk 1min x 3
15 Oct	REST	Walk 5min easy; Jog 20min walk 1min x 4; Walk 5min	REST	Walk 5min easy; Jog 20min walk 1min x 4; Walk 5min	REST	Walk 5min easy; Jog 35min walk 1min x 4	Walk 5min easy; Jog 20min walk 1min x 2
22 Oct	REST	Walk 5min easy; Jog 20min walk 1min x 4; Walk 5min	5km Time trial, do this to the best of your ability, walk if you need to. DO NOT go 100% effort	Walk 5min easy; Jog 20min walk 1min x 4; Walk 5min	REST	21km Race Or REST	21km Race Or REST
29 Oct	REST	REST	REST				

November 2012:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Nov				REST	REST	REST	REST
5 Nov	REST	REST	REST	REST	REST	REST	REST
12 Nov	REST	Walk 5min easy; Jog 20min walk 1min x 2; Walk 5min	REST	Walk 5min easy; Jog 20min walk 1min x 2; Walk 5min	REST	Walk 5min easy; Jog 29min walk 1min x 2	Walk 5min easy; Jog 20min walk 1min x 2
19 Nov	REST	Walk 5min easy; Jog 20min walk 1min x 2; Walk 5min	REST	Walk 5min easy; Jog 20min walk 1min x 2; Walk 5min	REST	Walk 5min easy; Jog 29min walk 1min x 2	Walk 5min easy; Jog 20min walk 1min x 2
26 Nov	REST	Walk 5min easy; Jog 20min walk 1min x 3; Walk 5min	REST	Walk 5min easy; Jog 20min walk 1min x 3; Walk 5min	REST		

December 2012:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Dec						Walk 5min easy; Jog 29min walk 1min x 3	Walk 5min easy; Jog 20min walk 1min x 3
3 Dec	REST	Walk 5min easy; Jog 30min walk 1min x 2; Walk 5min	REST	Walk 5min easy; Jog 30min walk 1min x 2; Walk 5min	REST	Walk 5min easy; Jog 44min walk 1min x 3	Walk 5min easy; Jog 20min walk 1min x 4; Walk 5min
10 Dec	REST	Walk 5min easy; Jog 35min walk 1min x 2; Walk 5min	REST	Walk 5min easy; Jog 35min walk 1min x 2; Walk 5min	REST	Walk 5min easy; Jog 49min walk 1min x 3	Walk 5min easy; Jog 20min walk 1min x 4; Walk 5min
17 Dec	REST	Walk 5min easy; Jog 35min walk 1min x 2; Walk 5min	REST	Walk 5min easy; Jog 35min walk 1min x 2; Walk 5min	REST	Walk 5min easy; Jog 60min walk 1min x 2	Walk 5min easy; Jog 20min walk 1min x 4; Walk 5min
24 Dec	REST	Merry Christmas!!!	REST	Walk 5min easy; Jog 35min walk 1min x 2; Walk 5min	REST	Walk 5min easy; jog 2hrs10 walking 1min every 9km.	Walk 5min easy; Jog 20min walk 1min x 4; Walk 5min
31 Dec	Old Years Eve 10km						