## Comrades 2024 Bill Rowan Program by Lindsey Parry - Official coach of the Comrades Marathon Association:

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It is just over 5 months until the 2024 UP Comrades Marathon. The UP RUN is known for The Big Five Hills: Kowies Hill, Fields Hill, Bothas Hill, Inchanga and Polly Shortts. The $1^{\text {st }} 3$ are all run in the $1^{\text {st }} 40 \mathrm{~km}$ with Inchanga taking you to 50 km and Polly Shortts with a little over 10km to go. There are also many other climbs like Little Polly's and Umlaas Road and other unnamed hills, in short, the UP Run is an enormous challenge. It is important to prepare physically for the challenge and in so doing also prepare for the psychological challenge of running 87 odd kilometers from Durban to Pietermaritzburg.

You should be running regularly and ready to train from January.
If this is your first attempt at Comrades but you are a regular runner and can do a Half Marathon under 1 hr 40 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 1 hr 40 then you need to follow the Robert Mtshali programme, If you find your Time Trial times are closer to this programme, use the Robert Mtshali programme and tweak the paces to be $3-5 \mathrm{sec} / \mathrm{km}$ faster than recommended.

The important message is to start out a little easier and build up a little slower to ensure you build up injury free.

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 route. It is therefore easier to maintain discipline and run easy on easy days. The aim is to run a sub 3:30 marathon before Comrades.

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.

Training Paces for 3:30 marathon:

| Easy (E): | $5: 00-5: 30 / \mathrm{km}$ |
| :--- | :--- |
| Long (L): | $5: 05-5: 50 / \mathrm{km}$ |
| Recovery (rec): | $5: 40-6: 05 / \mathrm{km}$ |
| Hill Repeats: | $4: 40-4: 46$ |
| 90sec | $3: 52-4: 00 / \mathrm{km}$ |
| 3min | $4: 10-4: 16 / \mathrm{km}$ |
|  |  |
| Time Trials: |  |
| 4km | $16: 50$ |
| 5km: | $21: 30$ |
| 8km: | $35: 35$ |

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

January 2024:

|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 Jan |  | $\begin{aligned} & 15 \min \mathrm{E} ; \\ & 6 \times 3 \min \mathrm{H}, \\ & 3 \mathrm{~min} \mathrm{E} ; \\ & 15 \mathrm{~min} \mathrm{E} \\ & \hline \end{aligned}$ | 45 min rec run | 1hr20 E run | REST | 2hr20 L run | $\begin{aligned} & \hline \text { hr30 L } \\ & \text { run } \end{aligned}$ |
| 7 Jan | REST | $15 \min \mathrm{E}$; $7 \times 3 \min \mathrm{H}$, 3 min E; 15 min E | 45 min rec run | 1hr20 E run | REST | 2 hr 40 L run | $\begin{aligned} & \text { 1hr45 L } \\ & \text { run } \end{aligned}$ |
| $\begin{aligned} & \hline 14 \\ & \text { Jan } \end{aligned}$ | REST | $\begin{aligned} & 15 \min \mathrm{E} ; \\ & 8 \times 3 \mathrm{~min} \mathrm{H}, \\ & 3 \mathrm{~min} \mathrm{E} ; \\ & 15 \mathrm{~min} \mathrm{E} \\ & \hline \end{aligned}$ | 45 min rec run | 1hr20 E run | REST | 3 hr L run | $\begin{aligned} & \hline \text { hr30 L } \\ & \text { run } \end{aligned}$ |
| $\begin{aligned} & \hline 21 \\ & \text { Jan } \end{aligned}$ | REST | $\begin{array}{\|l\|} \hline 45 \mathrm{~min} \text { rec } \\ \text { run } \end{array}$ | 45 min rec run | 15min E; 8km TT; 15 min E | REST | 1hr E run | 1hr E run |
| $\begin{aligned} & \hline 28 \\ & \text { Jan } \end{aligned}$ | REST | $15 \min \mathrm{E}$ $4 \times 3$ min H $3 \min \mathrm{E}$; 15 min E | 45 min rec run | 1 hr20 E run |  |  |  |

- On your Long runs, walk 1 min for every $30-40 \mathrm{~min}$ run

February 2024:

|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 Feb |  |  |  |  | REST | 20 min E run | Qualifier |
| 4 Feb | REST | 1hr E run | 45 min rec run | 1hr20 E run | REST | 1hr E run | 1hr E run |
| $\begin{aligned} & 11 \\ & \text { Feb } \end{aligned}$ | REST | $\begin{aligned} & 15 \min \mathrm{E} ; \\ & 8 \times 3 \min \mathrm{H} \\ & 3 \min \mathrm{E} ; \\ & 15 \mathrm{~min} \mathrm{E} \end{aligned}$ | 45 min rec run | 1hr20 E run | REST | 2hr L run | $\begin{aligned} & \text { 1hr30 L } \\ & \text { run } \end{aligned}$ |
| $\begin{aligned} & 18 \\ & \text { Feb } \end{aligned}$ | REST | $\begin{aligned} & 45 \mathrm{~min} \text { rec } \\ & \text { run } \end{aligned}$ | 45 min rec run | $\begin{aligned} & 15 \mathrm{~min} \mathrm{E} ; \\ & 8 \mathrm{~km} \text { TT; } \\ & 15 \mathrm{~min} \mathrm{E} \\ & \hline \end{aligned}$ | REST | $2 \mathrm{hr30}$ L run | 2 hr L run |
| $\begin{aligned} & \hline 25 \\ & \text { Feb } \end{aligned}$ | REST | 15 min E ; $12 \times 90 \mathrm{sec}$ H, 1 min E hills; 15 min E | 45 min rec run | 1hr20 E run |  |  |  |

