

Comrades 2023 Bronze Medal Programme by Lindsey Parry – Official coach of the Comrades Marathon Association:

Part 2 of your Comrades Journey starts now. Most of you would have been ready to run a Marathon between October and December 2022, while some of you are still needing to qualify. The principles of this programme remain the same, to finish Comrades under 11 hours you must build up slowly, become consistent and remain healthy/injury free. You will be expected to do a bit more work than the finishers programme but you should not be broken/exhausted all the time

The eccentric load (pounding) on your legs is extremely high, to help prepare for this, strength training is highly recommended for the down run. In fact 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 get used to the added work and the lower the impact will be on your programme. Do your strength training on 2 of your 3 rest days in the week, leaving 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 who have run sub 11hrs20
- Comrades Novices who can run a half Marathon in sub 2hr05
- 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 Finishers programme 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 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 be **capable** of running a sub 4:30 marathon before Comrades.

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.

You will be required to run 2 Marathons and an Ultra Marathon **AS TRAINING RUNS**, note that a minimum of 3 weeks should pass between marathons or between marathons and ultras.

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

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Training Paces:

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

These paces are a guide for someone who is training for a 4hr30 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	10min E; 6x2min hills; 10min E	REST	1hr E	REST	1hr E	3hr L
9 Jan	REST	10min E; 6x2min hills; 10min E	REST	1hr05 E	REST	1hr10 E	3hrs15 L
16 Jan	REST	10min E; 6x2min hills; 10min E	REST	1hr10 E	REST	1hr20 E	3hrs30 L
23 Jan	REST	10min E; 5km TT; 10min E	REST	1hr E	REST	1hr E	2hrs L
30 Jan	REST	15min E; 8x400m with 1min rest; 15min E					

- Walk when needed on long runs

February 2023:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Feb			REST	1hr20 E	REST	1hr20 E	3hrs L
6 Feb	REST	15min E; 8x400m with 1min rest; 15min E	REST	1hr20 E	REST	1hr30 L	2hrs30 L
13 Feb	REST	15min E; 8x400m with 1min rest; 15min E	REST	1hr E	REST	1hr E	45min E
20 Feb	REST	45min E run	REST	30min E	REST	20min E	Last hard Marathon IF NECESSARY
27 Feb	REST	REST					

- Walk when needed on long runs

March 2023:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 March			REST	45min E	REST	1hr E	1hr30 L
6 March	REST	15min E;7x2min hill repeats with slow jog recovery;15min E	REST	1hr20 E	REST	1hr50 L	3hrs L
13 March	REST	15min E;8x2min hill repeats with slow jog recovery;15min E	REST	1hr20 E	REST	Om Die Dam or Similar	REST
20 March	REST	REST	30min E	45min E	REST	1hr E	2hrs E
27 March	REST	10min E; 8km TT; 10min E	REST	1hr40 L	REST		

- Walk when needed on long runs

