

**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<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 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 1hr40 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 1hr40 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 3-5sec/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/km
Long (L):	5:05-5:50/km
Recovery (rec):	5:40-6:05/km
Hill Repeats:	4:40-4:46
90sec	3:52-4:00/km
3min	4:10-4:16/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		15min E; 6x3min H, 3min E; 15min E	45min rec run	1hr20 E run	REST	2hr20 L run	1hr30 L run
7 Jan	REST	15min E; 7x3min H, 3min E; 15min E	45min rec run	1hr20 E run	REST	2hr40 L run	1hr45 L run
14 Jan	REST	15min E; 8x3min H, 3min E; 15min E	45min rec run	1hr20 E run	REST	3hr L run	1hr30 L run
21 Jan	REST	45min rec run	45min rec run	15min E; 8km TT; 15min E	REST	1hr E run	1hr E run
28 Jan	REST	15min E; 4x3min H, 3min E; 15min E	45min rec run	1hr20 E run			

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

**February 2024:**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Feb					REST	20min E run	Qualifier
4 Feb	REST	1hr E run	45min rec run	1hr20 E run	REST	1hr E run	1hr E run
11 Feb	REST	15min E; 8x3min H, 3min E; 15min E	45min rec run	1hr20 E run	REST	2hr L run	1hr30 L run
18 Feb	REST	45min rec run	45min rec run	15min E; 8km TT; 15min E	REST	2hr30 L run	2hr L run
25 Feb	REST	15min E; 12x90sec H, 1min E hills; 15min E	45min 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
1 Mar					REST	45min E run	Training Marathon/Ultra
4 Mar	REST	45min rec run	1hr20 E run	15min E; 12x90sec H, 1min E hills; 15min E	REST	1hr30 L run	1hr E run
11 Mar	REST	15min E; 12x90sec H, 1min E hills; 15min E	45min rec run	1hr20 E run	REST	3hr L run	2hr L run
18 Mar	REST	15min E; 6x2min hills; 15min E	45min rec run	1hr20 E run	REST	3hr20 L run	2hr L run
25 Mar	REST	15min E; 7x2min hills;15min E	45min rec run	1hr20 E run	REST	3hr40 L run	2hr L run

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

