THE ULTIMATE HUMAN RACE

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2013 Comrades Marathon

Bronze 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 Inchanga, Umlaas Road and Polly Shortts in the second half.

The focus for the next 5 months will be to continue building on the foundation we created in 2012. If this is your first attempt at Comrades but you are a regular runner and can do a Half Marathon in 2hrs05min 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 2hrs05min then follow the finishers programme available on the Comrades website and keep checking the Comrades and Runners World site for details of the Bonitas Novice Project. The Bonitas Novice Project will start you off a little easier and give you a better chance of building 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 running on easy running days. The aim is to be able to run a sub 4:25 marathon before Comrades.

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 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 a hilly route 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 Sub 4:25 Marathon:

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	45:30

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

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

Enjoy the training!
@LindseyParryZA

January 2013:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Jan		50min easy running	REST	50min easy running	REST	1hr15 easy running	2hrs15 easy running
7 Jan	REST	55min easy running	REST	1hr easy running	REST	1hr20 easy running	2hrs30 easy running
14 Jan	REST	1hr easy running	REST	1hr10 easy running	REST	1hr30 easy running	2hrs45 easy running
21 Jan	REST	45min easy running	REST	50min easy running	REST	1hr40 easy running	3hrs easy running
28 Jan	REST	15min easy running; 5x2min hill repeats with slow jog recovery;15min easy running	REST	1hr20min easy running			

February 2013:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Feb					REST	1hr50 easy running	3hrs15 easy running
4 Feb	REST	15min easy running;6x2min hill repeats with slow jog recovery;15min easy running	REST	1hr20 easy running	REST	2hrs easy running	3hrs30 easy running
11 Feb	REST	15min easy running;7x2min hill repeats with slow jog recovery;15min easy running	REST	1hr20 easy running	REST	1hr30 easy running	2hrs easy running
18 Feb	REST	1hr easy running	REST	45min easy running	REST	Qualifier or REST	Qualifier or REST
25 Feb	REST	REST	REST	30min easy running			

March 2013:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Mar					REST	45min easy running	1hr easy running
4 Mar	REST	1hr easy running	REST	1hr20 easy running	REST	1hr30 easy running	2 hrs30 easy running
11 Mar	REST	15min easy running;7x2min hill repeats with slow jog recovery;15min easy running	REST	1hr20 easy running	REST	2hrs easy running	3hrs easy running
18 Mar	REST	15min easy running;8x2min hill repeats with slow jog recovery;15min easy running	REST	1hr20 easy running running	REST	2hrs easy running	3hrs30 on hilly route
25 mar	REST	15min easy running;8x2min hill repeats with slow jog recovery;15min easy running	REST	20min easy running; 5km Time Trial; 20min easy running	REST	2hrs easy running	3hrs45 on hilly route

April 2013:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Apr	REST	15min easy running; 8km Time Trial; 10min easy running	REST	50min easy running	REST	90min easy running	3hrs on hilly route
8 Apr	REST	15min easy running;8x2min hill repeats with slow jog recovery;15min easy running	REST	1hr20 easy running	REST	2hrs easy running	4hrs on hilly route
15 Apr	REST	15min easy running; 8km Time Trial; 10min easy running	REST	1hr20 easy running	REST	2hrs easy running	3hrs easy running
22 Apr	REST	15min easy running;4x2min hill repeats with slow jog recovery;15min easy running	REST	1hr20 easy running	REST	55-60km long run or REST	55-60km long run or REST
29 Apr	REST	45min easy running if you are not sore					

May 2013:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 May			REST	45min easy running	REST	90min easy running	2hrs easy running
6 May	REST	15min easy running;8x2min hill repeats with slow jog recovery;15min easy running	REST	1hr20 easy running	REST	2hrs easy running	3hrs30 on hilly route
13 May	REST	15min easy running; 8km Time Trial; 10min easy running	REST	1hr20 easy running	REST	1hr30 easy running	2hrs30 easy running
20 May	REST	15min easy running; 8km Time Trial; 10min easy running	REST	1hr easy running	REST	1hr easy running	1hr30 easy running
27May	REST	30min easy running	REST	20min easy running	REST	10min easy running	

June 2013:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Jun							**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 2hrs 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 2hrs then you need to follow the FINISHERS programme, If you find your Time Trial times are closer to this programme, use the finishers 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 4:30 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.

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 3:05 32km:

Recovery:	6:50-7:15
Easy:	6:20-6:40
Long Runs:	6:20-6:55
Hill Repeats:	5:10-5:20

Time Trials:	
4km	20:20
5km	26:00
8km	42:45

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	Walk 5min easy; Jog 30min easy; Walk 5min	REST	Walk 5min easy; Jog 30min easy; Walk 5min	REST	Walk 5min easy; Jog 30min easy; Walk 5min	Walk 5min easy; Jog 35min easy; Walk 5min
9 July	REST	Walk 5min easy; Jog 30min easy; Walk 5min	REST	Walk 5min easy; Jog 30min easy; Walk 5min	REST	Walk 5min easy; Jog 35min easy; Walk 5min	Walk 5min easy; Jog 40min easy; Walk 5min
16 July	REST	Walk 5min easy; Jog 35min easy; Walk 5min	REST	Walk 5min easy; Jog 35min easy; Walk 5min	REST	Walk 5min easy; Jog 40min easy; Walk 5min	Walk 5min easy; Jog 45min easy; Walk 5min
23 July	REST	Walk 5min easy; Jog 30min easy; Walk 5min	REST	Walk 5min easy; Jog 30min easy; Walk 5min	REST	Walk 5min easy; Jog 30min easy; Walk 5min	Walk 5min easy; Jog 40min easy; Walk 5min
30 July	REST	Walk 5min easy; Jog 35min easy; Walk 5min					

