

**Comrades 2023 Finishers Programme by Lindsey Parry – Official coach of the Comrades Marathon Association:**

Part 2 of your Comrades Journey starts now. Some of you may have been ready to run a marathon between October and December 2022, while many of you are still needing to qualify. The principles of this programme remain the same, to finish Comrades you must build up slowly, become consistent and remain healthy/injury free.

The eccentric load (pounding) on your legs is extremely high, to help prepare for this, strength training is highly recommended for the down run. Strength training is important for both directions, but I feel non-negotiable for the down run.

The earlier you start with your strength programme, the sooner you will be used to the added work and the lower the impact will be on your programme. My suggestion is to do your strength training on 2 of your 3 rest days in the week, leaving at least 1 full day between each gym session. **If you have not yet started strength training and have 30min 1-2 times per week then start NOW**

Who should follow this programme?

- Comrades finishers
- Comrades Novices who can run a half Marathon in close to 2hrs30
- Comrades Novices who have come close to/or have broken 5hrs for a Marathon

**DO NOT** follow other programmes for faster medals 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 programs 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 days training.

The aim is to run a sub 4:50 marathon before Comrades. We will aim to qualify in February/March, however you will have until April to do so, so do not panic if it does not work out at the first attempt.

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.

The programme is written for a late February to early March marathon. If this does not fit into the available marathons in your area and you cannot travel to a marathon, you can shift the marathon a week or 2 earlier or later as required.

For the dates of races in your area you can go to [www.runnersguide.co.za](http://www.runnersguide.co.za) for a full fixture list.

Contact me:

[Lindsey@coachparry.com](mailto:Lindsey@coachparry.com)

@LindseyParryZA

@AskCoachParry

[www.coachparry.com](http://www.coachparry.com)

Training Paces:

Easy (E): 7:00-7:30/km  
 Long (L): 7:10-7:40/km  
 Recovery (rec): 7:30-8:00/km

These paces are a guide for someone who is training for a 4:50 Marathon, aim to run at or around these paces taking note of how easily you recover.

Enjoy the training!

**January 2023:**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 Jan	REST	40min E	REST	50min E	REST	55min E	1hr10 E
9 Jan	REST	45min E	REST	55min E	REST	1hr E	1hr20 E
16 Jan	REST	50min E	REST	55min E	REST	1hr10 E	1hr30 E
23 Jan	REST	55min E	REST	1hr E	REST	1hr20 E	1hr40 E
30 Jan	REST	1hr E					

- Continue to walk when necessary

**February 2023:**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Feb			REST	1hr05 E	REST	1hr30 E	2hrs L
6 Feb	REST	50min E	REST	5km Time Trial	REST	1hr E	2hrs20 L
13 Feb	REST	1hr10 E	REST	1hr10 E	REST	1hr30 E	2hrs40 L
20 Feb	REST	1hr15 E	REST	1hr15 E	REST	1hr30 E	3hrs L
27 Feb	REST	1hr E					

- Continue to walk when necessary

**March 2023:**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 March			REST	45min E	REST	20min E	<b>Qualifying Marathon if necessary or Training Marathon</b>
6 March	REST	REST	REST	30min E	REST	45min E	1hr E
13 March	REST	1hr20 E	REST	1hr25 E	REST	1hr45 E	3hrs L
20 March	REST	1hr20 E	REST	1hr30 E	REST	2hrs E	3hrs30 L
27 March	REST	1hr20 E	REST	5km Time Trial	REST		

- Continue to walk when necessary

**April 2023:**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 April						1hr E	2hrs L
3 April	REST	1hr E	REST	1hr30 E	REST	2hrs E	3hrs L
10 April	REST	REST	REST	20min E	REST	<b>Marathon or Ultra as training</b>	REST
17 April	REST	REST	REST	45min E	REST	1hr30 E	3hrs L
24 April	REST	1hr20 E	REST	1hr30 E	REST	2hrs L	4hrs30 L

- Continue to walk when necessary

**May 2023:**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
1 May	REST	1hr E	REST	45min E	REST	30min E	<b>REST or 50-55km Long Run</b>
8 May	REST	REST	REST	45min E	REST	1hr E	2hrs L
15 May	REST	1hr20 E	REST	1hr30 E	REST	2hrs L	3hrs L
22 May	REST	1hr20 E	REST	1hr30 E	REST	2hrs L	3hrs L
29 May					REST	1hr30 E	2hrs L

- **Continue to walk when necessary**

**June 2023:**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
1 June				45min E	REST	1hr E	1hr E
5 June	REST	30min E	REST	20min E	REST	10min E	COMRADES
12 June	<b>REST</b>	<b>REST</b>	<b>REST</b>	<b>REST</b>	<b>REST</b>	<b>REST</b>	<b>REST</b>
19 June	<b>REST</b>	<b>REST</b>	<b>REST</b>	<b>REST</b>	<b>REST</b>	<b>REST</b>	<b>REST</b>
26 June	REST	REST	REST	REST	REST	REST	REST

- **Continue to walk when necessary**