THE ULTIMATE HUMAN RACE

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2013 Comrades Marathon

Silver 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 of the UP run. 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 3:00 or can run a sub 1hr25 half marathon then this programme is for you. If you are a Novice and are a regular runner then check out the Bill Rowan and Bronze Programmes. If you are not a regular runner, either follow the finishers programme under the training tab or keep checking the Comrades 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 3:00 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.

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.

If you feel you need to know what mileage to do, long runs are based on 5min/km.

Training Paces for 3:00 marathon:

Recovery:	5:15-5:40
Easy:	4:30-5:10
Long Runs:	4:30-5:20
Hill Repeats:	500m in 1:50-2:00
	1000’s : 3:30-3:45
Time Trials:	
8km	30:15

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 doomed to failure. These are guidelines.

Enjoy the training!
@LindseyParryZA

January 2013:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Jan		1hr easy	1hr20 easy	1hr easy	REST	1hr30 easy	2hrs easy
7 Jan	1hr easy	1hr10 easy	1hr25 easy	1hr easy	REST	1hr40 easy	2hrs15 easy
14 Jan	1hr easy	1hr20 easy	1hr30 easy	20min easy; 8km TT; 20min easy	REST	1hr50 easy	2hrs30 easy
21 Jan	50min easy	1hr easy	1hr15 easy	20min easy; 8km TT; 20min easy	REST	1hr30 easy	2hrs easy
28 Jan	1hr easy	1hr20 easy	1hr35 easy	20min easy; 6x1000m with 1:30 rest; 10min easy			

February 2013:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Feb					REST	2hrs easy	2hrs30 on hilly route
4 Feb	1h15r easy	1hr20 easy	1hr40 easy	20min easy; 7x1000m with 1:30 rest; 10min easy	REST	2hrs easy	2hrs45 on hilly route
11 Feb	1hr15 easy	1hr20 easy	1hr45 easy	20min easy; 8x1000m with 1:30 rest; 10min easy	REST	90min easy	90min easy
18 Feb	40min easy	45min easy	30min easy	40min easy running	REST	Qualifier or REST	Qualifier or REST
25 Feb	REST	REST	REST	30min easy			

March 2013:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Mar				45min easy	REST	1hr easy	1hr30 easy
4 Mar	1hr15 easy	1hr20 easy	1hr30 easy	1hr easy	REST	2hrs easy	3hrs on hilly route
11 Mar	1hr15 easy	1hr20 easy	1hr45 easy	20min easy; 8x2min hills; 10min easy	REST	2hrs easy	3hrs15 on hilly route
18 Mar	1hr15 easy	1hr20 easy	1hr45 easy	20min easy; 10x2min; 10min easy	REST	2hrs easy	3hr30 on hilly route
25 mar	1hr easy	1hr easy	1hr15 easy	20min easy; 8km TT; 20min easy	REST	1hr30 easy	2hrs easy

April 2013:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Apr	1hr15 easy	1hr20 easy	1hr45 easy	20min easy; 12x2min; 10min easy	REST	2hrs easy	3hrs30 on hilly route
8 Apr	1hr15 easy	1hr20 easy	1hr45 easy	20min easy; 12x2min; 10min easy	REST	2hrs easy	3hrs30 on hilly route
15 Apr	1hr15 easy	1hr20 easy	1hr45 easy	20min easy; 12x2min; 10min easy	REST	2hrs easy	3hrs30 on hilly route
22 Apr	1hr easy	1hr easy	1hr15 easy	1hr easy running	REST	60km long run or REST	60km Long run or REST
29 Apr	REST	45min easy					

May 2013:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 May			1hr easy	20min easy; 8km TT; 20min easy	REST	1hr30 easy	2hrs easy
6 May	1hr15 easy	1hr20 easy	1hr45 easy	20min easy; 12x2min; 10min easy	REST	1hr45 easy	3hrs easy
13 May	1hr15 easy	1hr20 easy	1hr45 easy	20min easy; 8km TT; 20min easy	REST	1hr30 easy	2hrs30 easy
20 May	45min easy	40min easy	50min easy	15min easy; 5km TT – NOT FLAT OUT; 10min easy	REST	1hr easy	1hr30 easy
27May	30min easy	20min easy	25min easy	20min easy	REST	10min easy	

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 kilometers from Durban to Pietermaritzburg.

The focus for the rest of this year will be on improving your speed and building up strength, while getting you used to running the bigger mileages you will need to do next year for a Silver Comrades. 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 in December.