- On your Long runs, walk 1min for every 30-40min run


## March 2024:

|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $\begin{aligned} & \hline 1 \\ & \text { Mar } \end{aligned}$ |  |  |  |  | REST | 45min E run | Training Marathon/Ultra |
| $\begin{aligned} & \hline 4 \\ & \text { Mar } \end{aligned}$ | REST | 45min rec run | 1hr20 E run | $\begin{aligned} & 15 \mathrm{~min} \mathrm{E} ; \\ & 12 \times 90 \mathrm{sec} \mathrm{H}, \\ & 1 \mathrm{~min} \mathrm{E} \text { hills; } \\ & 15 \mathrm{~min} \mathrm{E} \end{aligned}$ | REST | 1hr30 L run | 1hr E run |
| $\begin{aligned} & \hline 11 \\ & \text { Mar } \end{aligned}$ | REST | $15 \min \mathrm{E}$; $12 \times 90 \mathrm{sec}$ $\mathrm{H}, 1 \mathrm{~min} \mathrm{E}$ hills; 15min E | 45 min rec run | 1hr20 E run | REST | 3hr L run | 2hr L run |
| $\begin{aligned} & \hline 18 \\ & \text { Mar } \end{aligned}$ | REST | $15 \min \mathrm{E}$; $6 \times 2 \mathrm{~min}$ hills; 15 min E | 45 min rec run | 1hr20 E run | REST | 3hr20 L run | 2hr L run |
| $\begin{aligned} & \hline 25 \\ & \text { Mar } \end{aligned}$ | REST | ```15min E; 7x2min hills;15min E``` | 45 min rec run | 1hr20 E run | REST | 3hr40 L run | 2hr L run |

- On your Long runs, walk 1 min for every 30-40min run

April 2024:

|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 Apr | REST | 45min rec run | 45 min rec run | 15min E; 8km TT; 15 min E | REST | 2hr L run | 1hr E run |
| 8 Apr | REST | $\begin{aligned} & 15 \min \mathrm{E} ; \\ & 8 \times 2 \min \\ & \text { hills; } 15 \min \\ & \mathrm{E} \end{aligned}$ | 45 min rec run | 1hr20 E run | REST | 45min E run | Training Marathon |
| $\begin{aligned} & 15 \\ & \text { Apr } \end{aligned}$ | REST | $\begin{aligned} & 15 \min \mathrm{E} ; \\ & 8 \times 2 \mathrm{~min} \\ & \text { hills; } 15 \mathrm{~min} \\ & \mathrm{E} \end{aligned}$ | 45 min rec run | 1hr20 E run | REST | 3hr30 L run | 2hr L run |
| $\begin{aligned} & 22 \\ & \mathrm{Apr} \end{aligned}$ | REST | $\begin{aligned} & \text { 45min rec } \\ & \text { run } \end{aligned}$ | 45 min rec run | $\begin{aligned} & 15 \min \mathrm{E} ; \\ & 8 \mathrm{~km} \text { TT; } \\ & 15 \mathrm{~min} \mathrm{E} \\ & \hline \end{aligned}$ | REST | 2hr L run | $\begin{aligned} & \text { 1hr30 L } \\ & \text { run } \end{aligned}$ |
| $\begin{aligned} & 29 \\ & \text { April } \end{aligned}$ | REST | $\begin{aligned} & 15 \min \mathrm{E} ; \\ & 8 \times 2 \mathrm{~min} \\ & \text { hills; } 15 \mathrm{~min} \\ & \mathrm{E} \end{aligned}$ |  |  |  |  |  |

- On your Long runs, walk 1 min for every 30-40min run

May 2024:

|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 May |  |  | 45 min rec run | 1hr20 E run | REST | 20min E run | Comrades Long run $50-55 \mathrm{~km}$ |
| 6 May | REST | $\begin{aligned} & 45 \mathrm{~min} \text { rec } \\ & \text { run } \end{aligned}$ | 45 min rec run | 1hr20 E run | REST | 2hr L run | 1hr E run |
| $\begin{aligned} & 13 \\ & \text { May } \end{aligned}$ | REST | 15 min E run; $8 \times 2 \mathrm{~min}$ hills; 15 min E | 45 min rec run | 1hr20 E run | REST | 3hr30 L run | 2hr L run |
| $\begin{aligned} & 20 \\ & \text { May } \end{aligned}$ | REST | $15 \min \mathrm{E}$ run; $8 \times 2 \mathrm{~min}$ hills; 15 min E | 45 min rec run | 1hr20 E run | REST | 2hr L run | 1hr30 L run |
| $\begin{aligned} & 27 \\ & \text { May } \end{aligned}$ | REST | 1hr E run | 45 min rec run | 1hr20 E run | REST |  |  |

- On your Long runs, walk 1 min for every 30-40min run

June 2024:

|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 Jun |  |  |  |  |  | 1hr E run | $\begin{aligned} & 45 \min \mathrm{E} \\ & \text { run } \\ & \hline \end{aligned}$ |
| 3 Jun | REST | 30min E run | 45 min rec run | 30min E run | REST | 20min E run | Comrades |
| $\begin{aligned} & \hline 10 \\ & \text { Jun } \end{aligned}$ | REST | REST | REST | REST | REST | REST | REST |
| $\begin{aligned} & 17 \\ & \text { Jun } \end{aligned}$ | REST | REST | REST | REST | REST | REST | REST |
| $\begin{aligned} & \hline 24 \\ & \text { Jun } \end{aligned}$ | REST | REST | REST | REST | REST | REST | REST |

