



Comrades 2022 Bronze Medal Programme by Lindsey Parry – Official coach of the Comrades Marathon Association:

Our goals for 2022 are 3-fold: 1) to continue to improve your consistency and capacity to do work 2) Make you a stronger and faster runner 3) to qualify with a sub 4:25 Marathon.

On the way to achieving the sub 4:25 Marathon we will look to break the following times:

5km:	27:00
8km:	44:45
10km:	56:15
15km:	1:27:15
21.1km:	2:05:30
20 Miles/32km:	3:17:30

Moving the qualifier forward slightly means we can get into a better training groove early in 2022, opening the door to either improving your speed a bit more or doing another qualifier if necessary. Particularly with Comrades falling on the 28 August in 2022.

For the 2022 Comrades, I have also considered the stats, kindly provided to me by Mark Dowdeswell and Comrades to plan the programme. The main changes will be seen in June to Aug 2022, and to plan the pacing charts.

69% of **D** (sub 4hrs) Batch Starters finish the race under 11:00 hours, while 36.46 of **F** (sub 4:20) Batch starters receive a Bronze Medal. The degree of difficulty increases because D Batches take on average 3min18sec to cross the start line and F batches take 5min35sec.

Training for a Bronze and getting a Sub 4:25 Marathon are therefore no Guarantee for achieving a Bronze finish. Based on my experience and discussions with runners who were not successful in past years, I have come up with a few possible reasons for this.

Your Bronze is at risk if your Sub 4:25 was:

- Achieved at Sea Level (4:17)
- Achieved on a downhill course (4:12)
- Achieved in temperatures lower than 19 degrees Celsius (4:16)
- You do not follow a very strict, conservative race plan (4:15)
- It is compounded by combing 2 or more of these factors (4:07)

(In brackets, I have put down what I believe to be more appropriate times in these conditions)

Who should follow this programme?

- Comrades' finishers who have run sub 11hrs
- Comrades Novices who can run a half Marathon in sub 2hr10
- Comrades Novices who have come close to/or have broken 4hrs30 for a Marathon

If you do not fall into these categories, then read through the introduction to the other programme options to select the appropriate programme. **DO NOT** follow this programme thinking that the extra mileage will guarantee a finish. The biggest single threat to you finishing Comrades is getting injured, place a premium on recovery and ensuring this through following the appropriately designed programme for you.

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 do it. It is

easier to maintain discipline and run easy on the easy days. I must again emphasise here that being injury free and consistent in your training is the key to a successful race, easy days are there to ensure full recovery so you can get the most out of every day's training.

There are recovery weeks built into the programme every 4 weeks, do not be tempted to do more as this will only compromise you later in the programme, leading to injury, illness and under performance in goal races.

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.

If you did not run Comrades and have been training consistently for several weeks already, you can adapt this programme to focus on races in September and October.

For the dates of races in your area you can go to www.runnersguide.co.za for a full fixture list.

In closing, the down run offers a unique challenge in terms of the eccentric load (Pounding). It is therefore highly recommended that you start following a strength programme now to ensure your legs are very strong come 10 June 2022.

Training Paces:

Easy (E): 6:20-6:45/km
 Long (L): 6:25-7:00/km
 Recovery (rec): 6:50-7:20/km
 Hills: 5:25-5:30/km
 800m:
 RP: 6:23/km

These paces area guide for someone who is training for a 4hr25 Marathon, aim to run at or around these paces taking note of how easily you recover.

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Enjoy the training!

March 2022:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 Mar	REST	45min E	REST	45min	REST	45min E	1hr30 L
14 Mar	REST	55min E	REST	1hr E	REST	1hr E	2hrs L
21 Mar	REST	1hr E	REST	1hr05 E	REST	1hr E	2hrs20 L
28 Mar	REST	1hr E	REST	1hr10 E			

- Walk when needed on long runs

April 2022:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Apr					REST	1hr10 E	2hrs40 L
4 Apr	REST	10min E; 5km TT; 10min E	REST	1hr20 E	REST	1hr E	2hrs L
11 Apr	REST	15min E; 5x2min hill repeats with slow jog recovery; 15min E	REST	1hr20 E	REST	1hr20 E	3hrs L
18 Apr	REST	10min E; 8km TT; 10min E	REST	1hr20 E	REST	1hr30 L	3hrs30 L
25 Apr	REST	15min E; 6x2min hill	REST	30min E	REST	1hr40 E	

		repeats with slow jog recovery;15min E					
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- **Walk when needed on long runs**

May 2022:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 May							2hrs L
2 May	REST	45min E run	REST	30min E	REST	20min E	Last hard Marathon IF NECESSARY
9 May	REST	REST	REST	45min E	REST	1hr E	
16 May	REST	15min E;8x2min hill repeats with slow jog recovery;15min E	REST	1hr20 E	REST	1hr50 L	3hrs L
23 May	REST	15min E;8x2min hill repeats with slow jog recovery;15min E	REST	1hr20 E	REST	Training Marathon	REST
30 May	REST	REST					

- **Walk when needed on long runs**

June 2022:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Jun			30min E	45min E	REST	1hr E	2hrs E
6 Jun	REST	10min E; 8km TT; 10min E	REST	1hr40 L	REST	2hrs L	2hrs L
13 Jun	REST	15min E; 8x2min hill repeats with slow jog recovery;15min E	REST	1hr E	REST	2hrs L	3hrs L
20 Jun	REST	45min E	REST	1hr E	REST	45-50km L run	REST
27 Jun	REST	REST	REST	1hr E run			

- **Walk when needed on long runs**

July 2022:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Jul					REST	2hrs L	2hrs L
4 Jul	REST	10min E; 8km TT; 10min E	REST	1hr E	REST	2hrs L	3hrs30 L
11 Jul	REST	10min E; 8km TT; 10min E	REST	2hrs L	REST	2hrs L	4hrs L
18 Jul	REST	10min E; 8km TT; 10min E	REST	45min E	REST	15min E	50-55km Long Run
25 Jul	REST	30min E	REST	1hr E run	REST	2hrs L	4hrs L

- **Walk when needed on long runs**

Aug 2022:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Aug	REST	10min E; 8km TT; 10min E	REST	2hrs L	REST	1hr30 L	3hrs L
8 Aug	REST	10min E; 8km TT; 10min E	REST	1hr30 L	REST	1hr30 L	2hrs L
15 Aug	REST	10min E; 5km TT; 10min E	REST	1hr E	REST	1hr E	1hr E
22 Aug	REST	30min E	REST	20min E	REST	10min E	COMRADES