If this is your first attempt at Comrades but are a regular runner and can do a Half Marathon in 1hr30min 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 1h30min then rather start on the Bill Rowan or Bronze programme which will start out gentler and allow you to build up without injury.

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 close to a sub 3:00 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.

As the programme progresses you may be tempted to skip the rest day on a Sunday. 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. Or if you prefer long runs on a Sunday you can swap Saturday and Sunday.

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 3:00 marathon:

Recovery:	5:15-5:40
Easy:	4:30-5:10
Long Runs:	4:30-5:20
Hill Repeats:	500m in 1:50-2:00
400's:	76-80sec
1000's:	3:30-3:45

Time Trials:	
8km	30:15

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:

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 July	45min easy running	45min easy running	45min easy running	45min easy running	REST	45min easy running	REST
9 July	50min easy running	50min easy running	50min easy running	50min easy running	REST	1hr easy running	REST
16 July	55min easy running	55min easy running	55min easy running	55min easy running	REST	1hr10 easy running	REST
23 July	45min easy running	45min easy running	45min easy running	45min easy running	REST	1hr easy running	REST
30 July	1hr easy running	1hr easy running					

August 2012:

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Aug			1hr10 easy running	1hr easy running	REST	1hr20 easy running	REST
6 Aug	1hr05 easy running	20min easy; 10min Tempo; 10min easy	1hr20 easy running	1hr05 easy running	REST	1hr30 easy running	REST
13 Aug	1hr10 easy running	20min easy; 15min Tempo; 10min easy	1hr30 easy running	1hr10 easy running	REST	1hr45 easy running	REST
20 Aug	1hr easy running	TT – 5km: Flat out	1hr15 easy running	1hr easy running	REST	1hr easy running or 10km Race	REST
27 Aug	1hr15 easy running	20min easy; 5x2min hills; 10min easy	1hr40 easy running	1hr15 easy running	REST		

September 2012:

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Sep						2hrs easy running	REST
3 Sep	1hr15 easy running	20min easy; 6x2min hills; 10min easy	1hr50 easy running	1hr20 easy running	REST	2hrs15 easy running	REST
10 Sep	1hr15 easy running	20min easy; 7x2min hills; 10min easy	2hrs easy running	1hr20 easy running	REST	2hrs30 easy running	REST
17 Sep	1hr easy running	TT – 8km: Flat out	1hr15min easy running	1hr easy running	REST	2hrs easy running	REST
24 Sep	1hr15 easy running	20min easy; 8x2min hills; 10min easy	2hrs easy running	1hr20 easy running	REST	2hrs45 easy running	REST

October 2012:

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Oct	1hr15 easy running	20min easy; 9x2min hills; 10min easy	2hrs easy running	1hr20 easy running	REST	3hrs easy running	REST
8 Oct	1hr15 easy running	20min easy; 10x2min hills; 10min easy	2hrs easy running	1hr20 easy running	REST	3hrs15 easy running	REST
15 Oct	1hr15 easy running	20min easy; 7 x1000m; 10min easy	2hrs easy running	1hr20 easy running	REST	3hrs30 easy running	REST
22 Oct	1hr easy running	TT – 3-8km: Flat out	1hr30 easy running	1hr easy running	REST	2hrs easy running	REST
29 Oct	1hr15 easy running	20min easy; 8x1000m; 10min easy	2hrs easy running				

November 2012:

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Nov				1hr20 easy running	REST	3hrs30 easy running	REST
5 Nov	1hr15 easy running	20min easy; 10x1000m; 10min easy	2hrs easy running	1hr20 easy running	REST	3hrs easy running	REST
12 Nov	1hr15 easy running	TT – 3-8km: Flat out	1hr30 easy	1hr easy running	REST	2hrs30 easy running	REST
19 Nov	1hr easy running	20min easy; 4x1000m; 10min easy	1hr easy	50min easy running	REST	1hrs30 easy running	REST
26 Nov	45min easy running	40min easy running	30min easy	20min easy running	15min easy running with 5x30sec pick ups		

December 2012:

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Dec						Marathon	REST
3 Dec	REST	REST	REST	REST	REST	REST	REST
10 Dec	REST	REST	REST	REST	REST	REST	REST
17 Dec	40min easy running	REST	40min easy running	30min easy running	REST	50min easy Running	REST
24 Dec	45min easy running	Merry Christmas!!	1hr easy running	1hr easy running	REST	1hrs30 easy running	REST
31 Dec	Old Years Eve 10km						