

Comrades 2024 Bronze Program by Lindsey Parry – Official coach of the Comrades Marathon Association:

To learn more and ask Questions sign up to:

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Our goals for 2024 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 2024, opening the door to either improving your speed a bit more or doing another qualifier if necessary. Particularly with Comrades falling on the 9th of June in 2024.

For the 2024 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 Jan to June 2024, 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. (stats from 2019 up Comrades)

Training for a Bronze and getting a Sub 4:25 Marathon are no Guarantee for achieving a Bronze finish. Based on my experience and discussions with runners who were not successful, this year and 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 days 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.

Training Paces for a 4:30 Marathon:

Recovery: 6:50-7:15
 Easy (E): 6:20-6:40
 Long Runs (LSD): 6:20-6:55
 Hill Repeats: 5:10-5:20
 Time Trials:
 4km 20:20
 5km 26:00
 8km 42:45

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!

July 2023:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 July						Walk 5min E; Jog 45min E; Walk 5min	Walk 5min E; Jog 20min E; Walk 5min
3 July	REST	Walk 5min E; Jog 25min E; Walk 5min	REST	Walk 5min E; Jog 30min E; Walk 5min	REST	Walk 5min E; Jog 50min E; Walk 5min	Walk 5min E; Jog 40min E; Walk 5min
10 July	REST	Walk 5min E; Jog 30min E; Walk 5min	REST	Walk 5min E; Jog 35min E; Walk 5min	REST	Walk 5min E; Run 1hr E	Walk 5min E; Jog 45min E; Walk 5min
17 July	REST	Walk 5min E; Jog 35min E; Walk 5min	REST	Walk 5min E; Jog 40min E; Walk 5min	REST	Walk 5min E; Run 1hr E	Walk 5min E; Jog 50min E; Walk 5min
24 July	REST	Walk 5min E; Jog 30min E; Walk 5min	REST	Walk 5min E; Jog 5min E; 5km TT; walk 5min E	REST	Walk 5min E; Jog 50min E; Walk 5min	Walk 5min E; Jog 40min E; Walk 5min
31 July	REST						

August 2023:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Aug		Walk 5min E; Jog 40min E; Walk 5min	REST	Walk 5min E; Jog 45min E; Walk 5min	REST	Walk 5min E; Run 1hr15 E	Walk 5min E; Jog 55min E; Walk 5min
7 Aug	REST	Walk 5min E; Jog 45min E; Walk 5min	REST	Walk 5min E; Jog 50min E; Walk 5min	REST	Walk 5min E; Run 1hr30 L	Walk 5min E; Run 1hr E
14 Aug	REST	Walk 5min E; Jog 50min E; Walk 5min	REST	Walk 5min E; Jog 55min E; Walk 5min	REST	Walk 5min E; Run 1hr45 L	Walk 5min E; Run 1hr10 E
21 Aug	REST	Walk 5min E; Jog 40min E; Walk 5min	REST	Walk 5min E; Jog 5min E; 5km TT; walk 5min	REST	Walk 5min E; Run 1hr E	Walk 5min E; Run 1hr E
28 Aug	REST	Walk 5min E; Jog 55min E; Walk 5min	REST	Run 1hr E			

- Keep refining your run walk strategy, walking 1min for every 5-6km run

September 2023:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Sep					REST	Walk 5min E; Run 2hr L	Walk 5min E; Run 1hr20 E
4 Sep	REST	Run 1hr E	REST	Run 1hr10 E	REST	Walk 5min E; Run 2hr20 L	Walk 5min E; Run 1hr30 L
11 Sep	REST	Run 10min E; 4x2min hills; 10min E	REST	Run 1hr20 E	REST	Walk 5min E; Run 2hr40 L	Walk 5min E; Run 1hr30 L
18 Sep	REST	Run 45min E	REST	Walk 5min E; Jog 5min E; 5km TT; walk 5min	REST	Walk 5min E; Run 1hr30 L	Walk 5min E; Run 1hr15 E
25 Sep	REST	Run 10min E; 5x2min hills; 10min E	REST	Run 1hr20 E	REST	Walk 5min E; Run 3hr L	

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October 2023:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Oct							Walk 5min E; Run 1hr30 L
2 Oct	REST	Run 10min E; 6x2min hills; 10min E	REST	Run 1hr20 E	REST	Walk 5min E; Run 3hr30 L	Walk 5min E; Run 1hr30 L
9 Oct	REST	Run 10min E; 6x3min hard, 3min E; 10min E	REST	Run 1hr20 E	REST	Walk 5min E; Run 3hr L	Walk 5min E; Run 1hr30 L
16 Oct	REST	Run 45min E	REST	5km Time Trial to be run hard but not at 100%	REST	Walk 5min E; Run 2hr30 L	Walk 5min E; Run 1hr15 E
23 Oct	REST	Run 10min E; 6x3min hard, 3min E; 10min E	REST	Run 1hr E	REST	Walk 5min E; Run 1hr E	Walk 5min E; Run 1hr E
30 Oct	REST	Run 10min E; 5x1min hard, 3min E; 10min E					

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November 2023:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Nov			REST	Run 30min E	REST	Marathon OR REST	Marathon OR REST
6 Nov	REST	REST	REST	REST	REST	REST	REST
13 Nov	REST	Run 30min E	REST	Run 45min E	REST	Run 1hr E	Run 1hr E
20 Nov	REST	Run 1hr E	REST	Run 1hr E	REST	Run 1hr15 E	Run 1hr E
27 Nov	REST	Run 1hr E	REST	Run 1hr E			

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December 2023:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Dec					REST	Run 1hr30 L	Run 1hr10 E
4 Dec	REST	Run 1hr E	REST	Run 1hr20 E	REST	Run 1hr40 L	Run 1hr20 E
11 Dec	REST	Run 45min E	REST	Run 1hr E	REST	Run 1hr30 L	Run 1hr E
18 Dec	REST	Run 1hr E	REST	Run 1hr20 E	REST	Run 1hr50 L	Run 1hr30 L
25 Dec	Merry Christmas!!	Run 45min E	REST	Run 45min E	REST	Run 1hr30 L	Run 1hr E

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