August 2012:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Aug			REST	Walk 5min easy; Jog 40min easy; Walk 5min	REST	Walk 5min easy; Jog 45min easy; Walk 5min	Walk 5min easy; Jog 50min easy; Walk 5min
6 Aug	REST	Walk 5min easy; Jog 40min easy; Walk 5min	REST	Walk 5min easy; Jog 45min easy; Walk 5min	REST	Walk 5min easy; Jog 50min easy; Walk 5min	Run 55min easy, walking 1min every 9km
13 Aug	REST	Walk 5min easy; Jog 40min easy; Walk 5min	REST	Walk 5min easy; Jog 50min easy; Walk 5min	REST	Walk 5min easy; Jog 55min easy; Walk 5min	Run 1hr easy, walking 1min every 9km
	Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
20 Aug	REST	Walk 5min easy; Jog 35min easy; Walk 5min	REST	Walk 5min easy; Jog 40min easy; Walk 5min	REST	Walk 5min easy; Jog 45min easy; Walk 5min	Run 50min easy, walking 1min every 9km
27 Aug	REST	Walk 5min easy; Jog 45min easy; Walk 5min	REST	Walk 5min easy; Jog 55min easy; Walk 5min	REST		

September 2012:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Sep						Run 1hr easy walk when needed	Run 1hr05 easy walking 1min every 9km
3 Sep	REST	Walk 5min easy; Jog 50min easy; Walk 5min	REST	Run 1hr easy walk when needed	REST	Run 1hr05 easy walk when needed	Run 1hr10 easy walking when needed
10 Sep	REST	Walk 5min easy; Jog 55min easy	REST	Run 1hr easy walk when needed	REST	Run 1hr10 easy walk when needed	Run 1hr20 easy walking when needed
17 Sep	REST	Walk 5min easy; Jog 45min easy	REST	Run 45min easy walk when needed	REST	Run 1hr easy walk when needed	Run 1hr15 easy walking when needed
24 Sep	REST	Run 1hr easy walk when needed	5km Time Trial to be run hard but not at 100%	Run 1hr easy walk when needed	REST	Run 1hr15 easy walk when needed	Run 1hr30 easy walking when needed

October 2012:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Oct	REST	Run 1hr easy walk when needed	REST	Run 1hr easy walk when needed	REST	Run 1hr20 easy walk when needed	Run 1hr40 easy walking when needed
8 Oct	REST	Run 10min easy; 3x2min hills; 10min easy	REST	Run 1hr easy walk when needed	REST	Run 1hr30 easy walk when needed	Run 1hr50 easy walking when needed
15 Oct	REST	Run 10min easy; 3x2min hills; 10min easy	REST	Run 50min easy walk when needed	REST	Run 1hr easy walk when needed	Run 1hr30 easy walking when needed
22 Oct	REST	Run 10min easy; 4x2min hills; 10min easy	REST	Run 1hr easy walk when needed	REST	Run 1hr30 easy walk when needed	2hr long run walking when needed
29 Oct	REST	Run 10min easy; 5x2min hills; 10min easy	REST				

November 2012:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Nov				Run 1hr easy walk when needed	REST	Run 1hr30 easy walk when needed	2hr15 long run walking when needed
5 Nov	REST	Run 10min easy; 7x2min hills; 10min easy	REST	Run 55min easy walk when needed	REST	Run 1hr30 easy walk when needed	2hr30 long run walking when needed
12 Nov	REST	Run 10min easy; 6x2min hills; 10min easy	REST	Run 1hr easy walk when needed	REST	Run 1hr easy walk when needed	1hr15 long run walking when needed
19 Nov	REST	Run 10min easy; 3x2min hills; 10min easy	REST	Run 30min easy walk when needed	REST	Run 20min easy	21-32km Race
26 Nov	REST	REST	REST	REST	REST		

December 2012:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Dec						REST	REST
3 Dec	REST	REST	REST	REST	REST	REST	REST
10 Dec	REST	Walk 5min easy; Jog 30min easy; Walk 5min	REST	Walk 5min easy; Jog 40min easy; Walk 5min	REST	Walk 5min easy; Jog 50min easy; Walk 5min	1hr long run, walking when needed
17 Dec	REST	Walk 5min easy; Jog 40min easy; Walk 5min	REST	Walk 5min easy; Jog 50min easy; Walk 5min	REST	1hr long run, walking when needed	1hr30 long run, walking when needed
24 Dec	REST	Merry Christmas!!	Walk 5min easy; Jog 40min easy; Walk 5min	Run 1hr easy	REST	1hr15 long run, walking when needed	1hr30 long run, walking when needed
31 Dec	Old Years Eve 10km						