

Comrades 2024 Silver Medal Programme by Lindsey Parry – Official coach of the Comrades Marathon Association:

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Our goals for 2023 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 3 hour Marathon.

On the way to achieving the sub 3 hour we will look to break the following times:

5km:	18:25
8km:	30:15
10km:	38:00
15km:	59:00
21.1km:	1:25:00
20 Miles/32km:	2:14:00

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.

Only 37.87% of A Batch Starters finish the race under 7:30, this number includes Golds and Wally Hayward medals, while 4.76% of B batch starters finish under 7:30. (stats from Comrades 2019)

Training for a Silver and getting an A seed are by no means a Guarantee for achieving a Silver 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 Silver is at risk if your Sub 3 is borderline and:

- Achieved at Sea Level (2:54)
- Achieved on a downhill course (2:52)
- Achieved in temperatures lower than 19 degrees Celsius (2:52)
- You do not follow a very strict, conservative race plan (2:50)
- It is compounded by combing 2 or more of these factors (2:50)

(In brackets, I have put down what I believe to be more appropriate times in these conditions)

Who should follow the Silver programme?

- Comrades finishers who have run sub 8hrs
- Comrades Novices who can run a half Marathon in sub 90min
- 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 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.

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

Training Paces for 3:00 marathon:

Recovery (Rec): 5:15-5:40
 E (E): 4:30-5:10
 Long Runs (LSD): 4:30-5:20
 Tempo: 3:40-4:00/km
 2min Hill Repeats: 3:50-4:05/km
 1min Hill Repeats: 3:30-3:45/km
 400's: 76-80sec
 1000's: 3:30-3:45

Start at the slower end of the training paces and move towards the faster end as you progress through the coming months of training.

July 2023:

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 July						1hr E running	30min E running
3 July	40min E running	50min E running	40min E running	50min E running	REST	1hr10 E running	40min E running
10 July	50min E running	1hr E running	50min E running	1hr E running	REST	1hr20 E running	50min E running
17 July	55min E running	1hr05 E running	55min E running	1hr10 E running	REST	1hr30 E running	55min E running
24 July	40min E running	50min E running	40min E run	15min E run; 8km TT; 10min E	REST	1hr E run	45min E run
31 July	45min E run						

August 2023:

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Aug		15min E; 6x2min hills; 10min E	1hr E running	1hr20 E running	REST	1h30 LSD running	1hr05 E running
7 Aug	45min rec run	15min E; 8x2min hills; 10min E	1hr10 E running	1hr20 E running	REST	1h45 LSD running	1hr10 E running
14 Aug	45min rec run	15min E; 10x2min hills; 10min E	1hr20 E running	1hr20 E running	REST	2hr LSD running	1hr15 E running
21 Aug	45min rec run	1hr E run	50min E running	20min E; 8km TT : Flat out; 10min E	REST	1h20 E running	45min E running
28 Aug	45min rec run	15min E; 15x1min	1hr30 LSD running	1hr30 LSD running			

		hills; 10min E					
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September 2023:

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Sep					REST	2hrs15 LSD running	1hr20 E running
4 Sep	45min rec run	15min E; 15x1min hills; 10min E	1hr40 LSD running	1hr30 LSD running	REST	2hrs30 LSD running	1hr30 LSD running
11 Sep	45min rec run	15min E; 15x1min hills; 10min E	1hr50 LSD running	1hr30 LSD running	REST	2hrs45 LSD running	1hr E; 30min at planned Marathon pace running
18 Sep	45min rec run	1hr E running	1hr15 E running	TT – 8km: Flat out	REST	2hr LSD running	1hr E running
25 Sep	45min rec run	15min E; 8x1km with 1min rec; 10min E	2hr LSD running	1hr30 LSD running	REST	3hrs LSD running	

October 2023:

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Oct							1hr E; 30min at planned Marathon pace running
2 Oct	45min rec run	15min E; 8x1km with 1min rec; 10min E	2hrs LSD running	1hr30 LSD running	REST	3hrs20 LSD running	1hr E; 30min at planned Marathon pace running
9 Oct	45min rec run	15min E; 20x400m with 1min rec; 10min E	2hrs LSD running	1hr30 LSD running	REST	3hrs LSD running	1hr30 LSD running
16 Oct	45min rec run	1hr E running	1hr15 E running	TT – 8km: Flat out	REST	2hrs LSD running	1hr E running
23 Oct	45min rec run	15min E; 15x400m with 1min rec; 10min E	1hr20 E running	1hr E running	REST	1hr E run	1hr E run
30 Oct	45min rec run	15min E; 10x200m at race pace with 1min rec; 10min E					

November 2023:

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Nov			30min E running	20min E running	15min E running with 5x30sec pick ups OR REST	Marathon	REST
6 Nov	REST	REST	REST	REST	REST	REST	REST
13 Nov	20min rec running	REST	30min rec running	REST	40min E running	REST	45min E running
20 Nov	45min rec run	1hr E running	30min E running	1hr E running	REST	1hr15 E run	REST
27 Nov	45min rec run	1hr15 E running	1hr E running	1hr15 E running			

December 2023:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Dec					REST	1hr30 LSD running	45min E run
4 Dec	45min rec run	1hr15 E running	1hr15 E running	1hr15 E running	REST	1hr45 LSD running	45min E run
11 Dec	45min rec run	1hr E running	1hr E running	40min E Running	REST	1hr30 LSD running	45min E run
18 Dec	45min rec run	1hr15 E running	1hr30 LSD running	1hr15 E running	REST	2hrs LSD running	45min E run
25 Dec	Merry Christmas	45min E running	1hr15 E running	1hr E Running	REST	1hr30 LSD running	45min E run