



Comrades 2022 Robert Mtshali by Lindsey Parry – Official coach of the Comrades Marathon Association:

Some of you have run a Marathon in 2021 or early 2022, while some of you are still needing to qualify. The principles of this programme remain the same, to finish Comrades in under 10hrs you must be consistent and remain healthy/injury free. You will be expected to do a lot more work than the bronze programme, but you should not be broken/exhausted all the time

The eccentric load (pounding) on your legs is extremely high, to help prepare for this, strength training is highly recommended for the down run. Strength training is important for both directions, but I feel non-negotiable for the down run.

The earlier you start with your strength programme, the better your adaptation and lower the impact on how tired you feel when running. My suggestion is to do your strength training on 1 of your 2 rest days in the week, and on a shorter day, leaving at least 1 full day between each gym session. **If you have not yet started strength training and have 30min 1-2 times per week, then start NOW**

Who should follow this programme?

- Comrades' finishers who have run sub 10hrs30
- Comrades Novices who can run a half Marathon in sub 1hr55
- Comrades Novices who have come close to/or have broken 4hrs for a Marathon

If you do not fall into these categories, then read through the introduction to the Bronze programme 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 and/or sick, 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 everyday training.

The aim is to be **capable** of running a sub 4:00 marathon before Comrades.

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.

You will be required to run 2 Marathons and an Ultra Marathon **AS TRAINING RUNS**, note that a minimum of 3 weeks should pass between marathons or between marathons and ultras.

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

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Training Paces:

Easy (E): 5:40-6:15/km
 Long (L): 5:45-6:30/km
 Recovery (rec): 6:20-6:45/km
 Hills: 5:06-5:13/km
 800m: 4:30-4:45/km
 400m: 4:15-4:30/km
 RP: 5:41/km

These paces are a guide for someone who is training for a 4hr Marathon, aim to run at or around these paces taking note of how easily you recover.

Enjoy the training!

March 2022:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 Mar	REST	45min E	1hr E	45min rec	REST	1hr E	1hr15 E
14 Mar	REST	1hr E	1hr E	45min rec	REST	1hr15 E	1hr30 L
21 Mar	REST	45min E	1hr E	45min rec	REST	1hr E	1hr15 E
28 Mar	REST	E 15min; 4x2min hill repeats; E 10min	1hr E	45min rec			

April 2022:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Apr					REST	1hr30 L	2hrs L
4 Apr	REST	E 15min; 5x2min hill repeats; E 10min	1hr10 E	45min rec	REST	1hr45 L	2hr15 L
11 Apr	REST	E 15min; 6x2min hill repeats; E 10min	1hr20 E	45min rec	REST	2hr L	2hrs45 L
18 Apr	REST	1hr E	45min rec	15min E; 8km TT; 10min E	REST	1hr30 L	2hrs L
25 Apr	REST	E 15min; 6x2min hill repeats; E 10min	1hr20 E	45min rec	REST	2hr L	

May 2022:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 May							1hr30 L
2 May	REST	E 15min; 4x2min hill repeats; E 10min	1hr20 E	45min rec	REST	1hrs E	Marathon as training run
9 May	REST	REST	45min rec	E 15min; 4x2min hill repeats; E 10min	REST	1hr45 L	2hr L
16 May	REST	1hr E	45min rec	15min E;	REST	1hr30 L	2hrs L

				8km TT; 10min E			
23 May	REST	E 15min; 6x800m, 1min rec; E 15min	1hr30 L	45min rec	REST	Marathon as training run	REST
30 May	REST	REST					

June 2022:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Jun			30min E	45min rec	REST	1hr E	1hr30 E
6 Jun	REST	E 15min; 6x800m, 1min rec; E 15min	1hr30 L	45min rec	REST	2hrs L	2hrs30 L
13 Jun	REST	E 15min; 6x800m, 1min rec; E 15min	1hr40 L	45min rec	REST	2hrs L	3hrs L
20 Jun	REST	E 15min; 6x800m, 1min rec; E 15min	1hr40 L	45min rec	REST	45-50km	REST
27 Jun	REST	REST	30min E	45min rec	REST		

July 2022:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Jul						1hr E	1hr30 E
4 Jul	REST	E 15min; 6x800m, 1min rec; E 15min	1hr40 L	45min rec	REST	2hrs L	3hrs30 L
11 Jul	REST	E 20min; 6x2min hill repeats; E 15min	1hr40 L	45min rec	REST	2hrs L	2hrs30 L
18 Jul	REST	E 20min; 6x2min hill repeats; E 15min	1hr40 L	45min rec	REST	15min E	55-60km Long Run
25 Jul	REST	30min E	45min rec	1hr E	REST	2hrs L	3hrs E

August 2022:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Aug	REST	E 20min; 6x2min hill repeats; E 15min	1hr40 L	45min rec	REST	2hrs L	2hr30 E
8 Aug	REST	E 15min; 8x400m, 1min REST; E 10min	1hr30 L	45min rec	REST	1hr30 L	2hrs L
15 Aug	REST	E 15min; 8x400m, 1min REST; E 10min	1hr E	45min rec	REST	45min E	1hr E
22 Aug	REST	40min E	30min E	20min E	REST	15min E	COMRADES