

## **Comrades 2024 Finishers 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<sup>st</sup> 3 are all run in the 1<sup>st</sup> 40km with Inchanga taking you to 50km and Polly Shortts with a little over 10km to go. There are also many other climbs like Little Polly's, 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.

The focus up until now has been on laying a foundation and improving half Marathon speed. From January we look at preparing for a Marathon to qualify for Comrades and from there it is all about race day 9 June 2024.

Your biggest training months will be mid-March to early May and as such you should not be looking to do any hard races during this time.

If this is your first attempt at Comrades and you have not followed my Comrades programme for June-December, but you are a regular runner and can do a Half Marathon in 2hrs20 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 2hrs20 then you need to look at considering 2020 as your 1<sup>st</sup> Comrades or contacting me directly for a training plan.

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 easier to maintain discipline and run easy on easy days. The aim is to be able to run a sub 4:50 marathon before Comrades.

Because you will employ a run walk strategy for your Qualifier, Long run, and Comrades we will use this strategy in training. Very important to note about using a run walk strategy is that the walk is not a Sunday stroll but fast walking with purpose. It is a change in focus on the muscles not a "rest".

RECOVERY is important so DO NOT add extra running. It will however be massively beneficial if you add cross training or strength training to your schedule.

Note that training days are interchangeable, if your club does hill training on a different day or club long runs on a different day then you can change days around.

Training Paces for a 4:50 marathon:

Recovery (R):	7:30-7:50/km
Easy (E):	6:50-7:10/km
Long Runs (L):	6:55-7:25/km
Hills:	6:00-6:15/km
Time Trials (TT):	
4km	23:18
5km	29:45
8km	49:00

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

Please note that if you cannot run the Time Trial times this does not mean you are not capable of a 4:50 Marathon. These are guidelines so there is some room either side.

### **January 2024:**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
1 Jan	Happy New Year!	45min E run	REST	15min E; 5km TT; 15min E	REST	1hr30 L run	45min E run
8 Jan	REST	1hr05 E run	REST	1hr20 E run	REST	2hr20 L run	1hr30 E run
15 Jan	REST	1hr10 E run	REST	15min E; 5km TT; 15min E	REST	2hr40 L run	1hr45 L run
22 Jan	REST	1hr15 E run	REST	1hr25 E run	REST	3hr L run	2hr L run
29 Jan	REST	1hr E run	REST				

- **Walk a minimum of 1min for every 30min of running on L Runs**
- **Continue to walk 5min as a warm up before running**

### **February 2024:**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
1 Feb				15min E; 5km TT; 15min E	REST	2hr L run	1hr15 E run
5 Feb	REST	1hr15 E run	REST	1hr30 L run	REST	4hr L run	2hr L run
12 Feb	REST	1hr15 E run	REST	15min E; 5km TT; 15min E	REST	3hr L run	2hr L run
19 Feb	REST	1hr15 E run	REST	1hr30 L run	REST	1hr E run	1hr E run
26 Feb	REST	45min E run	REST	30min E run			

- **Walk a minimum of 1min for every 30min of running on L Runs**
- **Continue to walk 5min as a warm up before running**

### **March 2024:**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
1 Mar					REST	REST	Qualifying Marathon
4 Mar	REST	REST	REST	30min E run	REST	45min E run	1hr E run
11 Mar	REST	1hr15 E run	REST	1hr30 L run	REST	2hr L Run	1hr30 L Run
18 Mar	REST	1hr15 E run	REST	15min E; 5km TT; 15min E	REST	3hr L Run	2hr L Run
25 Mar	REST	1hr15 E run	REST	1hr30 L run	REST	1hr E Run	Training Marathon

- **Walk a minimum of 1min for every 30min of running on L Runs**
- **Continue to walk 5min as a warm up before running**

### **April 2024:**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
1 Apr	REST	45min E run	REST	15min E; 5km TT; 15min E	REST	2hr L run	1hr E run
8 Apr	REST	20min E; 5x2min hills; 20min E	REST	1hr30 L run	REST	4hr L Run	2hr L Run
15 Apr	REST	20min E; 6x2min hills; 20min E	REST	1hr30 L run	REST	3hr L Run	2hr L Run
22 Apr	REST	20min E; 6x2min hills; 20min E	REST	1hr30 L run	REST	50-55km long run or REST	50-55km long run or REST
29 April	REST	REST					

- **Walk a minimum of 1min for every 30min of running on L Runs**
- **Continue to walk 5min as a warm up before running**

