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

Part 2 of your Comrades Journey starts now. Most of you **SHOULD** have been ready to run a Marathon in November or December 2022, while some of you are still needing to qualify. The principles of this programme remain the same, to finish Comrades in under 7hrs30 you must be consistent and remain healthy/injury free. You will be expected to do a lot more work than the Bill Rowan 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. 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 easier running days, 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 who have run sub 8hrs
- Comrades Novices who can run a half Marathon in sub 85min
- Comrades Novices who have come close to/or have broken 3hrs 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 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 E on the E days. I must again emphasise here that being injury free and consistent in your training is the key to a successful race, E 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 3:00 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 2 Ultra Marathons **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:

E (E):	4:35-5:10/km
Long (L):	4:45-5:15/km
Recovery (rec):	5:00-5:30/km
Firm:	4:10-4:20/km
Hills:	4:05-4:13/km
1km:	3:34-3:43/km
400m:	80-83sec

These paces area guide for someone who is training for a 3hr 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	45min rec	E 15min; 10x2min hill repeats; E 10min	1hr30 L	1hr E	REST	2hr15 L	1hr E
9 Jan	45min rec	E 15min; 10x2min hill repeats; E 10min	1hr30 L	1hr E	REST	2hr30 L	1hr15 E
16 Jan	45min rec	E 15min; 10x2min hill repeats; E 10min	1hr30 L	1hr E	REST	2hr45 L	1hr30 L
23 Jan	45min rec	1hr E	1hr E	15min E; 8km TT; 10min E	REST	1hr30 L	2hrs L
30 Jan	45min rec	E 15min; 15x400m with 1min rest; E 10min					

February 2023:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Feb			1hr30 L	1hr20 E	REST	2hrs L	2hrs40 L
6 Feb	45min rec	E 15min; 15x400m with 1min rest; E 10min	1hr30 L	1hr20 E	REST	2hr30 L	1hr15 E
13 Feb	45min rec	E 15min; 15x400m with 1min rest; E 10min	1hr E	1hr E	REST	1hr E	45min E
20 Feb	45min rec	E 15min; 6x400m with 1min rest; E 10min	45min rec	45min rec	REST	30min rec	**Last chance for sub 3**
27 Feb	REST	REST					

March 2023:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 March			REST	45min E	REST	1hr E	1hr30 L
6 March	45min rec	1hr E	1hr E	15min E; 8km TT; 10min E	REST	1hr30 L	3hrs L
13 March	45min rec	E 15min; 6x1k with 1min rest repeats; E 10min	1hr40 L	1hr20 E	REST	**Marathon as Training run or 50km**	REST
20 March	45min rec	E 15min; 7x1k with 1min rest repeats; E 10min	1hr50 L	1hr30 L	REST	1hr15 E; 30min Firm	3hrs L
27 March	45min rec	1hr E	1hr E	15min E; 8km TT; 10min E	REST		

April 2023:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 April						2hrs L	2hrs L
3 April	45min rec	E 15min; 8x1k with 1min rest repeats; E 10min	2hrs L	1hr30 L	REST	1hr30 L; 30min Firm	4hrs E
10 April	45min recovery	E 15min; 9x1k with 1min rest repeats; E 10min	2hrs L	1hr30 L	REST	**Two Oceans or 50km as training**	REST
17 April	REST	45min rec	1hr E run	2hrs L	REST	1hr30 L; 30min Firm	4hrs E
24 April	45min rec	1hr E	1hr E	20min E; 8km TT; 20min E	REST	1hr30 L	2hrs L

May 2023:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 May	REST	E 15min; 10x1k with 1min rest repeats; E 10min	2hrs L	1hr30 L	REST	1hr30 L; 30min Firm	3hrs E
8 May	1hr15 rec	E 15min; 10x2min hill repeats; E 10min	2hrs L	1hr30 L	REST	2hrs L	3hrs E
15 May	REST	E 15min; 10x2min hill repeats; E 10min	2hrs L	1hr30 L	REST	REST or 60km Long Run	REST or 60km Long Run
22 May	45min rec	1hr E	1hr30 E	1hr15 E	REST	2hrs L	3hrs E
29 May	1hr rec	E 15min; 10x400m, 1min REST; E 10min	1hr E				

June 2023:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 June				1hr E	REST	1hr E	1hr E
5 June	40min E	40min E	30min E	20min E	REST	15min E	**COMRADES**
12 June	**REST**	**REST**	**REST**	**REST**	**REST**	**REST**	**REST**
19 June	**REST**	**REST**	**REST**	**REST**	**REST**	**REST**	**REST**
26 June	**REST**	**REST**	**REST**	**REST**	**REST**	**REST**	**REST**