



Comrades 2022 Silver Medal Programme by Lindsey Parry – Official coach of the Comrades Marathon Association:

Part 2 of your Comrades Journey starts now. 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 7hrs30 you must be consistent and remain healthy/injury free. You will be expected to do a lot more work than the Bill Rowan 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 sooner you will be used to the added work and the lower the impact will be on your programme. My suggestion is to do your strength training on 2 of your easier running days, 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 8hrs
- Comrades Novices who can run a half Marathon in sub 85min
- 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 E on the E days. I must again emphasise here that being injury free and consistent in your training is the key to a successful race, E days are there to ensure full recovery, so you can get the most out of every days training.

The aim is to be **capable** of running a sub 3:00 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 2 Ultra Marathons **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.

Contact me:

@LindseyParryZA
[www.facebook/ComradesCoach](https://www.facebook.com/ComradesCoach)
www.coachparry.com

Training Paces:

E (E): 4:35-5:10/km
 Long (L): 4:45-5:15/km
 Recovery (rec): 5:00-5:30/km
 Firm: 4:10-4:20/km
 Hills: 4:05-4:13/km
 1km: 3:34-3:43/km
 400m: 80-83sec

These paces area guide for someone who is training for a 3hr 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	45min rec	50min E	1hr15 E	1hr E	REST	1hr30 L	1hr15 E
14 Mar	45min rec	1hr E	1hr30 L	1hr E	REST	1hr45 L	1hr E
21 Mar	45min rec	1hr E	1hr15 E	1hr E	REST	1hr30 L	1hr15 E
28 Mar	45min rec	E 15min; 6x2min hill repeats; E 10min	1hr10 E	1hr E			

April 2022:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Apr					REST	1hr30 L	2hrs L
4 Apr	45min rec	E 15min; 8x2min hill repeats; E 10min	1hr20 E	1hr10 E	REST	1hr E; 30min Firm	2hrs20 L
11 Apr	45min rec	E 15min; 10x2min hill repeats; E 10min	1hr30 L	1hr20 E	REST	2hrs L	2hrs40 L
18 Apr	45min rec	1hr E	1hr E	15min E; 8km TT; 10min E	REST	1hr30 L	2hrs L
25 Apr	45min rec	E 15min; 10x2min hill repeats; E 10min	1hr30 L	1hr20 E	REST	1hr E; 30min Firm	

May 2022:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 May							2hrs L
2 May	45min rec	E 15min; 10x2min hill repeats; E 10min	1hr30 L	1hr20 E	30min E	REST	Marathon as Training run
9 May	45min rec	E 15min; 10x2min hill repeats; E 10min	1hr30 L	1hr20 E	REST	1hr E; 30min Firm	2hrs30 L
16 May	45min rec	1hr E	1hr E	15min E; 8km TT; 10min E	REST	1hr30 L	2hrs L
23 May	45min rec	E 15min; 6x1k with 1min rest repeats; E 10min	1hr40 L	1hr20 E	REST	Marathon as Training run or 50km	REST
30 May	45min rec	E 15min; 7x1k with 1min rest repeats; E 10min					

June 2022:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Jun			1hr50 L	1hr30 L	REST	1hr15 E; 30min Firm	3hrs L
6 Jun	45min rec	1hr E	1hr E	15min E; 8km TT; 10min E	REST	2hrs L	2hrs L
13 Jun	45min rec	E 15min; 8x1k with 1min rest repeats; E 10min	2hrs L	1hr30 L	REST	1hr30 L; 30min Firm	4hrs E
20 Jun	45min recovery	E 15min; 9x1k with 1min rest repeats; E 10min	2hrs L	1hr30 L	REST	1hr30 L	3hrs E
27 Jun	45min rec	E 15min; 10x1k with 2min rest repeats; E 10min	2hrs L	1hr E run			

July 2022:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Jul					REST	Marathon or 50km as training	REST
4 Jul	45min rec	1hr E	1hr E	20min E; 8km TT; 20min E	REST	1hr30 L	2hrs L
11 Jul	REST	E 15min; 10x1k with 1min rest repeats; E 10min	2hrs L	1hr30 L	REST	1hr30 L; 30min Firm	3hrs E
18 Jul	1hr15 rec	E 15min; 10x2min hill repeats; E 10min	2hrs L	1hr30 L	REST	2hrs L	3hrs E
25 Jul	REST	E 15min; 10x2min hill repeats; E 10min	2hrs L	1hr30 L	REST	REST or 60km Long Run	REST or 60km Long Run

Aug 2022:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Aug	45min rec	1hr E	1hr30 E	1hr15 E	REST	2hrs L	3hrs E
8 Aug	1hr rec	1hr E	1hr E	20min E; 8km TT; 20min E	REST	1hr30 L	2hrs L
15 Aug	1hr rec	E 15min; 10x400m, 1min REST; E 10min	1hr E	1hr E	REST	1hr E	1hr E
22 Aug	40min E	40min E	30min E	20min E	REST	15min E	COMRADES