

Comrades 2024 Bronze 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 1st 3 are all run in the 1st 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 and in so doing also prepare for the psychological challenge of running 87 odd kilometers from Durban to Pietermaritzburg.

You should be running consistently and have laid a solid platform over the past few months.

If this is your first attempt at Comrades but you are a regular runner and can do a Half Marathon in 2hrs or a Marathon in under 4hrs30 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 2hrs then you need to follow the FINISHERS programme, If you find your Time Trial times are closer to this programme, use the finishers programme by tweaking the pacing slightly faster.

Essentially 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 easier to maintain discipline and run easy on easy days. The aim is to be able to run a sub 4:30 marathon before Comrades.

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

Training days are interchangeable, if your club does Time Trials on a different day or club long runs on a different day then you can change days around.

If you feel you would like to train more, I encourage you to add cross training or strength rather than more running.

Training Paces for a 4:30:

Recovery:	6:50-7:15
Easy (E):	6:20-6:40
Long Runs (LSD):	6:20-6:55
Hill Repeats:	5:39-5:51
1min	4:30-4:40/km
3min	4:50-5:00/km
Time Trials:	
4km	21:40
5km:	27:00
8km:	44:45

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!

January 2024:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Jan	Happy New Year!	15min E; 6x3min H, 3min E; 15min E	REST	1hr20 E run	REST	2hr30 L run	1hr30 L run
8 Jan	REST	15min E; 6x3min H, 3min E; 15min E	REST	1hr20 E run	REST	3hr L run	1hr40 L run
15 Jan	REST	1hr E run	REST	15min E; 5km TT; 15min E	REST	1hr E run	1hr E run
22 Jan	REST	15min E run; 5x1min H, 2min E; 15min E	REST	45min E run	REST	REST	Qualifier
29 Jan	REST	45min 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:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Feb				45min E run	REST	1hr E run	45min E run
5 Feb	REST	15min E; 6x3min H, 3min E; 15min E	REST	1hr20 E run	REST	3hr L run	2hr L run
12 Feb	REST	15min E; 6x3min H, 3min E; 15min E	REST	1hr20 E run	REST	3hr20 E run	2hr L run
19 Feb	REST	15min E; 6x3min H, 3min E; 15min E	REST	1hr20 E run	REST	2hr L run	1hr30 L run
26 Feb	REST	45min E run	REST	15min E; 5km TT; 15min E			

- 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:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Mar					REST	REST	Training Marathon/Ultra
4 Mar	REST	1hr E run	REST	1hr20 E run	REST	2hr L run	1hr30 L run
11 Mar	REST	20min E; 6x2min hills; 20min E	REST	1hr20 E run	REST	3hr20 L run	2hr L run
18 Mar	REST	20min E; 6x2min hills; 20min E	REST	1hr20 E run	REST	3hr40 L run	2hr L run
25 Mar	REST	45min E run	REST	15min E; 5km TT; 15min E	REST	2hr L run	1hr30 L run

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

